**DROP IN AT IKSU SPORT**

- 06:30 – 07:25  YIN YOGA
- 06:40 – 07:20  SPIN CLASS – WATT
- 06:40 – 07:25  TOTAL TRAINING
- 07:25 – 07:45  CXWORX®
- 11:00 – 14:00  BOULDERING WITH INSTRUCTOR
- 11:15 – 12:00  BODYPUMP
- 11:15 – 12:00  TOTAL TRAINING
- 11:15 – 12:10  YOGA
- 11:30 – 12:10  SPIN CLASS – WATT
- 16:00 – 17:00  BODY ATTACK
- 16:15 – 17:10  SPIN CLASS – WATT
- 16:45 – 17:15  INDOOR WALKING
- 16:50 – 17:45  YOGA LIGHT
- 17:00 – 17:55  AQUA TOTAL TRAINING
- 17:00 – 17:45  TOTAL TRAINING
- 17:40 – 18:10  CXWORX®
- 18:00 – 18:45  BODY JAM
- 18:10 – 18:55  SPIN CLASS – RPM®

**DROP IN AT IKSU PLUS**

- 11:15 – 12:15  BODY PUMP
- 11:15 – 11:55  SPIN CLASS/INDOOR WALKING
- 11:30 – 12:25  YOGA
- 12:30 – 13:15  TOTAL TRAINING
- 16:00 – 17:00  BODYPUMP
- 16:25 – 17:10  INNER STRENGTH
- 17:15 – 17:45  CXWORX®
- 17:50 – 18:35  SOMA MOVE
- 17:50 – 18:30  SPIN CLASS/INDOOR WALKING
- 18:40 – 19:50  YOGA

LIMITED AVAILABILITY. FIRST COME, FIRST SERVE.

FOR MORE INFORMATION AND MORE CLASSES, GO TO IKSU.SE OR USE THE APP.

**FREE ENTRANCE TO IKSU**

24 Feb – 1 March:
- IKSU SPORT – www.iksu.se
- IKSU SPA – www.iksu.se
- IKSU PLUS Mon–Thur
  - 15:30–20:00 – www.iksu.se

Classes are included if places are available.

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**HEALTH ON CAMPUS**

Health on Campus pays tribute to Culture on Campus with active theatre, joining exercise with performance.

Tickets to Skuggteatern’s “Ingen vet att vi känner varandra” Friday 6 March at 18:00. Book on the Health on Campus web site. As usual; free of charge.

**KORPEN**

Korpen sports association offers team sports, group training, pickleball and aqua training all over Umeå. 24 February–1 March, students and employees can try out all of Korpen’s activities for free. www.korpenumea.se

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**HEALTH ON CAMPUS**

**CULTURE ON CAMPUS**

- Health on Campus
- Culture on Campus
- Active theatre
- Joining exercise with performance
- Tickets to Skuggteatern’s “Ingen vet att vi känner varandra” Friday 6 March at 18:00
- Book on the Health on Campus web site
- As usual; free of charge

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**FOR STUDENTS AND EMPLOYEES AT UMEÅ UNIVERSITY.**

**EVERYTHING IS FREE OF CHARGE!**

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**IDROTTSHÖGSKOLAN**

UMEÅ UNIVERSITY
PROGRAMME 25 FEBRUARY

KEYNOTE SPEAKERS IN AULA NORDICA

12:05 – 13:00
DETSITTARE I LEENDET
-HÄLSA UR ETT BRETT PERSPEKTIV
Meet Mårten Nylén in a lecture about reaching health and results in a smarter way. Get access to the "keys to success" and his top advice. Health is for everyone, no matter who you are and what goals you have. Simplicity paves the way for success.

Mårten Nylén is one of Sweden’s most well-esteemed health inspirationists. His list of references is long and he is a proud ambassador of the Crown Princess’ project Generation Pep. He also holds a training session at IKSU at 13:00. Everyone is welcome, please make sure to book a place.

13:30 – 14:10
COMPASSIONEFEKTEN
ATT TRÄNA HJÄRAN FÖR BÄTTRE HÄLSA
We run faster and faster, perform better and better to achieve satisfaction through individual success, but put too much pressure on ourselves, compare ourselves with others and feel inadequate. We know that physical exercise is important, but brain research shows that we can also train our brain for good health.

Christina Andersson is an authorised psychologist, research fellow at Karolinska Institutet and author of several books. Her lecture will offer new perspectives and will maybe make the snow look somewhat whiter, your body feel somewhat warmer and yours and others’ eyes look somewhat friendlier.

EXERCISE WITH THE KEY-NOTE SPEAKERS

14:30 – 15:30
COMPASSION YOGA WITH CHRISTINA
PLACE: ROTUNDAN, UNIVERSUM
DROP IN
The class is in Swedish. No prior knowledge or pre-booking is required. Regular softish clothing is recommended, no skirts. Mats are available. Participants can strengthen their qualities of strength, stability, heat and flexibility, which results in an ability to be more present in our lives and experience joy.

