



SYKETTÄ SPORTS SERVICES

What is SYKETTÄ Sports Services?

SYKETTÄ Sports offers a wide variety of sports to students and staff of Joensuu Higher Education Institutions UEF and KUAS at a very affordable price. We have more than 60 different fitness classes and many different types of ball sports on offer, as well as three gyms for our members to use. Some of the sports on offer are:

- Yoga
- Deep stretching
- Step
- Body Pump
- Cross training
- Football
- Ice skating
- Badminton
- Basketball
- Dancing (e.g. Twerk, Zumba, solo Salsa)
- Circuit training
- Bodybalance
- Pilates
- Spinning

You can see the full range of fitness classes and ball sport sessions offered at www.sykettä.fi/joensuu/en

How can I become a member of SYKETTÄ?

1. Register yourself as a present student at UEF at the Student Services, Aurora building.
2. Create a user account at www.sykettä.fi/joensuu/en -> go to the top of the front page and click on "Do you crave an active lifestyle? REGISTER HERE!".
3. Once you have registered, you can pay and collect your sports sticker at the Student Union (ISYY) office, Haltia building, UEF Joensuu campus. The sports sticker will be attached to your student card or you can use SYKETTÄ app that includes the mobile sticker (available at App Store and Google Play). We accept cash/card payments. The price of the sticker depends on the package you choose:
 - Ball sports & gym package: 17euros/semester or 35 euros/academic year
 - Group exercise package (incl. fitness classes, ball sports & gym): 35euros/semester or 66 euros/academic year
4. Once you have paid and collected your sticker, you can start using the services immediately. Go to www.sykettä.fi/joensuu/en and check the sports calendar, where you can enroll to fitness classes and book sports sessions.

Remember this:

- You have to be enrolled as a present student in order to become a SYKETTÄ member
- SYKETTÄ autumn semester begins on Monday the 2nd of September 2019
- You can book fitness classes and sports sessions one week in advance.
- If you cannot go, you must cancel your attendance at least 2 hours prior to the class.
- Always carry SYKETTÄ sticker with you when you go exercising.
- If you are using the mobile app, please keep the id with you.
- Wear appropriate sports clothes and indoor shoes for indoor exercise.
- SYKETTÄ services are only available for SYKETTÄ sticker holders.
- **Enjoy!**

Questions? Please contact SYKETTÄ Sports Coordinator Heli Aalto: liikuntasuunnittelija@isyy.fi