



Student info spring 2026

uMove

7.1.2026

Henna Muukka (henna.p.muukka@jyu.fi)





What is uMove?

uMove offers sports and well-being for the students and staff of the Jyväskylä universities.

We offer nearly a 100 classes and session from which you can choose the best ones for you.

uMove



With us, you can

- Attend group fitness
- Play ball games on self instructed shifts
- Access gyms, get discounts on swimming
- Take courses and attend events

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Group Fitness Classes

12.1.– 26.4.2026

Join with uMove membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 Flow Yoga Sonja, VS	8.00 Bodybalance Jansku/Susanna, VS	14.00 Relaxing Yoga Jarna, RS	8.00 Bodycombat Jansku, VS	8.30 Pilates Anu, VS	12.00 Functional Training CrossFit Seppä	16.00 LesMills Shapes 45' Klub1
16.00 Bodycombat Iida, VS	15.00 EASY Body Care 45' Kirsia, RS	15.00 Barre Jarna, RS	15.00 Pump Jansku, VS	14.00 Bodycombat Jansku, VS	13.00 Functional Training CrossFit Seppä	16.30 Barre Yarnanta
16.00 Healthy Back Markus, RS	16.00 Cardio&Tone Veera-Maria, VS	16.00 Circuit STAFF Minttu, PS	16.00 Musculoskeletal Health, Leena, RS	15.00 Bodybalance Jansku, VS		17.30 Cycling 45' Klub1
16.15 Strong Legs 25' Jansku, Jamk	16.00 Kettlebell Markus, PS	16.00 Flow Yoga Leena, RS	16.30 Zumba Petra F, VS	16.00 Abs&Booty Liina, VS		17.45 Relaxing Yoga Yarnanta
16.45 Strong Arms 25' Jansku, Jamk	17.00 Crosstraining Markus, PS	16.30 Kettlebell Satu, VS	17.15 Handstand 75' Pinja, TS	16.00 Yin Yoga & Relaxation, Iiris, Jamk		18.15 Pilates&Fascia Jyväskylän Pilates Studio
17.00 Abs&Booty Iida, RS	17.00 EASY Yoga Leena, VS	16.30 Shake&Twerk Lotta, Jamk	17.35 HIIT 45' Minttu, VS			
17.00 Zumba Step 45' Petra, VS	18.00 Pump Liina/Sirpa, Jamk	17.00 K-Pop Roosa, RS	18.00 Fit Boxing Aatu, Jamk			
17.15 Bodyweight Markus, TS	18.00 Salsa solo Reidel, RS	17.30 Abs&Booty (Eng) Lotta, Jamk	18.00 Show Dance (Eng) Idlin, RS			
17.15 Pilates Jansku, Jamk	18.00 Gymnastics 75' Henna, TS	17.30 Bodycombat Satu, VS	18.25 Body Care Minttu, VS			
18.00 Core Susanna, VS	18.10 Step Aerobics Sonja T/Essi, VS	18.00 Cycling Klub1	19.00 Yin Yoga Elina, Jamk			
18.00 HIIT 30' Petra F, RS	19.00 Historical Dances 90' Marko, Viveca	18.30 EASY Fit Boxing Aatu, Jamk				
18.30 Body Care 25' Petra F, RS	19.00 Pilates Leena, Jamk	18.45 Pump Liina, VS				
19.00 Bodybalance Susanna, VS	19.00 Reggaeton Reidel, RS	19.00 Pilates Jansku, RS				
19.00 Commercial Tuuli, RS						

Classes are 55 min long unless mentioned otherwise.

On week 9 there's a separate schedule. The classes are on Easter break 2.–6.4.2026.

Changes to the schedule are possible. Check out up-to-date schedule in the booking calendar.

Sports facilities:

University of Jyväskylä, Liikunta building Keskussairaalan tie 4:

KS = kuntosalit
PS = palloilusali
RS = rytmikasali
TS = telinesali
VS = voimistelusali

