

**ACHIEVE MORE  
THROUGH SPORT.**

**45 SPORTS  
FOR ONLY  
€27.75 PER  
MONTH**

## THE UNIVERSITY SPORTS CENTRE

The fully renovated USC now offers even more ways to get you moving. Our combination of fun, stamina training, healthy eating advice, dance, strength training, sports, games and relaxation is guaranteed to get you moving every week. And we're just around the corner!

## MEMBERSHIP

All-inclusive membership of the USC costs **€370** per year (excluding the one-off €10 registration fee). As an employee of the Bio Science Park you are entitled to a discount of 10% on your membership. That means that for just **€333 per year** (€27.75 per month) you can take part in our great range of sporting activities.

## ACTIVITIES ON OFFER

USC members can take part in any of the following activities : Abdominal Training / Aerial Acrobatics / Aerobics / African Dance / Badminton / Ballet / Ballroom Dancing / Basketball / Body Shake / Body Shape / Boxing / Bollywood / Boot Camp / Belly Dancing / Club Power / Condition Training to Music / Fencing / Football / Fitness / Gladiator Workout / Hip Hop / Hockey / Hoop Dance / Indoor Football / Irish Dance / Jiu Jitsu / Judo / Kick Boxing / Modern Dance / Pilates / Pole Fitness / Power Yoga / River Dance / Running / Rugby / Salsa / Spinning / Steps / Street Dance / Tae Bo / Table Tennis / Tai Chi / Taido / Tango / Tap Dancing / Tennis / (Beach) Volleyball / Yoga / Zumba.

## SPORTS DAYS- TOURNAMENTS - TECHNIQUE TRAINING - CLINICS

In addition to our great range of sporting activities, members can also take part in:

- Football and tennis tournaments.
- Running clinics - to work on your technique.
- Body and mind classes - to help you relax.
- A sports day for your whole company (max. 2000 people), consisting of a whole lot of sport, plus games, workshops, drinks and a BBQ at the end of the day.

Suggestions for other activities are always welcome.

## CONTACT

Details of all our activities and an up-to-date time table can be found on: [www.uscleiden.com](http://www.uscleiden.com). For questions please get in touch with Marieke Brink by email: [sportcentrum@usc.leidenuniv.nl](mailto:sportcentrum@usc.leidenuniv.nl), or phone: 071 5274610. Reservations of facilities, for a maximum of one hour, can be made up to one week in advance via: [reserveren@usc.leidenuniv.nl](mailto:reserveren@usc.leidenuniv.nl).

## WHAT'S POSSIBLE?

A quick workout after a long day of work? No problem at the University Sports Centre. With its wide range of sporting activities and its convenient location only 5 minutes from your workplace, you can even workout in your lunch break.

A game of (indoor) football with your workmates is a great way to let off steam. Or how about a tournament or match with colleagues from another company? At the USC you can rent a pitch and we'll even help you with making arrangements if required.

Maybe you haven't done any sports for a while but you'd like to get back into action. But which sport should you try? And how do you avoid irritating that old knee injury? By joining a Sport Coach course at the USC you can be assured of professional guidance. We'll discuss what you want to achieve and advise you on how to achieve it. Some sports may suit you better than others. Good nutrition, a healthy lifestyle and avoiding injury are all important elements of the course.

A workout in the gym is a great start. But how do you know if you're building muscle or burning calories? At the USC members are given a full introduction to all our equipment. We'll then draw up a personal schedule for you, taking into account your requirements and exercise routine.

Escape work, spend the day outdoors and get some exercise at the same time. The USC offers a great range of teambuilding activities and sports day options. We'll draw up a programme of activities based on your company's requirements, including short classes, sports matches and opportunities to try out new sporting activities. We'll even arrange the catering for you. An active and stress-free day out is guaranteed for all.

If you're still not convinced why don't you come and take a look around the USC. With our Inspiration Card you can make use of our facilities and take part in classes and activities free of charge for a whole day. You're then free to decide whether you'd like to become a member.