



uMove

Student info spring 2025





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



Services

- ↪ Group fitness
- ↪ Ball games and self instructed shifts
- ↪ Gyms and swimming
- ↪ Courses and events



Group Fitness Classes

8.9.–14.12.2025

Join with uMove membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 Flow Yoga Sonja, VS	8.00 Bodybalance Jansku/Susanna, RS	16.00 Circuit STAFF Minttu, PS	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	16.00 Cardio&Tone Veera-Maria, VS	16.00 Flow Yoga Leena, VS	11.00 HIIT/LIIT 30' Kirsi, RS	14.00 Bodycombat Jansku, VS	13.00 Functional Training CrossFit Seppä	16.30 Barre Yarnanta
16.00 Healthy Back Markus, RS	16.00 Kettlebell Markus, PS	16.30 Shake&Twerk Lotta, Jamk	11.30 EASY Body Care 30' Kirsi, RS	15.00 Bodybalance Jansku, VS		17.30 Cycling 45' Klub1
16.15 Strong Legs 25' Jansku, Jamk	16.00 Pilates Ella, RS	17.00 Kettlebell Satu, VS	15.00 Pump Jansku, VS	16.00 Abs&Booty Liina, VS		17.45 Relaxing Yoga Yarnanta
16.45 Strong Arms 25' Jansku, Jamk	16.45 Gym Workout Tuuli, KS	17.30 Abs&Booty (Eng) Lotta, Jamk	16.00 Musculoskeletal Health, Leena, RS	16.00 Hatha Yoga & Deep Relaxation, Iiris, Jamk		18.15 Pilates&Fascia Jyväskylän Pilates Studio
17.00 Abs&Booty Iida, RS	17.00 Crosstraining Markus, PS	18.00 Bodycombat Satu, VS	16.30 Zumba Petra F, VS			
17.00 Bodyweight Markus, TS	17.00 EASY Yoga Leena, VS	18.00 Cycling Klub1	17.15 Handstand 75' Pinja, TS			
17.00 Zumba 45' Petra, VS	18.00 Pump Liina/Sirpa, Jamk	18.00 Jazz Dance Alisa, RS	17.30 HIIT 45' Petra S, VS			
17.15 Pilates Jansku, Jamk	18.00 Salsa solo Reidel, RS	18.30 EASY Fit Boxing Aatu, Jamk	18.00 Fit Boxing Aatu, Jamk			
18.00 Core Susanna/Markus, VS	18.00 Gymnastics 75' Henna, TS	19.00 Pilates Jansku, RS	18.00 Show Dance (Eng) Idlin, RS			
18.00 HIIT 30' Petra F, RS	18.10 Step Aerobics Sonja T/Essi, VS	19.00 Pump Liina, VS	18.20 Body Care 45' Petra S, VS			
18.30 Body Care 25' Petra F, RS	19.00 Historical Dances 90' Marko, Viveca		19.00 Yin Yoga Elina, Jamk			
19.00 Bodybalance Susanna/Mari, VS	19.00 Body Care (Eng) Katia, Jamk					
19.00 Commercial Tuuli, RS	19.00 Reggaeton Reidel, RS					

Classes are 55 min long unless mentioned otherwise.

On week 42 there's a separate schedule. The classes are on break 5.-6.12.2025.
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 = kuntosali
PS = palloilusali
RS = rytmikkasali
TS = telinesali
VS = voimistelusal

CrossFit Seppä, Vasarakatu 9

Jamk, Rajakatu 35

Jyväskylän Pilates Studio, Yliopistonkatu 42

Klub1, Kivääritehtaankatu 6

Viveca, Kuntoportti 5

Yarnanta, Cygnaeuksenkatu 3, RSP

Book your place: umove.fi



Ball game & self-directed sessions

8.9.2025 – 14.12.2025

Join with uMove membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-16 Padel PA, Ylistö	14.20-15.30 Ice skating HJH	14.20-15.30 Ice hockey ADVANCED HJH	16-17 Badminton U2	16-17 Futsal BASIC PS	11.00-12.30 Badminton U2	18-20 Floorball ADVANCED U2
16-17 Basketball BASIC PS	16.15-17.45 Volleyball ADVANCED Jamk	14.30-16 Padel PA, Keljo	17-18 Basketball BASIC PS	16-18 Badminton U2	12.30-14 Badminton U2	
16-17.30 Volleyball BASIC U2	17-18 Squash MO	16.00-17.00 Badminton U2	17-18 Basketball ADVANCED U2	17-19 Volleyball BASIC VS	18-20 Volleyball ADVANCED U2	
16.30-18 Squash MO	17.15-18.30 Badminton U2	17-19 Volleyball ADVANCED PS	18-20 Volleyball BASIC PS	17-19 Volleyball ADVANCED PS		
17-18.30 Volleyball ADVANCED PS	18-19 Basketball ADVANCED PS	18.30-19.30 Gymnastics TS	18-20 Volleyball ADVANCED U2			
17.30-19 Floorball BASIC U2	18.30-20 Floorball ADVANCED U2	18.30-20 Floorball BASIC U2				
18.15-19.15 Gymnastics TS	19-20 Basketball BASIC PS	19-20 Futsal BASIC PS				
18.15-19.45 Badminton Jamk	19.00-20.30 Badminton HH					
18.30-20 Futsal BASIC PS						
19-21 Badminton U2						

