



YSJSU WELLBEING PROGRAMME

wellü

WHAT IS THE WELLU PROGRAMME?

Wellu is an innovative new programme for 2017/18 academic year. The programme which is delivered by YSJSU provides students and staff with participation level sport and other activities with the aim of encouraging and promoting physical health and mental wellbeing. The programme comprises a variety of weekly sport sessions (e.g. Dance, Netball, Football) with activities (e.g. Gardening, Book Club, Smoothie Making) and one off events. The programme runs over the course of the academic year with an annual membership, entitling you to all Wellu sessions, costing a mere £5, unless your purchased a Fresher's Wristband, in which case your first semester is free (followed by a one off payment of £3 in January). More information can be found on our website (www.ysjsu.com).

WELLU TIMETABLE

MONDAY

YOGA
08.00 - 09.00
TH1 - QW007

WELLU DANCE
19:45 - 20:45
YSJU Foss Sports
Hall

TUESDAY

**BUMS & TUMS
(ADVANCED)**
08.00 - 09.00
SU Café

SELF-DEFENCE
17:00 - 18:00
SU Café

**WELLU
BADMINTON**
19:30 - 20:30
YSJU Foss Sports
Hall

WEDNESDAY

**YSJ READS BOOK
CLUB ****
16:30 - 17:30
FT210

MINDFULNESS
13:30 - 14:30
Chapel

BOXERCISE
17:00 - 18:00
SU Café

THURSDAY

WELL U GYM *
11:00 - 12:00
Foss Gym

**WELLU NETBALL
LEAGUE**
19:30 - 21:30
YSJU Foss Sports
Hall

RUNNING
19:30 - 20:30
Meet at YSJSU

FRIDAY

BOOTCAMP
08:00 - 09:00
SU Café

SMOOTHIE-2-GO
12:00-12:30
SU Bar

**BUMS AND TUMS
(BEGINNER)**
17:00 - 18:00
SU Café

SATURDAY

ZUMBA
17:00 - 18:00
Dance Studio

SUNDAY

**WELLU FIVE-A-
SIDE LEAGUE**
17:00 - 21:00
YSJU Sports Park
(3G 2)

* Session ran by YSJ Active

** Session ran by ILS - Last Wednesday of the month only