



Student info

uMove

umove@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 weekly classes and session from which you can choose the best ones for you.

[Intro video](#)

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

uMove



Group Fitness Classes

7.9.– 13.12.2026

Join with uMove membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 Flow Yoga Sonja H, RS	8.00 Bodycombat Jansku, VS	15.00 Barre Jarna, VS	15.00 Pump Jansku, VS	8.30 Pilates Anu, VS	11.00 Functional Training CrossFit Seppä	15.30 Barre Yarnanta
16.00 Pump Roosa K, VS	16.00 Cardio&Tone Kirsi, VS	16.00 Flow Yoga Jarna, VS	16.00 Healthy Back Leena, RS	14.00 Bodycombat Jansku, VS	12.00 Functional Training CrossFit Seppä	16.00 LesMills Shapes 45' Klub1
16.00 Healthy Back Markus, RS	16.00 Crosstraining (Eng) Markus, PS	16.15 Circuit STAFF Minttu, PS	16.30 Zumba Petra, VS	15.00 Bodybalance Jansku, VS		16.45 Relaxing Yoga Yarnanta
17.00 Bodycombat Iida, RS	17.00 Hatha Yoga Leena, VS	16.30 Body Lotta, Jamk	17.00 K-Pop Roosa, RS	15.00 Kettlebell Markus, KK		17.30 Cycling 45' Klub1
17.05 Zumba Step 45' Petra, VS	17.30 Pump Liina/Sirpa, Jamk	17.00 Kettlebell Satu, VS	17.30 Handstand 75' Pinja, TS	16.00 Abs&Booty Liina, VS		18.15 Pilates&Fascia Jyväskylän Pilates Studio
17.15 Bodyweight Markus, TS	17.30 Gymnastics 75' Pinja, TS	17.30 Dance Lotta, Jamk	17.35 HIIT 45' Minttu, VS	16.30 Zumba Petra, Jamk		
17.15 Pilates Jansku, Jamk	18.00 Salsa solo Reidel, RS	18.00 Bodycombat Satu, VS	18.00 Abs&Booty Julia, RS			
18.00 Core Susanna, VS	18.10 Step Aerobics Sonja T/Essi, VS	18.00 Cycling Klub1	18.00 Fit Boxing Aatu, Jamk			
18.00 HIIT 30' Petra, RS	18.45 Flow Yoga Iiris, Jamk	18.00 Show Dance (Eng) Idlin, RS	18.25 Body Care Minttu, VS			
18.30 Body Care 25' Petra, RS	19.00 Historical Dances 90' Marko, Viveca	19.00 Pilates Jansku, RS	19.00 Yin Yoga & Sound bath, Elina, Jamk			
19.00 Bodybalance Susanna, VS	19.00 Reggaeton Reidel, RS	19.00 Pump Liina, VS				
19.00 Commercial Tuuli, RS						

Classes are 55 min unless otherwise stated.

A separate schedule applies in Week 42.

No classes on 6 Dec 2026.

For the latest schedule updates and possible changes, check the booking calendar.

Sports facilities:

University of Jyväskylä, Liikunta building Keskussairaalan tie 4:

KS = kuntosali

PS = palloilusali

RS = rytmiikkasali

TS = telinesali

VS = voimistelusal

KK = campus field

CrossFit Seppä, Vasarakatu 9

Jamk, Rajakatu 35

Jyväskylän Pilates Studio, Yliopistonkatu 42

Klub1, Kiväärיתהאנקatu 6

Viveca, Kuntoportti 5

Yarnanta, Ailakinkatu 5 E

Book your place: umove.fi



Ball game & self-directed sessions

7.9. – 13.12.2026

Join with uMove membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-16 Padel PA, Ylistö	17-18.45 Volleyball ADVANCED PS	14.35-15.45 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
15.30-17 Track & Field HH, 200 m + Area 2	17.15-18.30 Badminton U2	15-16.30 Padel PA, Keljo	16-17 Basketball ADVANCED U2	16-18 Badminton U2	12.30-14 Badminton U2	
16-17 Basketball BASIC PS	18.30-20 Floorball ADVANCED U2	16-17 Badminton U2	17-18.15 Volleyball START PS	16-18 Gymnastics TS	18-20 Volleyball ADVANCED U2	
16-17.30 Volleyball BASIC U2	18.45-20 Basketball ADVANCED PS	17.15-18.30 Basketball BASIC PS	17-18.15 Floorball START U2	17-19 Volleyball BASIC VS		
16.30-18 Squash MO	19.00-20.30 Badminton HH	18.30-20 Futsal BASIC PS	18.15-20 Volleyball BASIC PS	17.15-19 Volleyball ADVANCED PS		
17-18.30 Volleyball ADVANCED PS		18.30-20 Volleyball ADVANCED Jamk	18.15-20 Volleyball ADVANCED U2			
17.30-19 Floorball BASIC U2		18.30-20 Floorball BASIC U2				
18.15-19.15 Gymnastics TS						
18.15-19.45 Badminton Jamk						
18.30-20 Futsal BASIC PS						
19-21 Badminton U2						

Sports facilities:

JYU, Liikunta (L) building
Keskussairaalantie 4:

PS = palloilusali

TS = telinesali

VS = voimistelusali

JYU, Seminaarinkatu 15:

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.

No sessions on 5-6 Dec 2026.

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

Book your place: umove.fi

Gyms & Swimming



Monitoimitalo gym, Rentukka gym,
Kuokkalan Graniitti gym



AaltoAlvari swimming and gym sessions
with a member discount price.

Courses and events

- Sports courses - sports that aren't in the weekly schedule - have a small fee
- Start courses are free for members - getting to know the basics to help attend weekly sessions
- Events coming up:
uMove FunRun 11.9.
Open doors 7.-11.9.



Coming this fall: uMove Fun Run

11 September 2026
at 2:00 pm

5 km

The uMove Fun Run is a free running event organized jointly by Jyväskylä Universities as part of the Finlandia Marathon on the Rantaraitti trail in Jyväskylä. Come join us to get active, have fun, and meet new people.

Registration opens in August
– stay tuned!

**FINLANDIA
MARATHON**
JYVÄSKYLÄ 11.-12.9.2026

uMove
Fun Run →



The membership

includes:

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

Discounted price until
4.10. (Norm. 65€)

12mo sept. - aug.

Whole year 59e

Autumn 45e

Spring 50e

incl. summer

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

You will find:

- step by step instructions for everything: joining, booking ect.
- link to university webshop for the membership
- link to create booking account and Sign up for every class! (on the move -app)

You can test out our services without a membership at the OPEN DOORS 7.-11.9.



STILL NEED TO SIGN UP

There is a one-time free entry ticket to group fitness and ball games in your SLICE APP.



Valid until 11.12.2026.

To remember:

- Campaign price for whole academic year membership 59€ valid until 4.10.
- open doors 7.-11.9.
- ALWAYS NEED TO SIGN UP → APP
- umove.fi/en has all the info you need
- also instagram & TikTok @umovejkl
- feel free to contact us at umove@jyu.fi



uMove



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 taukojump

(Active break)



uMove

KIITOS!

@umovejkl



umove.fi