16:00 – 16:45
SMART TRAINING WITH MÄRTEN
PLACE: PARIS, IKSU SPORT
BOOK YOUR PLACE THROUGH THE HEALTH ON CAMPUS WEB SITE
An efficient and fun session using only your body. Everyone can participate regardless of shape and exercise habits as all exercises can be customised. Smart training is about adapting your exercise to your goals and your level.

STUDENT OR EMPLOYEE WORKING ELSEWHERE?
On 25 February, you can exercise for free here:
360 Träningcenter City - Skelefteå
1 life - Ornsköldsvik
Ego - Sundsvall
Aqua arena - Sollefteå
Frisikis & svettis - Östersund
Step in - Lycksele
Mitt livs stil - Luleå

COMES SEE US OUTSIDE INFOCENTER FROM 11:00-15:00.
PICK UP OFFERS AND DISCOUNTS!

TOUGHEST

PRE-REGISTRATION NEEDED

BOOK YOUR PLACE THROUGH THE HEALTH ON CAMPUS WEB SITE BEFORE 20 FEBRUARY

10:00 – 11:00
WORKSHOP: MINDFULNESS – THE STUDENT HEALTH SERVICE
ABOUT CONSCIOUSNESS PRESENCE AND SELF-COMPASSION
You will be notified of the place after registration. Only students.

11:00 – 13:50
WORKSHOP: MASSAGE PHYSIOTHERAPY PROGRAMME
50 minutes, see available sessions in the registration.
Place: Universitetsklubben, Umeå School of Sport Sciences

12:00 – 13:00
LECTURE: VAD ÄR STRESS OCH HUR KAN JAG HANTERA DEN?
STRATEGIER FÖR ATT HANTERA STRESS OCH ÅNGEST
Organiser: The Student Health Service, only students.
You will be notified of the place after registration. Sandwich and coffee/tea is included.

13:00 – 14:00
LECTURE: LEARN TO SKATE BY SKI WITH UMEÅ SCHOOL OF SPORT SCIENCES – NYDALA SKILL TRACKS
Free transport from Universum is offered, see registration form.

14:00 – 15:00
WORKSHOP: WEIGHTLIFTING – DAN ENGLUND AND CHRISTIAN TENBERG, PHYSIOTHERAPY PROGRAMME
Place: Performance Development Lab, Umeå School of Sport Sciences Secretariat

14:20 – 15:30
WORKSHOP: FYSISK AKTIVITET OCH STRESS
THERESE ESKILSSON, UMU AND TOBIAS STENLUND, UMEX-LAB
Place: University gymnasium, Umeå University

14:45 – 15:45
LECTURE: EXERCISE - QUALITY AND FUNCTION
LARS BERGSTRÖM, IKSU
Place: Iksu Sport, Luxemburg

16:00 – 17:00
Try KYOKUSHINKARATE with the KARATESÄLLSKAPET UMEÅ Kampsportens hus on Marielhem (also on Saturday 29 February at 13:00-15:30)

DROP IN

SHOW YOUR STUDENT ID OR YOUR UMU STAFF ID TO ACCESS:

07:30 – 20:30
SWIMMING IN THE 50 METRE POOL, NAVET

08:00 – 17:00
CROSS-COUNTRY SKIING, NYDALA SKII TRACK

10:00 – 14:00
SLALOM SKIING IN BRÄNTBERGSBACKEN
Equipment can be borrowed for free from Fritidsbanken at Alğidhem

10:45 – 13:00
TRY PICKLEBALL WITH KORPEN, ROTUNDAN, UNIVERSUM

11:00 – 15:00
MOVEMENT SCREENING – THE PHYSIOTHERAPIST PROGRAMME, UNIVERSUM

11:00 – 15:00
ICE SKATING ON THE POND – BORROW ICE SKATES BY THE FOUNTAIN

12:15 – 12:45
MEDITATION WITH INTRODUCTION – CHURCH ON CAMPUS, SCIENCES BUILDING

12:15 – 12:45
MEDITATION WITH INTRODUCTION – CHURCH ON CAMPUS, BLACK ROOM, UMEÅ ARTS CAMPUS

14:00 – 19:30
SWIMMING POOL AND EXERCISE POOL – NAVET

16:00 – 20:00
RELAX SECTION OPEN – NAVET

Organisers and partners:
Umeå School of Sport Sciences, Umeå Student Union, Umeå Medical and Health Sciences Student Union, the Student Union of Science and Technology, IKSU, Student Services/Student Health Service, Human Resources Office, Feelgood, the Occupational Therapy Programme, the Physiotherapy Programme, PYS, Property Management Office, Communications Office, Department of Food, Nutrition and Culinary Science, Department of Community Medicine and Rehabilitation, the University Library and Umeå Municipality.

Changes to the programme may take place.

FURTHER INFORMATION

Find out more about all activities on:
umu.se/idrottshogskolan/halsa-pa-campus/