CrossFit Seppä, Vasarakatu 9

Jamk, Rajakatu 35

Jyväskylän Pilates Studio, Yliopistonkatu 42

Klub1, Kivääritehtaankatu 6

Viveca, Kuntoportti 5

Yarnanta, Ailakinkatu 5 E

Book your place: umove.fi



Ball game & self-directed sessions

12.1. – 26.4.2026

Join with uMove membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-16 Padel PA, Ylistö	16.15-17.45 Volleyball ADVANCED Jamk	14.20-15.30 Ice hockey ADVANCED HJH	16-17 Basketball BASIC PS	16-17.15 Futsal BASIC PS	11.00-12.30 Badminton U2	18-20 Floorball ADVANCED U2
16-17 Basketball BASIC PS	17-18 Squash MO	14.30-16 Padel PA, Keljo	16-17 Basketball ADVANCED U2	16-18 Badminton U2	12.30-14 Badminton U2	
16-17.30 Volleyball BASIC U2	17.15-18.30 Badminton U2	16.00-17.15 Badminton U2	17-18.15 Volleyball START VS	16-18 Gymnastics TS	18-20 Volleyball ADVANCED U2	
16.30-18 Squash MO	18-19 Basketball ADVANCED PS	17-18.30 Volleyball ADVANCED PS	17-18.15 Badminton U2	17.15-19 Volleyball BASIC VS		
17-18.30 Volleyball ADVANCED PS	18.30-20 Floorball ADVANCED U2	17.15-18.30 Floorball START U2	18.15-20 Volleyball BASIC PS	17.15-19 Volleyball ADVANCED PS		
17.30-19 Floorball BASIC U2	19-20 Basketball BASIC PS	18.30-20 Floorball BASIC U2	18.15-20 Volleyball ADVANCED U2			
18.15-19.15 Gymnastics TS	19.10-20.30 Badminton HH	18.30-20 Futsal BASIC PS				
18.15-19.45 Badminton Jamk						
18.30-20 Futsal BASIC PS						
19-21 Badminton U2						

Sports facilities:

JYU, Liikunta (L) building
Keskussairaalaantie 4:

PS = palloilusalari

TS = telinesali

VS = voimistelusalari

Jamk = Jamk sports hall,
Rajakatu 35

Kuntoportti 3:

HH = Hipposhalli

MO = Monitoimitalo

JYU, Seminaarinmaa 15:

R = Ryhtilä

U2 = Urheiluhalli U2

PA, Keljo = Padel Adder,
Kylmälähdentie 9

PA, Ylistö = Padel Adder,
Ylistönmäentie 20

HJH = Training ice rink,
Rautpohjankatu 6

Book your place for the sessions in advance. Remember to cancel your registration in time!

The sessions are on Easter break 2.-6.4.2026.

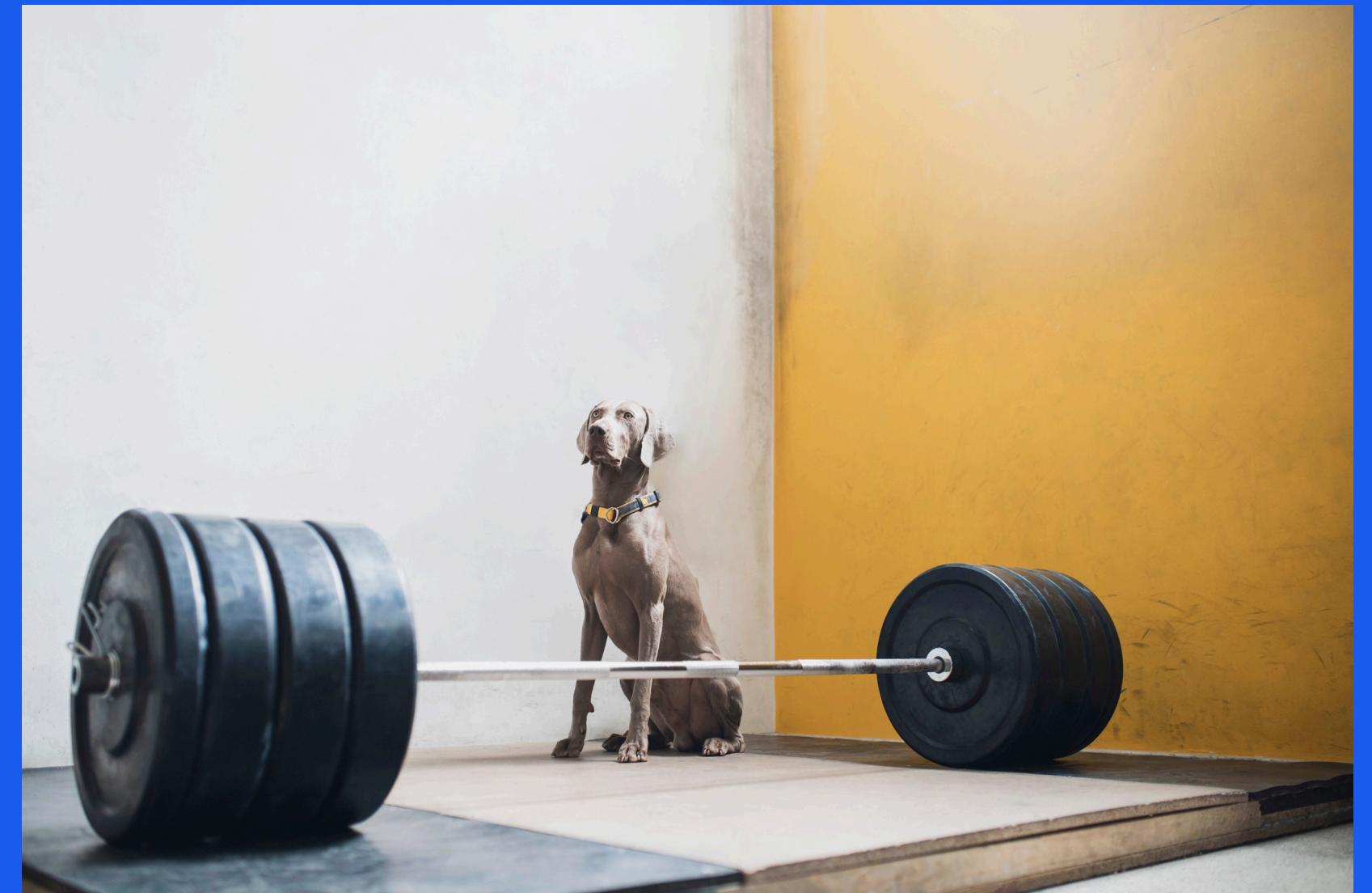
Week 9 has a reduced schedule.

