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

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.

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

HEALTH ON CAMPUS

CULTURE 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.

FOR STUDENTS AND EMPLOYEES AT UMEÅ UNIVERSITY.
EVERYTHING IS FREE OF CHARGE!
EXERCISE WITH THE KEYNOTE SPEAKERS

14:30 - 15:30
COMPASSION YOGA WITH CHRISTINA
PLACE: ROTUNDAN, UNIVERSUM

The class is in Swedish. No prior knowledge or pre-booking is required. Regular softish clothing is recommended, not skirts. Mats are available. Participants can improve 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 - Skellefteå
- 1 life - Ornsköldsvik
- Ego - Sundsvall
- Aqua arena - Sollefteå
- Friskis & svettis - Östersund
- Step in - Lycksele
- Mitt livs stil - Luleå

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 CONSCIOUS 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: Performance Development Lab, Umeå School of Sport Sciences Secretariat

12:00 - 13:00
LECTURE: VAD ÄR STRESS OCH HUR KAN JAG HANTERA DEN?
STRATEGIER FÖR ATT HÅLLA 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
LEARN TO SKATE BY SKII WITH UMEÅ SCHOOL OF SPORT SCIENCES - NYDALA SKII 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
LECTURE: FYSISK AKTIVITET OCH STRESS
THERESE ESKILSSON, UM, U AND TOBIAS STENLUND, UMEX-LAB
Place: Universitetsklubben, Universum

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

16:00 - 17:00
Try Kyokushinkarate with the Karatesällskapet Umeå Kampsportens hus on Mariehem (also on Saturday 29 February at 11:00–15:30)

DROP IN
SHOW YOUR STUDENT ID OR YOUR UMEÖ 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
Equipment can be borrowed for free from Fritidsbanken at Ålidhem

10:00 - 14:00
SLALOM SKIING IN BRÄNTBERGSKÄRKEN
Equipment can be borrowed for free from Fritidsbanken at Ålidhem

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

11:00 - 15:00
MOVEMENT SCREENING – THE PHYSIOTHERAPY 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, NATURAL BLACK ROOM,

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

13:00 - 14:00
TRY DANCING BACHATA – ROTUNDAN, UNIVERSUM

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

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

FURTHER INFORMATION
Find out more about all activities on:

umu.se/idrottskhogskolan/halsa-pa-campus/

ORGANISERS AND SPONSORS

Umeå University, Social Science, 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 Sports Science Programme, the Physical Trainer Programme, the HF association, the Physiotherapy Programme, PSS, 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.