



YSJSU WELLBEING PROGRAMME

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WHAT IS THE WELLU PROGRAMME?

Wellu is an innovative new programme for 2017/18 academic year. The programme which is delivered by YJSJU 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.yjsju.com).

WELLU TIMETABLE (SEMESTER 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGALATES 08.00 – 09.00 SU Café	BUMS & TUMS 08.00 – 09.00 SU Café	WELL U GYM ** 11:00 – 12:00 Foss Gym	BOOTCAMP * 08.00 – 09.00 SU Café	SMOOTHIE MAKING 09:00 – 09:30 SU Café	BOOTCAMP 08.00 – 09.00 SU Café	SUNDAY RUNDAY * 11.00 Meet at YJSJU
GARDENING 16:00 – 17:00 SU Garden - meet at info point	SELF-DEFENCE 17:00 – 18:00 SU Café	YSJ READS BOOK CLUB *** 16:30 – 17:30 FT210	BOXERCISE 17:00 – 18:00 SU Café	BUMS AND TUMS 17:00 – 18:00 SU Café	SATURDAY SALSA * 17:00 – 18:00 SU Café	WELLU FIVE-A-SIDE LEAGUE * 17:00 – 21:00 YSJU Sports Park (3G 2)
PAINTERCISE 18:15 – 19:00 SU Café	WELLU BADMINTON 19:30 – 20:30 YSJU Foss Sports Hall	MINDFULNESS * 13:30 – 14:30 Chapel	WELLU NETBALL LEAGUE 19:30 – 21:30 YSJU Foss Sports Hall			
WELLU DANCE 19:45 – 20:45 YSJU Foss Sports Hall		BOXERCISE 17:00 – 18:00 SU Café				

*Session starts week commencing 2nd October

** Membership not required, session ran by YSJ Active

*** Membership not required, session ran by ILS - Last Wednesday of the month