Sports facilities:

JYU, Liikunta (L) building
Keskussairaalan tie 4:
PS = palloilusal
TS = telinesali
VS = voimistelusal

JYU, Seminaarinkatu 15:
R = Ryhtilä
U2 = Urheiluhalli U2

Jamk = Jamk sports hall,
Rajakatu 35

Kuntoportti 3:
HH = Hipposhalli
MO = Monitoimitalo

PA, Keljo = Padel Adder,
Kylmälahdentie 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!

Week 42 has a reduced schedule.

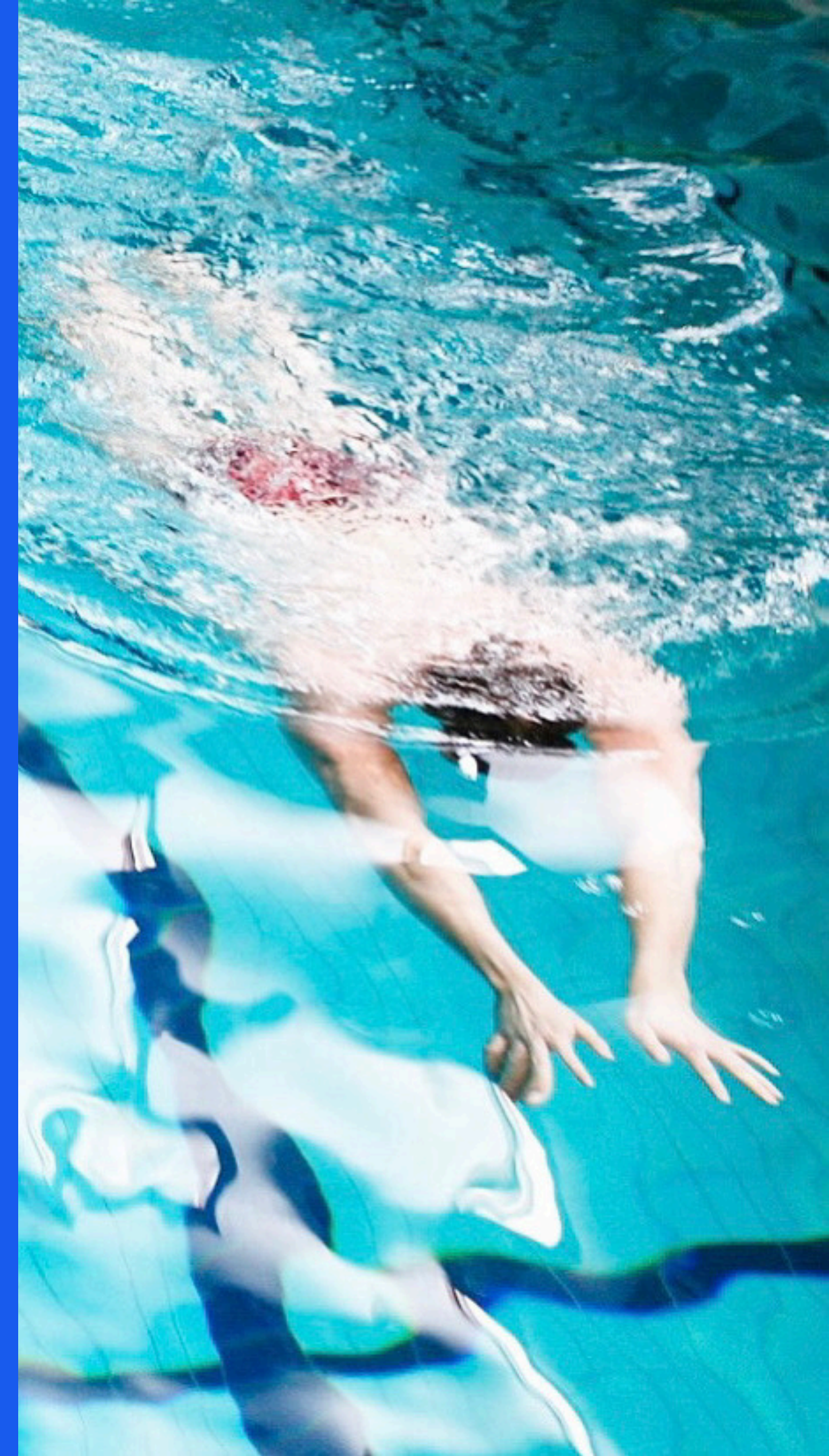
Changes during the season are possible. Please check the up-to-date schedule in the booking system.

