### Mon 18 Nov
**Morning Classes + Open Swimming**  
Location: Student Sports Centre  
10:00 - 11:00  
**Game day**  
Location: Energy Forum  
12:00 - 13:00  
Nutrition group | Vital campus  
Location: Atlas – TU/e Blue Zone

**Lunch Classes + Open Swimming**  
Location: Student Sports Centre  
12:00 - 13:00  
Chair Massages  
Location: Atlas – TU/e Blue Zone

### Tue 19 Nov
**Morning Classes + Open Swimming**  
Location: Student Sports Centre  
08:30 - 10:30  
Health Check 40+  
Location: SSC Hall 2  
NB: Employees only  
12:00 - 14:00  
Physical activity | Vital campus  
Location: Atlas – TU/e Blue Zone

**Lunch Classes + Open Swimming**  
Location: Student Sports Centre  
12:00 - 13:00  
‘Gedoe’ – Street Show  
Location: Atlas – TU/e Blue Zone

### Wed 20 Nov
**Morning Classes + Open Swimming**  
Location: Student Sports Centre  
12:00 - 14:00  
Take the stairs campaign  
Location: Metaforum

**Lunch Classes + Open Swimming**  
Location: Student Sports Centre  
12:00 - 13:00  
Relaxation workshop  
Location: SSC Dojo

### Thu 21 Nov
**Morning Classes + Open Swimming**  
Location: Student Sports Centre  
8:30 - 10:30  
Fit Check 40+  
Location: SSC Gymnasium  
NB: Employees only  
12:00 - 14:00  
Lunch walk  
About TU/e history  
Start location: Stairs Markthal at Metaforum

**Lunch Classes + Open Swimming**  
Location: Student Sports Centre  
12:00 - 13:00  
Environment & Tech | Vital campus  
Location: Atlas – TU/e Blue Zone

### Fri 22 Nov
**Morning Classes + Open Swimming**  
Location: Student Sports Centre  
12:00 - 14:00  
Chair Massage  
Location: Atlas – TU/e Blue Zone

**Lunch Classes + Open Swimming**  
Location: Student Sports Centre  
15:00 - 16:30  
Forget your size, discover your figure  
NB: Females only  
Location: SSC Conference room

### ART OF VITALITY EXHIBITION
Every day at the walking VITALITY bridge between Atlas and Metaforum

### Registration:
- Register via:  
  [https://tinyurl.com/vitalityweek2020](https://tinyurl.com/vitalityweek2020)  
- Register via:  
  [www.tueindhoven.nl](http://www.tueindhoven.nl)

- Check the schedule online and fill out a voucher  
  (online or SSC Front desk)
- No registration needed

- Health Check 40+ & Fit Check 40-  
  for employees only via Microsoft Edge of Google Chrome:  
  [https://mps.studentensportcentrum.eindhoven.nl/nl/home](https://mps.studentensportcentrum.eindhoven.nl/nl/home)  
  1. Click on the TU/e button and register with your TU/e account  
  2. Go to ‘Special Events’  
  3. Choose Fit Check 40- or Health Check 40+  
  4. Choose your time slot and click ‘add’