Employees
Sports Program | Health & Vitality Program
2020 / 2021
Onze Lieve Vrouwestraat 1
5612 AW Eindhoven
Tel. (040) 247 32 32
sciinfo@tue.nl
www.studentensportcentrumeindhoven.nl
Welcome to the Student Sports Centre Eindhoven

At the Student Sports Centre Eindhoven (SSC) you are more than welcome as a TU/e or Fontys employee. In cooperation with the TU/e Vitality Core Team and Fontys Vitaal we play an active role in increasing the vitality of our employees. We do this by means of sports and exercise, but also thanks to extensive services and facilities. The SSC has a broad program for employees: 80 group lessons per week, fitness, squash, tennis, open swimming and (special) courses under the supervision of qualified (top sports) teachers. We also have a health & vitality program that includes physio-guidance, nutritional advice and specific health courses, such as Backsupport. For as little as € 115,- a year you can play sports at the SSC seven days a week, before, during or after working hours. More info: www.studentensportcentrumeindhoven.nl

Opening hours

<table>
<thead>
<tr>
<th>Monday to Friday:</th>
<th>07h30 – 24h00 (exercise until 23h00)</th>
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</thead>
<tbody>
<tr>
<td>Saturday:</td>
<td>08h30 - 21h00</td>
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<tr>
<td>Sunday:</td>
<td>09h00 - 17h00</td>
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SSC Sports Program

The SSC offers employees 30 different group lessons, free sports opportunities, personal fitness advice and a wide range of (health) courses.

Group lessons: get active and relax

Sport and exercise gives you a physical and mental boost. The right balance between work and sport ensures optimal performance and a high energy level throughout the day. The SSC has over 80 group classes a week, with a choice of 30 different group classes, such as Body Pump, HIIT, Cardio Core, Yoga and Zumba. With a sports card you can always participate in these classes; no waiting lists, no extra costs and no pre-registration is required*. It doesn’t matter if you are a beginner or a top athlete; our classes are for all levels.

More info: g.suslaviciute@tue.nl

* NB: due to corona, alternative rules may apply, which makes registration necessary and capacity limited. Check our website for the latest rules.
Open sports: work out when you want

Of course, you can also exercise for yourself during our opening hours. We have three fitness areas, a swimming pool, an Outdoor Playground, five squash courts and eleven all-weather tennis courts. The pool has set times for ‘open swimming’ in the morning, lunch and early evening. The exact times can be found on our website. You can also easily book a tennis- or squash court via our website: Login → ‘Reservations’ → ‘Racketsport’ and select a tennis or squash court.

Fitness: reaching your goals together

Our goal is to reach your goal! We have three modern equipped Fitness areas and an Outdoor Playground, where you can train seven days a week all year round. In each gym you can work on different aspects such as strength and stamina. If you want to achieve results in a more fun and efficient way, you can also participate in various fitness classes such as FUSE and Synrgy HIIT. In addition, the SSC Fitness Team offers various workshops, Personal Training, Fitness courses and we like to draw up a personal training schedule.

More info: sscfitness@tue.nl

Courses: discover and take on the challenge

Besides our sports program we also have (intro) courses. These courses are an ideal stepping stone to discover and learn a (new) sport, such as running, tennis, golf and swimming. For most courses we ask a small contribution. You can register for these courses via the SSC website; Login → ‘What’s on Offer’.

More info: ssccursus@tue.nl

Health & Vitality Program

The SSC is happy to help you improve and maintain your health. We do this not only with sports and exercise, but also with specific services, activities and courses.

FitBreaks: get an active break while working with the Fit Break! Exercise for 10-15 minutes together with your colleagues under the guidance of a sports instructor and clear your head.

More info: youkeepmoving@tue.nl

Vitality Week: from 16 to 20 November 2020 the Vitality Week will take place for TU/e employees, which includes various health tests under the supervision of experts, such as the Health Check 40+ and the Fit Check 40.

More info: youkeepmoving@tue.nl
**Sports card: join us**

From the 1st of September you will need a new sports card. The sports card can be purchased as follows:

**TU/e and Fontys online:** TU/e and Fontys employees can easily apply for a sports card via our website and pay directly with iDEAL. For TU/e employees, the campus card functions (after payment) as a sports card. Fontys employees then only need to have the sports card made at our information desk during their next visit.

**Other sports cards SSC info counter:** every day from 10.00 - 22.00 hours you can here buy/renew your sports card when you show your ID and ‘a recent salary slip’. After payment via PIN, you can immediately start exercising.

### Prices 2020-2021

<table>
<thead>
<tr>
<th></th>
<th>Year 01/09/20 – 31/08/21</th>
<th>Half Year 01/09/20 – 31/01/21</th>
<th>January 01/01/21 – 31/08/21</th>
<th>Spring 01/05/21 – 31/08/21</th>
<th>Month</th>
<th>3 Mnths</th>
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<tbody>
<tr>
<td>TU/e &amp; Fontys</td>
<td>€ 115,-</td>
<td>€ 82,-</td>
<td>€ 92,-</td>
<td>€ 45,-</td>
<td>€ 25,-</td>
<td>€ 65,-</td>
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<tr>
<td>TU/e Holding</td>
<td>€ 115,-</td>
<td>€ 82,-</td>
<td>€ 92,-</td>
<td>€ 45,-</td>
<td>€ 25,-</td>
<td>€ 65,-</td>
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<tr>
<td>Campus companies</td>
<td>€ 260,-</td>
<td>€ 167,-</td>
<td>€ 190,-</td>
<td>€ 135,-</td>
<td>€ 40,-</td>
<td>€ 105,-</td>
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Look for other types of subscriptions on www.studentensportcentrumeindhoven.nl

At the first time of purchase we charge € 2,50 administrative costs.

**Partner card**

What’s better than exercising? Yep, exercising with your true love! For the same price partners can participate in the same programs and make use of the same facilities. Please bring some proof of partnership (e.g. marriage certificate, shared bank account, shared mortgage etc.) when buying the sports card.
Contact: get social with us

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