

TIME FOR TRAINING

SPRING 2012

SCIENCE PARK | BLÅSENHUS

TIME SCHEDULE VALID FROM JAN 9TH



campus 1477

THIS IS CAMPUS 1477

GYM 1 000 m² of gym in two facilities: **Science Park** & **Blåsenhus**. There is a wide variety of machines for cardio & strength training and free weights and open spaces for functional training. Improve your training, book a session with a gym instructor – one gym instruction is included in the 12 month-, 4 month- & semester cards!

CLIMBING **Science Park** has 40–50 marked routes on Uppsala's highest rope climbing wall, 12 metres with 2,5 metre overhang (basic qualification needed, trial possibilities and beginner's course available). **Blåsenhus** has an advanced boulder (=cliff-like) wall (open to all members). Free trial session on Tuesdays.

GROUP TRAINING We offer Uppsala's widest variety of group training classes, more than 100 a week. **Science Park/Blåsenhus**. Check out our classes! →

BALL/RACKET Football (soccer), floorball, basketball, volleyball, ultimate frisbee, Badminton, table tennis, mini tennis, beach ball & rounders – book via web, drop in on scheduled hours (if not full). Series: floorball, volleyball, football indoors/outdoors, beach volley, rounders. **Science Park/Blåsenhus**

SPINNING Spinning is at **Blåsenhus** – introduction, regular spinning, cardio training, XT 30 (short) & classes focusing on upper body strength or endurance training. Feel free to use the spinning room individually when it's unbooked.

LIGHT ROOM Try our light room to compensate for light deficiency. The light room helps many people to feel more energetic during the long nordic winter. **Blåsenhus**

PHYSIOTHERAPY, MASSAGE Our physiotherapist/masseur can assist you with rehabilitation, help you ease back, neck or shoulder pain or just to relax. **Blåsenhus**

Aerobics core Pulse-pounding steps & core strength.

Aerobics tone Pulse-pounding steps + strength with dumbbells

Afro KD Simple dancing to drums

Ass'n abs Strength/core/leg/seat.

Body toning Cardio on a step board, mixed w. strength exercises.

Bollywood Simple moves & combinations to Indian rhythms.

Box Cardio – kicking, punching & strength exercises.

Challenge High intensity interval – basics, rushes, jumps. Exhaustion guaranteed.

Classic iron Iron bars & cardio.

Core Stability, abs/back strength.

Dance Alternating focus, choreography, rhythm, mobility & tone.

Distance Spinning – cardio training, consistent intensity level.

Floorball Indoor team game similar to hockey – plastic club & ball.

Functional Versatile intense class: strength, core & cardio.

Grounding Joy of movement. Body awareness & afro rhythms.

Gympa Overlapping training: flexibility, cardio and strength

Kettlebells 1 Basic techniques with kettlebells (weights of cast iron – cardio, strength & agility.

Kettlebells 2 Kettlebells, slightly more advanced exercises.

Lexercise Hard, playful training games, lots of fun! Be a child again.

Löpakademin Running in group, interval training, leg strength outdoors, indoors in winter. Also at Blåsenhus in the spring.

Pilates Core strength, flexibility, breathing focus, relaxation.

Power step Intense step up (level between Step up 1 och 2).

P. step core Power step + core.

Power yoga Strength yoga – flexibility, balance, breathing.

Pump it Strength, using a barbell.

Special New training class each month. Ask at reception.

Spinning Stamina, training bike.

Spin & tone Spin+upper body.

Step up 1 Simple step combinations on a step board.

Step up 2 More challenging steps

Street Dance class to hiphop music, choreographed.

Yoga VF Yoga Vinyasa flow – physical, dynamic yoga – breathing and movement in sync.

Zumba Simple dance steps, latin-american party music.

NEWS SPRING 2012

AM Circuit Circuit training – strength & cardio.

Flexible Dynamic & static stretching for the whole body.

Move Cardio/strength class for the whole body. High intensity.

XT 30 Intense 30 minute class for those with little time.

