



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 you 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
Theatre 4

FEMALE ONLY GYM*
08.00 – 10.00
YSJU Foss Gym

BOOTCAMP
17.00 - 18.00
Theatre 3

SPINNING
17.20 - 18.00 &
18:10 - 18:50
Haxby Road

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

TUESDAY

SELF-DEFENCE
17:00 – 18:00
Theatre 3

WELLU BADMINTON
19:30 – 20:30
YSJU Foss Sports Hall

WEDNESDAY

BUMS & TUMS (ADVANCED)
08.00 - 09.00
Theatre 4

YOGA*
08.00 - 08.45
YSJU Foss Sports Hall

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

MINDFULNESS
13:30 – 14:30
Chapel

BOXERCISE
17:00 – 18:00
Theatre 3

FEMALE ONLY GYM*
18.00 - 19.00
YSJU Foss Gym

SPINNING
18:10 - 18:50
Haxby Road

THURSDAY

TAI CHI (BEGINNER)*
08.00 – 08.45
Foss Sports Hall

WELL U GYM
11:00 – 12:00
YSJU Foss Gym

YOGA*
12.00 - 13.00
YSJU Foss Sports Hall

WELLU NETBALL LEAGUE
19:30 – 21:30
YSJU Foss Sports Hall

RUNNING
19:30 – 20:30
Meet at YSJSU

FRIDAY

SPINNING
07.20 - 08.00
Haxby Road

FEMALE ONLY GYM*
08.00 – 10.30
YSJU Foss Gym

BUMS & TUMS (BEGINNER)
17.00 - 18.00
Dance Studio (QN/001)

ZUMBA*
17:00 - 18:00
YSJU Sports Hall

SUNDAY

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

* Session ran by YSJSU Active

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