

ACTIVITIES FOR STAFF – Only for staff!

WATER GYMNASTICS

On Tuesdays 16.15-17.00 in Sokos Hotel Caribia (not 24.1.) Entrance to dressing rooms 30 min. before. Room for 35 participants.

BACK RECOVERY GROUP

Thu 16.2.-22.3. (6 times) at 15.00-16.00 in the gymnastics hall of Educarium. The group is targeted at the staff members of the University of Turku that have chronic back pain or other diagnosed back disorders. The course is composed of a diagnostic test performed by a physiotherapist and six exercise sessions that include practical training with the guidance of the therapist. Free of charge! Sign up: Sissi Fysio tel. 044 260 1608 or maiju.vahatupa@pp.inet.fi

NECK AND SHOULDER RECOVERY GROUP

Thu 29.3.-10.5. (not at Eastern 5.4.) (6 times) at 15.00-16.00 in the gymnastics hall of Educarium. The group is targeted at the staff members of the University of Turku who are diagnosed with the disorders at the area of neck and shoulders (e.g. chronic neck pain). The course is composed of a diagnostic test performed by a physiotherapist and six exercise sessions that include practical training with the guidance of the therapist. Free of charge! Sign up: Sissi Fysio tel. 044 260 1608 or maiju.vahatupa@pp.inet.fi

FIND YOUR OWN PHYSICAL ACTIVITY - COURSE

Mon 27.2.-2.4. at 16.00-16.55 in Sport Henrik. The course is targeted for those who have different health problems and who don't exercise enough. Free of charge! Sign up to your own health care nurse in the occupational health care in Mehiläinen.

OTHER STAFF GROUPS ARE AT THE SCHEDULE MARKED WITH GREY COLOUR

All the services of University Sports (except badminton and special courses) requires sports fee.

Sports fee for spring 2012 is 30 € (valid until 29.4.2012). The fee shall be paid to the bank account: FI13 1733 3000 0042 89. Receiver: Turun yliopisto, reference numbers students: 26084 and staff: 26097.






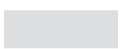

Print a receipt of the payment and get a sports card and a sports sticker from the Student Services/Sports Office/Sports facilities (supervisors in sports facilities are working when there are instructed classes). You can try out different activities and the gym free of charge for the first 2 weeks! After 22 January participation requires paid sports fee.

Letter C stands for course fee. See class description for paying instructions. Show the receipt of the payment to the supervisor. These groups don't require the sports fee. All courses are the same for beginners.

Letter s stands for signing up, signing up starts one week before each course begins. See signing up instructions on description of the classes. Signing up to running school, pilates for beginners and advanced, power yoga and fitness boxing for beginners and consciousness skills and yoga as tools for stress control-, tennis-, ballroom dance-, downhill skiing-, snowboarding- and gym training courses:

www.utu.fi/universitysports/reservations.

COLOUR SYMBOLS OF THE CLASSES

	Fitness and indoor cycling		Outdoor sports
	Therapeutic exercise		Martial arts and yoga
	Dance		Groups for staff only
	Ball games		

CLASS DESCRIPTION

Aerofit: Effective class with easy choreography with the basic steps of aerobics. Suitable for all! Mainly improves oxygen uptake but includes also a short muscle workout and stretching in the end.

Badminton: Open badminton turn for everybody (own equipment)

Balletone: Ballet, pilates and yoga movements in a new format. Come to the lesson barefoot.

Ballroom dance course: Course 1: (basic course for latin dances) Wed 11 Jan - 8 Feb (5 times), course 2: (foxtrot, waltz) Wed 15 Feb - 14 March (5 times) and course 3: (foxtrot, waltz) Wed 21 March - 18 April (5 times). On Wed 25 April at 19.30 is the final dance turn of all the spring dance courses. Course fee 30€ /pair (the other pair has to belong to University) shall be paid to the same account as the sports fee with reference number 26071. All courses for beginners and courses 2 and 3 with the same content. Sign up starts one week before the course starts: www.utu.fi/universitysports/reservations. More information and inquiries: www.yotanssi.ttkp.net and yotanssi@ttkp.net.