Book your place for the sessions: umove.fi

Gyms

- Rentukka and monitoimitalo gym

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Courses and events

↪ Events like Snow fest of Singing bowl relaxations

↪ Sports courses

↪ Start-courses

Sign up for courses has begun last week



OPEN DOORS

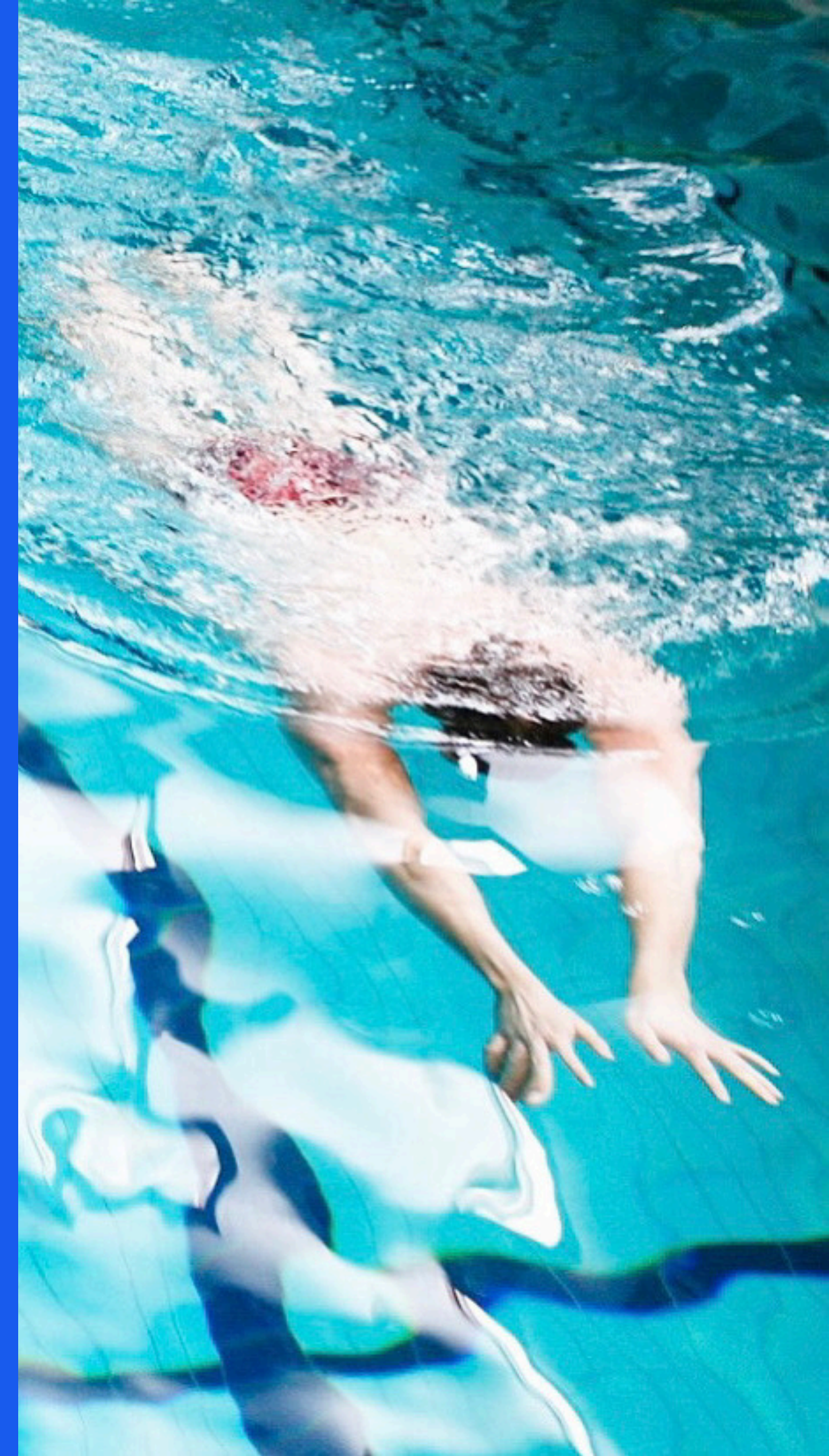
Test out group fitness and ball games on 8.9. - 12.9. without the membership!

-Remember to sign up for each class



Credits from sports

- Search YLIY010 (YLIY011) in SISU
- Credits from sports
- 14 sports intro classes
- 1 lecture on the 27th of October
- 40 classes of which 20 in English (others only in Finnish)
 - Sign up begins 2 weeks before each class
 - limited spots per class
 - ONLY take classes you know the language of.



The membership


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

12 months 65e

Autumn 45e

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uMoven jäsenyys lukuvuosi opiskelija

Omistaja	
Alkaa 2023-09-01	Päätyy 2024-08-31
Hinta	
Määrä	1
Yhteensä	

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HOW?



[uMove.fi/en](https://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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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.**

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KIITOS!



umovejkl

umove.fi

