



**SSC**  
Eindhoven

# Employees 2023/2024

Sports Program  
Health & Vitality Program

Student Sports Centre Eindhoven

**TU/e** EINDHOVEN  
UNIVERSITY OF  
TECHNOLOGY

# Welcome to the Student Sports Centre Eindhoven

At the Student Sports Centre Eindhoven (SSC), you can take part in an extensive sports program as a TU/e or Fontys employee: 80 group lessons per week, fitness, squash, tennis, open swimming and courses under the guidance of qualified (top sports) teachers. We also offer a vitality program including physio guidance, nutritional advice and health courses such as Back on Track and RSI prevention. For €131 a year, you can exercise at the SSC seven days a week, before, during or after working hours. More info: <https://ssceindhoven.tue.nl/>

## Opening Hours

Monday – Friday:	7h30 – 24h00 (exercising until 23h00)
Saturday:	8h30 – 21h00
Sunday:	9h00 – 17h00

## SSC Sports program

As a TU/e or Fontys employee, you can participate in an extensive sports program if you have a sports card. Participation in lessons and use of facilities are included in the price of the sports card, except for a number of courses and services. Becoming a member of a student sports association is only possible for students and PhD students. You can book group lessons, tennis courts, squash courts or a time slot in the gym via our website.

## Group lessons: exercise and relaxation

The SSC offers 30 challenging types of group classes, such as Body Pump, Cardio Core, HIIT-Grit, Spinning, Yoga and Zumba. A total of about 80 group classes take place each week. The classes are for all levels; it does not matter whether you are a beginner or advanced. You can join all year round.

**i** More information: Greta Takens, Teamleader Groepslessen: [g.takens@tue.nl](mailto:g.takens@tue.nl)

## Free sports: work out when you want!

Of course, you can also exercise by yourself during our opening hours. We have a new modern gym, a swimming pool, an outdoor playground, five squash courts and eleven all-weather tennis courts. The pool has set hours in the morning, midday break and early evening where you can go to 'Open Swimming'. The exact hours for 'Open Swimming' can be found on our website, a reservation is not needed.

## Fitness: reaching your goals together

In our new modern gym and on our outdoor playground, you can exercise all year round. In the gym, you can work on different aspects, such as strength and endurance. Do you prefer exercising together? Then you can join our fitness classes such as Urban Cross Training, Kettlebell & TRX and Synrgy HIIT. In addition, our Fitness Team offers various workshops, courses and personal guidance, such as Personal Training and Fitness Advice.

**i** More information: [sscfitness@tue.nl](mailto:sscfitness@tue.nl)

## Courses: learn the basics and rise to the challenge!

In addition to our sports program, we also have (intro) courses. These courses start at the beginning of each quartile and are an ideal steppingstone to discovering and learning a (new) sport, such as running, tennis, golf and swimming. For most courses, we charge a small fee. You can register for these courses via the SSC website.

**i** More information: [ssccourses@tue.nl](mailto:ssccourses@tue.nl)

## Health & Vitality Programme

In cooperation with the TU/e Vitality Core Team and Fontys Vitaal, the SSC plays an active role in increasing the vitality of employees. Besides sport and exercise, we also offer specific services, activities and courses.

### Fit Break Club

You can take an active work break with the Fit Break Club! Led by a sports instructor, you will do 15 minutes of exercise together with your colleagues and clear your head for a while.

**i** More information: Yvonne de Kinkelder: [y.c.h.d.kinkelder@tue.nl](mailto:y.c.h.d.kinkelder@tue.nl)

## Vitality Week

Every year, the SSC and its partners organise the Vitality Week for TU/e students and employees. It is a week full of workshops, training sessions, lectures and various tests, such as the Health Check.

## Courses and workshops

- Back on Track
- Food Coach
- Lifestyle Course – Start me Up
- Massage (€22,- per 30 minutes)
- Physio Advice
- RSI-Prevention

**i** More information: Manon van Lint, Teamleader Health & Vitality: [m.v.lint@tue.nl](mailto:m.v.lint@tue.nl)

## Sports card

### Become a member

From 1 September 2023, you will need a sports card for academic year 2023-2024. You can purchase the sports card in the following way:

**TU/e and Fontys online:** TU/e and Fontys employees can easily apply for a sports card via our website and pay online (e.g. via IDEAL). For TU/e employees, after payment, the campus card functions as your sports card. Fontys employees can have the sports card made at our info desk on their next visit to the SSC upon showing ID.

**Other sports cards SSC info counter:** daily from 09.00 - 22.00 you can apply for/ extend the sports card here upon presentation of ID and a recent salary slip. After payment via PIN, you can immediately start exercising.

### Prices 2023-2024

	Year 01/09/23 – 31/08/24	1st Semester 01/09/23 – 28/02/24	2nd Semester 01/01/24 – 31/08/24	Month
TU/e & Fontys	€ 131,-	€ 94,-	€ 105,-	€ 29,-
TU/e Holding	€ 131,-	€ 94,-	€ 105,-	€ 29,-
Campus companies	€ 282,-	€ 182,-	€ 208,-	€ 49,-

### Partner card

Partners of sports card holders can also purchase a sports card. For the same price, your permanent partner can also participate in our sports program and use the facilities. When purchasing the sports card at the SSC info counter, your partner must show proof of partnership, e.g. marriage certificate, cohabitation contract, joint bank account or rental lease.

### House rules

To ensure that everyone enjoys exercising at SSC, we have drawn up a number of house rules. The main house rules are:




- While exercising, always wear sports clothing and clean (indoor) sports shoes.
- When visiting the gym or participating in group lessons, you have to use a towel to clean equipment and machines.
- You can only participate in classes or use facilities with a valid reservation.

### Sports card is strictly personal

The sports card is strictly personal and cannot be lent out. It is also not possible to bring other people along as guests. In case of any form of abuse, the subscription will be ended without any refund. Thank you for your cooperation!

### Contact: get social with us

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