MONDAY

SCIENCE PARK BLÅSENHUS

TIME	CLASS	Hall
07.00		
11.30		
12.15	Core 45'	LS
15.30		
16.00		
16.30	Body toning	LS
16.45		
17.00		
17.15	Box	SS
17.30	Flexible 35'	LS
17.45		
18.00		
18.15	Move	SS
18.30	Pump it 75'	LS
19.00		

CLASS	Hall	SPINNING
		Spin 45'
Grounding*	LS	
		Spin 45'
Kettlebells 1	LS	
		Spin
Gympa	SS	
Pump it	LS	
		Spin
Classic iron	SS	
Yoga VF	LS	
		Spin
Powerstep 75'	LS	

LS = Small hall

SS = Big hall

BOOKING: All classes are bookable. As a member you handle your bookings at campus1477.se. Up to five classes are bookable one week in advance. If a class is full you can choose to be on stand by, & get an sms text message when confirmed & booked.

TUESDAY

SCIENCE PARK

TIME	CLASS	Hall
07.00	Pilates 45'	LS
12.15		
16.00		
16.30	Ass'n abs	LS
17.00	Löpakademin*	SS*
17.30	Pump it	LS
17.45		
18.00		
18.15	Classic iron 70'	SS
18.30	Power yoga	LS
19.00		
19.30		

BLÅSENHUS

CLASS	Hall	SPINNING
Kettleb.1 45'	LS	Spin 45'
Body toning	LS	
		Spin
Afro KD	LS	
		Spin
Challenge	SS	
Core 45'	LS	
		Spin
Dans	LS	
		Spin

LS = Small hall

SS = Big hall

LÖPAKADEMIN (Running Academy) – Outdoors class (indoors in the winter), Löpakademin gives you the opportunity to improve your running. You run in a group: fartlek, tempo, interval & running technique. From/At Science park, outdoors or in the Big Hall. This spring we will start a Löpakademin class at Blåsenhus as well.

***When Löpakademin is outdoors** we will fill this slot with other activities. Check the web!

XT 30 = express training. 30 minute classes. Short & intense. A good group training alternative if you are a bit short of time.

WEDNESDAY

SCIENCE PARK BLÅSENHUS

TIME	CLASS	Hall	CLASS	Hall	SPINNING
11.15			Afro KD 45'	LS	
11.30					Spin XT 30'
12.00			Strength XT	LS	
12.15	Pump it 45'	LS			
16.30	Power yoga	LS	Bollywood	LS	
16.45			Classic iron	SS	Spin&tone 75'
17.30	Body toning	LS	Tone XT 30'	LS	
17.45					Spin
18.00	Box	SS	Step up 2	LS	
18.30	Aerobics core	LS			
19.00			Pump it	LS	Spin
19.30	Zumba	LS			
20.00			Kettlebells 1	LS	

LS = Small hall

SS = Big hall

Important information

- Please note: hours & schedules are subject to change.
- Book all classes at campus1477.se. Drop in – all classes if there's room. Tickets are printed at the front desk.
- Gym & climbing wall open during opening hours.
- Use Blåsenhus' spinning room individually if unbooked.
- Classes are 55 min (55') if nothing else is specified.

THURSDAY

SCIENCE PARK BLÅSENHUS

TIME	CLASS	Hall	CLASS	Hall	SPINNING
07.00	AM Circuit 45'	SS			
11.30	Functional	LS			Spin 45'
16.00			Pilates	LS	
16.30	Body toning	LS			Intro 10'
16.40					Spin 45'
16.45			Gympa	SS	
17.00			P. Step core	LS	
17.15	Challenge	SS			
17.30	Pump it	LS			Spin
18.00			Afro KD	LS	
18.15	Box	SS			
18.30	Special class	LS			Spin
19.00			Kettlebells 1	LS	
19.15	Lexercise 70'	SS			
19.30					Spin 75'

LS = Small hall

SS = Big hall

SPECIAL CLASS: Thursdays 18.30 we try out a new class each month – can be almost anything! Special classes in recent years: Crosscamp, Body slide, Chair dance, Zumba, Bollywood, Salsa.

OUTDOORS: Spring & summer some classes are held outdoors, in the park Lugnet adjacent to Blåsenhus. We also arrange mountain bike- & Crosscamp (military) training events from time to time.