Bike lessons: Indoor cycling with music. Sign up to the supervisor before entering to classes, room for 34 participants. Please come at least 10 min. before to bike-lessons and bring a water bottle and a sweat towel with you!

Bike Basic (45 min.): Learn the basics of indoor cycling. Suitable for all and beginners!

Bike&Body (60 min.): Cycling and effective muscle training for middle and upper body

Bike Interval (60 min.): For advanced

Body: Warm-up (10 min.), muscular fitness exercises (35 min.) and stretching (5 min.) Suitable for all and beginners!

Boogie woogie: From the 50's, a traditional swing-partner-dance, danced to rock'n roll and

rhythm'n'blues. The course should be attended on the third session at the latest. The other pair has to belong to University Sports (with the sports fee). For the pair who doesn't belong to the University, the course fee is 35 € which shall be paid to the same account as the sports fee with reference number 26071. Inquiries: puheenjohtaja@turkuswingsociety.com

Capoeira: Afrobrasilian martial art that has dance and acrobatical elements

Circuit: Excellent for both improving muscle-fitness and oxygen uptake

CorePower: A Body & Mind class influenced by Pilates, yoga, martial arts and dance. First half of the workout is done in an upright position; the second half on the floor level, toning middle body muscles. The class includes stretching and relaxation at the end. The aim of the class is to improve posture and balance as well as middle body strength and mobility. The workout is done barefoot.

DanceAerobics: After a short warm-up the whole lesson will be danced with aerobic style. Suitable for advanced!

DanceFit: A fun way to get into shape! DanceFit is a floor class that borrows from street dance, afro, Latin dances and traditional aerobics. The choreography stays upbeat from song to song, guaranteeing a great sweat. At the end of the class we challenge the body with balance-, middle body- and mobility exercises. No prior dance experience needed!

Easy step: Easy step series using a step board, muscular fitness exercises and stretching. Suitable for beginners and those who don't like difficult movements!

Fitness boxing: Beginners course 1: Thu 12 Jan - 1 March (8 times), beginners course 2: Thu 8 March - 3 May (not 5 April) (8 times). Course fee 20 € shall be paid to the same account as the sports fee with reference number 26071. Sign up starts one week before the course starts: www.utu.fi/universitysports/reservations. Continuation group with sports fee without signing up. Room for 26 participants.

Freestyle: Aerobic class which is effective, fun and suitable for all, consists e.g. Dance, Step, Aerobics and Combat. In the end a short muscle workout and stretching.

Functional Training: Muscle workout class which improves effectively strength, coordination and body control. The basic principle of the class is that one movement exercises simultaneously many muscles. Not difficult choreography, suitable for all!

Futsal: Indoor football

Ice hockey: For those who have played before

Interval Body: Interval class with alternating pulse elevation and muscular fitness exercises. Easy choreographies but effective!

Irish dance: "Riverdance-style" Irish dancing

Jazzdance: Basic jazzdance movements

Karate: Yuishinkai karatejutsu concentrates on self-defence. Sign up to the teacher at first lessons. More information: www.yuishinkai.fi

Kendo: Japanese fencing. Course fee 44 € doesn't require paying the sports fee. More information and instructions for paying the course fee: www.internetsivut.fi/unikendo

LatinMix: Dancing to the rhythm of various latin dances with easy step series (salsa, merenque, bachata, cumbia, samba, cha cha, jive etc.). In the beginning of the season basic steps of each dance are learned and from that basis different choreographies are formed.