Changes during the season are possible. Please check the up-to-date schedule in the booking system.

Book your place for the sessions: umove.fi

Gyms

- Rentukka (The student village)
- Monitoimitalo (Hippos)
- Graniitti (Kuokkala)



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Courses and events

Events like Open doors, tournaments or Singing bowl relaxations

Sports courses

Start-courses

Sign up for courses starts 8.1.



OPEN DOORS



Test out group fitness and ball games on 12.1. - 16.1. without the membership!

-Remember to sign up for each class



Credits from sports???

- Search YLIY010 (YLIY011) in SISU
- Credits from sports
- 14 sports intro classes
- 1 lecture
- 40 classes of which 20 in English (others only in Finnish)
 - Sign up begins 2 weeks before each class
 - limited spots per class
 - Try take classes you know the language of



The membership

- Group fitness
- Ball game shifts
- Gyms
- Yogobe -video library
- Varying discounts and benefits

Spring 50e

Summer 25e

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uMoven jäsenyys lukuvuosi opiskelija

Omistaja

Alkaa
2023-09-01

Päättyy
2024-08-31

Hinta

Määrä

1

Yhteensä

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HOW?

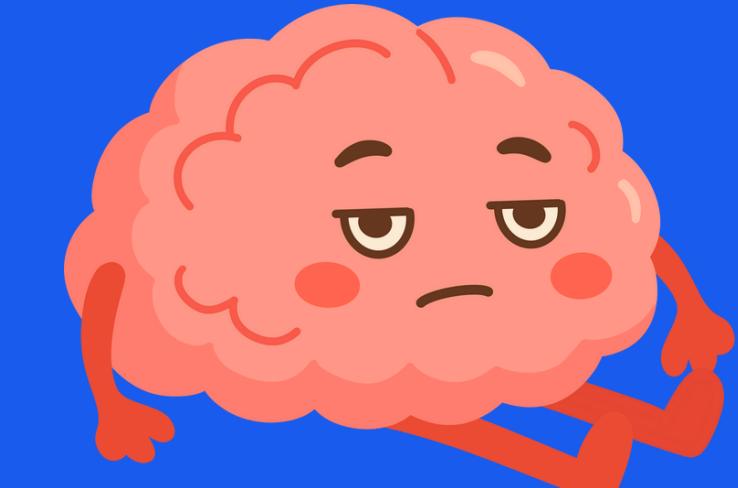


uMove.fi/en -> Join us

University webshop

Sign up for every class! (on the move -app)

Show the membership from your phone to the instructor



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To remember:

- open doors 12.1.-16.1.
 - ALWAYS NEED TO SIGN UP → APP
- course sign ups??
- umove.fi/en has all the info you need
- also instagram @umovejkl
- contact me henna.p.muukka@jyu.fi or umove@jyu.fi





STUDENTBIKES

Bike rental for exchange students



Need a bike? But staying in Jyväskylä only for one semester? Rent it! The whole semester only 69 euros.

Easiest, safest and probably the cheapest way to get a bike is to rent it. These are quality bikes which have a full warranty in case of technical problems. So, you don't need to worry if something gets broken. All repair costs include the rent. You can just focus on your studies and we will take care of your bike. **NOTE! IF YOU ARE USING FOREIGN SIM CARD, WE CAN NOT RECEIVE YOUR TEXT MESSAGES. ROAMING CONTRACTS IN FINLAND INCLUDE OFTEN ONLY THE PHONE CALLS. NOT THE TEXT MESSAGES.**

Let's do a little
taukojumpa



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KIITOS!



umovejkl

umove.fi

