

# Summer Schedule 2018 (week 28, 34 en 35)

Summer period B: 9th of July - 15th of July & 20th of August - 31st of August

\*Alterations may occur. For the up-to-date schedule, check [www.aclosport.nl](http://www.aclosport.nl).

♥ Stamina | 🌀 Coordination | 🏋️ Power | 🧘 Relaxation

MONDAY M	13.30 - 14.30	Spinning DVD	♥ ♥	Spinning hall	
	15.30 - 16.30	Spinning DVD	♥ ♥	Spinning hall	
	17.00 - 18.00	Bodyfit	♥ 🌀 🏋️	Hall 1	Divers
	18.00 - 19.00	Circuit	♥ 🌀 🏋️	Hall 4	Divers
	19.00 - 20.00	HIIT	♥ 🌀 🏋️	Hall 1	Divers
TUESDAY T	13.30 - 14.30	Spinning DVD	♥ ♥	Spinning hall	
	15.30 - 16.30	Spinning DVD	♥ ♥	Spinning hall	
	17.00 - 18.00	Bodyfit	♥ 🌀 🏋️	Hall 1	Divers
	18.00 - 19.00	Bodypump	♥ 🌀 🏋️	Hall 1	Divers
	19.00 - 20.00	Circuittraining	♥ 🌀 🏋️	Hall 4	Divers
WEDNESDAY W	13.30 - 14.30	Spinning DVD	♥ ♥	Spinning hall	
	15.30 - 16.30	Spinning DVD	♥ ♥	Spinning hall	
	17.00 - 18.00	Circuit	♥ 🌀 🏋️	Hall 4	Divers
	18.00 - 19.00	Circuit	♥ 🌀 🏋️	Hall 4	Divers
	19.00 - 20.00	Bodyfit	♥ 🌀 🏋️	Hall 1	Divers
THURSDAY T	13.30 - 14.30	Spinning DVD	♥ ♥	Spinning hall	
	15.30 - 16.30	Spinning DVD	♥ ♥	Spinning hall	
	17.00 - 18.00	Circuit	♥ 🌀 🏋️	Hall 4	Divers
	18.00 - 19.00	Bodyfit	♥ 🌀 🏋️	Hall 1	Divers
	19.00 - 20.00	Yoga	♥ 🌀 🧘	Hall 1	Divers

## Opening times

9th of July - 19th of August Monday - Friday 13:00-20:00  
20th of August - 4th of September Monday - Friday 08:00-23:00

*Closed during the weekends (normal opening hours)*

*Open during the weekends of  
25th-26th of August (normal opening hours)  
1st-2nd of September (limited opening hours)*

## Summer Card

The Summer Card costs €24,95 and gives you the possibility to play unlimited sports from the 1st of May till the 31st of August 2018. This is only a little bit more than €6 a month! You can buy the Summer Card online or at the Service Desk of the ACLO Sports Centre.

With the Summer Card, you can use all the facilities the ACLO has to offer:

- Participate in open hours (e.g. body fit, spinning, yoga and circuit training).
- Explore new sports during one of the many courses in June (e.g. canoeing, bootcamp outdoor and windsurfing).
- Reserve a field or court with friends and play tennis, beach volleyball, squash, soccer or more!
- If you want to use the gym, you have to pay a fitness fee, which is €19,95 (on top of the €24,95).
- When you want to join one of our 49 sports associations you have to buy the full membership of the ACLO (€ 59,95).

## How to become an ACLO-member in 2018-2019?

You can AC(LO)tivate your student card 2018-2019 at the counter of the Sports Centre for €59,95 between 8:00 AM – 6:00 PM. If you have a Dutch bank account, it is also possible to pay by iDEAL on the website. After AC(LO)tivation, your student card will give access to all ACLO-activities. **PAY ATTENTION: You have to carry your student card with you at all times!** If you are not a student at the RUG or HG, check [www.aclosport.nl](http://www.aclosport.nl) whether or not you have the right to become an ACLO-member.

## Free tennis/squash court and reservations

ACLO-members are able to reserve a hall or a tennis- or squash court for one of the mentioned sports above. This can be done on the website (see button 'Online reservations') between 8:00 AM - 6:00 PM at the counter of the Sports Centre, or through 050-3638063. Current information about the availability of courts and rooms can be found on the website. Reservations for squash and tennis can be made 8 days in advance.

## Fitness and cardio

You need a special note for fitness (cardio and strength). The fitness-card costs €65,-. With the fitness-card, it is possible to train for free each day between 8:00 AM - 11:00 PM and during the weekend between 10:00 AM - 09:00 PM. To receive a fitness-note, people without any fitness experience have to sign up for a course of 5 weeks (which is not given during the Summer Period). People with fitness experience have to sign up at our website for one of the fitness-intake hours, using MyACLO.

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