FRIDAY

SCIENCE PARK BLÅSENHUS

TIME	CLASS	Hall	CLASS	Hall	SPINNING
07.00			Power yoga	LS	Spin 45'
11.30	Ass'n abs	LS	Kettleb. 1 45'	LS	
12.00					
12.15					Spin 45'
15.30					Spin
16.00			Street	LS	
16.30	Aerobics tone	LS			Spin 75'
16.45			Classic iron	SS	
17.30	Pump it	LS			

SATURDAY

SCIENCE PARK BLÅSENHUS

TIME	CLASS	Hall	CLASS	Hall	SPINNING
09.00			Gympa	SS	
09.30					Spin
10.30	Body toning 75'	LS			
11.30			Classic iron	SS	
15.00			Pump it	LS	
15.45					Spin
16.00			Step core 75'	LS	
16.45			Core XT 30'	LS	

SUNDAY

SCIENCE PARK BLÅSENHUS

TIME	CLASS	Hall	CLASS	Hall	SPINNING
10.30	Öppnar 13.00		Pump it	LS	
12.00			Kettlebells 2	LS	
12.15					Spin
13.30	Step up1 & Tone	LS			
14.15	Tone XT 30'	LS			
15.15			Zumba	LS	
15.30	Power yoga 90'	LS			
16.00					Distans 75'
16.15			Body toning 75'	LS	
17.15	Classic iron 70'	SS			
18.00	Core	LS			

LS = Small hall

SS = Big hall

MEMBER WEEK! Once in the spring, once in the autumn we arrange "Medlemsvecka", members' week. Bring a friend to Campus1477 all week. Usually there are other surprises too, such as special classes, discounts, give-aways and competitions with prizes.

Loyal members get a discount! When you renew 12 month value cards (within 2 weeks after expiration) you get a discount. You will get the discount each time you renew your 12 month card in time.

Loyalty
pays
off

BALL & RACKET GAMES -

Book ball & racket games via our website – drop in if there s room.

Ladders You're welcome to participate in our racket game ladders.

¹ **Badminton & mini tennis** only one hour at a time.

² **Volleyball series** start w. 6, before then: booking & drop-in.

³ **Until week 5** and fr o m week 17 this slot can be booked one hour at a time for badminton and table tennis.

MONDAY SCIENCE PARK

WHEN?	Hall: SS1	Hall: SS2
06.45–07.45		
12.05–13.05	Badminton	
15.20–16.10	Badminton	Table tennis
18.45–20.00		
19.15–21.30 (19.15–21.15)	Volleyball – series ²	Minitennis ¹ (end 21.15)

BLÅSENHUS

Hall: SS1	Hall:SS2
Badminton	Table tennis
Floorball	18.45–20.00
Football	20.00–21.30

TUESDAY SCIENCE PARK

WHEN?	Hall: SS1	Hall: SS2
07.00–09.00*	Badminton ¹	Mini tennis ¹
12.10–13.00		
12.35–13.25	Badminton	Mini tennis
13.25–14.10	Badminton	Mini tennis
16.45–17.45		
18.45–20.15		
20.15–21.30		
20.30–21.30	Badminton	Mini tennis

BLÅSENHUS

Hall: SS1	Hall:SS2
Badminton	Table tennis
Ultimate frisbee	
Volleyball	
Basketball	

SERIES & DROP IN

³ **BALL GAME SERIES:** Series in floorball, indoor football & volleyball: enter by January 22. Series in outdoor football, beach volleyball & rounders: enter by April 22. More info: campus1477.se

WEDNESDAY SCIENCE PARK

WHEN?	Hall: SS1	Hall: SS2
06.45–07.45		
16.45–17.45	Badminton	Mini tennis
17.45–19.00		
19.00–20.15		
19.15–21.30 (19.15–21.15)	Volleyball – series ²	Minitennis ¹ (end 21.15)

BLÅSENHUS

Hall: SS1	Hall: SS2
Badminton	Table tennis
Football	
Basketball	
Floorball 20.15–21.30	

THURSDAY SCIENCE PARK

WHEN?	Hall: SS1	Hall: SS2
07.00–08.00	Badminton	
12.10–13.00		
16.15–17.10		Table tennis
17.45–18.45		
18.45–20.15		
20.30–21.30	Badminton	Mini tennis