Lindy hop: From the 40's, a traditional swing-partner-dance. Beginners course with sports fee. The course should be attended on the third session at the latest. The other pair has to belong to University Sports (with the sports fee). For the pair who doesn't belong to the University, the course fee is 35 € shall be paid to the same account as the sports fee with reference number 26071. Inquiries: puheenjohtaja@turkuswingsociety.com

Middle body+stretching: Effective workout for abdominals and backmuscles and long stretching

Middle body+stretching, staff: Workout for abdominals and backmuscles and long stretching, only for staff

Muscle workout, staff: A basic exercise group for staff. Includes warm-up, muscle workout for the whole body and stretching for all!

Neck'n shoulders: Workout for neck and shoulders

Neck'n shoulders, staff: Workout for neck and shoulders, only for staff

Nia: Let your bare feet dance you to both physical and mental well-being - say yes to pleasure!

More information: www.dakinia.fi

Oriental dance: Efficient dance without jumps, good for back.

Pilates: An exercise system developed by Joseph Pilates. Focuses on building core strength and to improve the posture of the body, helps your mind and body to work in harmony. Beginners course 1: Mon 9 Jan - 27 Feb (8 times), beginners course 2: Mon 5 March - 7 May (not 9 April and 30 April) (8 times), continuation course 1: Mon 9 Jan - 27 Feb (8 times), continuation course 2: Mon 5 March - 7 May (not 9 April and 30 April) (8 times). Sign up starts one week before the course starts: www.utu.fi/universitysports/reservations. Room for 30 participants.

Course fee: beginners course 35 €, continuation course 35 € should be paid to the same account and with the same reference number as the basic sports fee (see above).

Power yoga: A sporty art of yoga focusing on improving concentration, perception and awareness together with balancing body and mind. **Beginners course:** Wed 11 Jan - 25 April (16 times). Course fee 35 € shall be paid to the same account as the sports fee with reference number 26071. Room for 45 participants. Sign up starts one week before the course starts: www.utu.fi/universitysports/reservations. **Continuation group for advanced** with sports fee without signing up. Room for 45 participants.

Step: Challenging series using a step board. The workout includes strength training and stretching.

Excellent for advanced! Sign up to the supervisor before entering to the class, room for 100 participants.

Stretching: Long stretches and relaxation for the whole body.

Taekwondo: A martial art of Korean origin which develops force, speed, balance, flexibility and stamina. Sign up to the teacher at first lessons. More information: www.budokwai.fi/taekwondo

Uni Combat: The session consists of various strike and kick series used in martial arts and other moves that keep the pulse up with the pace of dynamic music. Previous experience on martial arts is not required. Suits everyone who likes to train and want to enhance oxygen uptake and coordination in a funky way. Come and find your inner fighter! Sign up to the supervisor before attending to the class, room for 90 participants.

Uni Dance: Intermediate-level dance class that consists of a pulse-raising warm-up and a monthly dance set. In this class you get to dance to the rhythm of multiple dance types. January: HipHop, February: Show-Latinos, March: Showdance and April: Street/breakdance

Uni Pump: Effective muscle training exercise for the whole body with body bars and weights. Doesn't include choreography and difficult movements, suitable for all, also for men! Sign up to the supervisor before attending to the class, room for 80 participants.

Uni Pump Technique&Training: Effective muscle training exercise for the whole body with body bars and weights. Doesn't include choreography and difficult movements, suitable for beginners and those who want to know techniques better. Sign up to the supervisor before attending to the class, room for 80 participants.

Volleyball: Not for beginners

Zumba: Dynamic fitness dance class, which is simultaneously effective, easy, funny and addictive.

Zumba staff: Dynamic fitness dance class, which is simultaneously effective, easy, funny and addictive. For staff only!

More information about events, schedules, prices, borrowing sports equipment and other sports possibilities:

WWW.UTU.FI/UNIVERSITYSPORTS

Sports coordinators:

Teija Hakala, tel. 02 333 6495 & Anu Hirvonen, tel. 02 333 5946

liikunta@utu.fi

Sports Office: Student houses B, Rehtorinpellonkatu 4 B, rooms 207-208

Reserve an appointment time in advance

if you want to make sure that sports coordinators are on the spot!