



student
sports
centre
eindhoven

Employees

Sports Program |
Health & Vitality Program

2022 / 2023

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 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 offering sport and exercise, among other things, in our extensive facilities. The SSC offers a broad program for employees: 80 group lessons per week, fitness, squash, tennis, open swimming and courses under supervision of qualified (top sports) teachers. We also have a health & vitality program that includes physio-guidance, nutritional advice and health courses, such as Back on Track and RSI-Prevention. For € 125,- a year you can exercise at the SSC seven days a week, before, during or after working hours. More info: www.studentensportcentrumeindhoven.nl

Opening hours

Monday to Friday:	07h30 – 24h00 (exercise until 23h00)
Saturday:	8u30 - 21u00
Sunday:	9u00 - 17u00

SSC Sports Program

Sports and exercise gives you a physical and mental boost. The right balance between work and exercise ensures optimal performance and a high energy level throughout the day. The SSC offers employees 30 different group lessons, open sports opportunities, personal fitness advice and a wide range of (health) courses.

Group lessons: get active and relax

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. As a sports card holder you can join any of these lessons. All lessons are included in the sports card. It doesn't matter if you are a beginner or a top athlete; our classes are for all levels.

 More info: Greta Takens, g.takens@tue.nl

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 fixed hours for 'open swimming' in the morning, lunch and early evening. The exact hours can be found on our website. You can also easily book a facility via our website: Login → 'Search' → *select the correct facility*.

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 workout 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 another fun and efficient way, you can also participate in various fitness classes such as Urban Cross Training, Kettlebell & TRX and Syngry HIIT. In addition, the SSC Fitness Team offers various workshops, Personal Training, Fitness courses and we are happy to draw up a personal training schedule for you.

📍 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 steppingstone 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 → 'Shop' → 'Courses'.

📍 More info: ssccourses@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.

Fit Break Club: you can take an active break from work with the Fit Break Club! Under the guidance of a sports instructor, you and your colleagues can exercise for 15 minutes and help clear your mind.

📍 More info: [Yvonne de Kinkelder, y.c.h.d.kinkelder@tue.nl](mailto:Yvonne.de.Kinkelder,y.c.h.d.kinkelder@tue.nl)

Vitality Week: every year the Vitality Week for TU/e staff and students takes place, which includes various health tests under the supervision of a doctor/expert, such as the Health Check 40+ and the Fit Check 40-.

Courses and workshops

Back on Track

Food Coach

Fit Break Club

Lifestyle Course – Start me Up

Mental Sports coaching

Physio Advice

‘Revalidation training’

RSI- Prevention

i Meer info: Manon van Lint, m.v.lint@tue.nl

Sports card: join us

From the 1st of September 2022 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 2022-2023

	Year 01/09/22 – 31/08/23	1st Semester 01/09/22 – 28/02/23	2nd Semester 01/01/23 – 31/08/23	Month
TU/e & Fontys	€ 125,-	€ 90,-	€ 28,-	€ 28,-
TU/e Holding	€ 125,-	€ 90,-	€ 28,-	€ 28,-
Campus companies	€ 272,-	€ 174,-	€ 48,-	€ 48,-

Look for other types of subscriptions on www.studentensportcentrumeindhoven.nl

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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