BLÅSENHUS

Hall: SS1	Hall: SS2
Badminton	
Ultimate frisbee	
Basketball	Volleyball
Football	20.15–21.30

Please note that hours & schedules are subject to change

Full hall Science park

SS1 & SS2=big
hall divided

Full hall Blåsenhus

FRIDAY**SCIENCE PARK****BLÅSENHUS**

WHEN?
06.45–07.45
12.10–13.00
17.30–18.15
17.45–19.00
18.15–19.00

Hall: SS1	Hall: SS2
Badminton	Mini tennis
Badminton	Mini tennis

Hall: SS1	Hall: SS2
Badminton	Table tennis
Badminton	Table tennis
Football	

SATURDAY**SCIENCE PARK****BLÅSENHUS**

WHEN?
11.15–15.15
13.30–17.30

Hall: SS1	Hall: SS2
Badminton ¹	Mini tennis ¹

Hall: SS1	Hall: SS2
Ball game series ³	

SUNDAY**SCIENCE PARK****BLÅSENHUS**

TID
10.30–17.30
13.15–16.00
16.05–17.10
18.30–20.30

Hall: SS1	Hall: SS2
Badminton ¹	Mini tennis ¹
Floorball	
Badminton ¹	Mini tennis ¹

Hall: SS1	Hall: SS2
Ball game series ³	

BEACH BALL COURTS & GREEN: In the green behind Campus1477 Blåsenhus there are beach ball courts for volleyball, football, handball and speedminton. Rounders, frisbee and other activities can be played in the green area.

249 KR/MONTH

This price list is a selection. For full information: campus1477.se.

CAMPUSKORTET

Gym, ball- & racket games, group training, spinning, bouldering

	12 months			Semes-ter	4 months	30 days
	Normal price	Loyalty disc. ³	Dir. debit			
Student & union	2840 ¹	2 690	249/month ²	1 615 ¹	-	-
Student	2 990	2 690	259/month	1 690	1 650	495 kr
Others	3 690	3 320	329/month	2 050	1 950	575 kr
Daytime	1 990	1 790	190/month	1 190	1 150	-

¹ Uppsala student union members + new Campus1477-members.

² Uppsala student union members, including previous Campus1477-members.

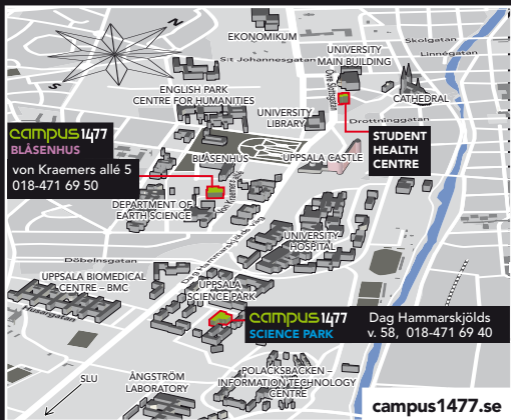
³ Loyalty discount: when you renew your 12 month card.

MULTICAMPUS

Gym, ball- & racket games, group training, spinning, bouldering

	12 months			Semes-ter	4 months	30 days
	Normal price	Loyalty disc. ³	Dir. debit			
Student & union	3 300 ¹	3 105	299/mån ²	1 920 ¹	-	-
Student	3 450	3 105	309/mån	1 995	1 900	525 kr
Others	4 150	3 735	369/mån	2 350	2 290	595 kr
Daytime	2 690	2 420	250/mån	1 595	1 550	-

OPENING HOURS/FIND US



Monday	08.00–22.00	SCIENCE PARK	06.30–22.00	BLÅSENHUS
Tuesday	06.30–22.00		08.00–22.00	
Wednesday	08.00–22.00		06.30–22.00	
Thursday	06.30–22.00		08.00–22.00	
Friday	08.00–19.30		06.30–19.30	
Saturday	10.00–16.00		08.30–18.00	
Sunday	13.00–21.00		10.00–18.00	

Opening hours change around holidays. Ask at reception.