



Student
Sports
Centre
Eindhoven

Employees 2024/2025

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 Neck & Shoulders and RSI prevention. For €145 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. A reservation for the swimming pool is not needed.

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

Free sports: work out when you want!

Of course, you can also exercise by yourself during our opening hours. We have a brand-new modern gym, an outdoor playground, five squash courts and eleven all-weather tennis courts. You can book a time slot online. The swimming pool has set hours in the morning, lunch and early evening for 'Open Swimming'. The exact hours can be found on our website. A reservation is not needed for open swimming.

SSC Gym: 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, Circuit Training and Synrgy HIIT. In addition, our Fitness Team offers various workshops and personal guidance, such as Personal Training and Fitness Advice.

i More information: 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 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

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 online work break with the Fit Break Club! Led by a sports instructor, you will do 15 minutes of light exercise and stretching together with your colleagues. It's a great way to get new energy and clear your head.

i More information: Yvonne de Kinkelder: y.c.h.d.kinkelder@tue.nl

Wellbeing Week

Every year, the SSC and its partners organise the Wellbeing 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

- Fit Break Club
- Physio Advice
- Lifestyle Course - Start me up!
- Massage (€23,- per 20 minutes)
- Neck & Shoulders
- RSI-Prevention
- Food Coach

i More information: Manon van Lint, Teamleader Vitality: m.v.lint@tue.nl

Sports card

Become a member

From 1 September 2024, you will need a sports card for the academic year 2024-2025. You can purchase the sports card in the following way:

TU/e and Fontys | Online: TU/e and Fontys employees can easily login to our website with their TU/e or Fontys credentials. In the shop you can select a subscription and pay online (including 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 2024-2025

	Year 01/09/24 – 31/08/25	1st Semester 01/09/24 – 28/02/25	2nd Semester 01/01/25 – 31/08/25	Month
TU/e & Fontys	€ 145,-	€ 104,-	€ 116,-	€ 30,-
TU/e Holding	€ 145,-	€ 104,-	€ 116,-	€ 30,-
Campus companies	€ 313,-	€ 202,-	€ 230,-	€ 50,-

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, an active 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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