Clear your mind after a long day, be active with friends, improve your health, push your boundaries or just feel good about yourself. Whatever motivates you to get up and moving, Radboud Sports Centre is the perfect place! With more than 80 different sports, long opening hours and professional coaching we offer a wide range of possibilities for everyone. Change perspective, be active!

**Exercise your way**
Exercise your way at Radboud Sports Centre.
You can choose from almost 300 group lessons and 200 courses every week. Prefer to work out alone when it suits you best? Why not hit the gym, the tennis court, the swimming pool, the squash court or the futsal hall.

**Enjoy more than eighty different sports**
We also offer traditional sports like basketball, yoga and spinning classes, but if you’re looking for something different, why not try lacrosse, freerunning or ultimate frisbee? With more than eighty sports to choose from, you’re sure to find something that suits your tastes and encourages you to try new things.

Fun fact: students can choose from 38 different student sports associations to join with their Radboud Sports Centre membership. For more information, visit our website.
Sports

Aerobics workout
Aikido
Animal flow
Alpinism/Rock climbing
Aquabom
Athletics
Badminton
Ballroom dancing
Barre workout
Baseball
Basketball
Beach volleyball
Body workout
BOM (Moving to Music)
Bootcamp
Bossaball
Bosu
Boxing
Burlesque
Calisthenics
Capoeira
Classical ballet
Cycling
Dance workout
E-sports
Exercise and Play
Fencing
Fitness after pregnancy
Fitness and Play
Fitness
Floorball
Football
Freerunning
Futsal
Gliding
Grappling
Group fitness
Gymnastics
H.I.I.T.
Hip Hop
Hockey
Hoopdance
Horseback riding
Ice hockey
Ice skating
Indoor handball
Indoor football
Intensity workout
Jazzdance
Jiu Jitsu
Judo
Karate
Kettlebell
Kickboxing
Kickfit
Korfball
Krav Maga
Lacrosse
Latin mix
Meditation
Mindfulness
Mixed Martial Arts
Modern dance
Mountain biking
Neck, Shoulder and Back
Next Level Outdoor
Pilates
Pole dancing
Powerlifting
Power workout
Pregnancy fitness
Rowing
Rugby
Run training
Sailing
Self-defence for women
Showdance
Softball
Spinning
Squash
Steps
Strength training
Stretch class
Surfing
Survival
Swimming
Swimming front crawl
Table tennis
Tai Chi Chuan
Tennis
Extra services
- Sports advice
- Nutrition advice
- Physiotherapeutic advice
- Mental sports coaching
- Body composition measurement
- Fitness test
- Individual fitness appointment
- FMS test
- Sports medical advice

Course
Ticket hour
Student sports clubs
Reservation

Triathlon
TRX
Ultimate Frisbee
Ultimate Jump Sports
Volleyball
Waterpolo
Weightlifting
X-GO workout
Yoga Ashtanga
Yoga Hatha
Yoga Kundalini
Yoga Yin
Yoga Vinyasa

60+ Body workout
60+ Fitness
60+ Latin mix
60+ Pilates
60+ Strength training
60+ Tennis
Book a free trial subscription!
Want to find out if the RSC is something for you?
Book a free trial subscription at
www.ru.nl/rsc/trialsubscription
Our professionals are happy to help
If you join us, our fitness coaches will be happy to help you by, for example, scheduling an individual fitness consultation and setting up a personal training schedule.

You can count on our dedicated professionals for the duration of your membership. All lessons and courses are taught by certified, energetic coaches. If you experience pain while exercising or if you have an injury or any health-related difficulties, you can contact Ysveld Fysio at Radboud Sports Centre.

Long opening hours: exercise when you want
You can visit Radboud Sports Centre when it suits you best. We open at 7.00 am on weekdays for all the early birds and we’re open until 11.30 pm. In the weekend, we’re open from 8.00 am to 9.00 pm.

Feel like blowing off some steam after class? Or grabbing a drink with your team? You’re welcome to stop by sports café The Yard every day from 10.30 am (weekends from 10.00). From Monday to Friday you’re also welcome at café C from 8.00 am.

Become a member
Whether you study or work, everyone’s welcome at Radboud Sports Centre. Stop by the RSC desk at Heyendaalseweg 141 to become a member. Don’t forget to take your ID card (and staff or student card) and your gym bag with you, because we’ll sign you up right away! If you study at Radboud University or HAN and you’d like to take out an annual subscription, you can easily apply for one at ru.nl/sports-centre.

Come and get fit at the largest and most versatile sports centre in Nijmegen
80 sports > 160 trainers > 20,000 members > 1,200 m² fitness area > 2 sports halls > 5 classrooms > body & mind room > spinning room > climbing wall > boulder wall > dojo > 400-metre track > climbing tower > outdoor fitness > 12 tennis courts > 4 squash courts > 2 hockey fields > 2 beach volleyball fields > football field > rugby field > 2 cafés
Don’t feel like dedicating to an annual subscription?
No problem! As a student, you can also choose a monthly subscription. If you don’t like the idea of a fixed subscription, several sports offer a punch card or separate tickets.

Fun fact: all of our monthly subscriptions, including the Fit Card and the Top Fit Card, can be cancelled monthly after the first two (full) months.

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Students
Students at Radboud University, HAN University and other universities:
- **Unlimited access** (annual subscription) for €118 per year
- **Unlimited access** (monthly subscription) for €17.70 per month

Students at other universities of applied sciences pay €177 per year or €20.95 per month

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Alumni
Up to three years after graduating*
- **Unlimited access** (annual subscription) €118 or €177 (x + 1), €236 (x + 2), €354 (x + 3)
- **Unlimited access** (monthly subscription) €17.70 or €20.95 (x + 1), €24.15 (x + 2), €30.65 (x + 3) per month

The prices increase each year after graduation. For more information, visit our website

*) (x + 1) means one year after graduation, etc.

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Employees at Radboud University and Radboudumc, HAN Institute of Sports and Exercise studies
- **5 x per month** (Fit Card) for €18.40 per month
- **Unlimited access** (Top Fit Card) for €32.20 per month

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Other members
- **5 x per month** (Fit Card) €30.65 per month
- **Unlimited access** (Top Fit Card) for €53.65 per month

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Subscription-free workouts
This is only available for moving to music, tennis, squash, fitness and the cycling test.
- **Individual prices** from €5.75
- **Punch card** (20% cheaper than individual tickets) €68.95

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Radboud Sports Centre
Heyendaalseweg 141, 6525 AJ Nijmegen 024 - 361 23 92 – www.ru.nl/sportscentre
**Opening hours:** Mon-Fri: 7.00 am to 11.30 pm / Sat-Sun: 8.00 am to 9.00 pm
**Facebook:** radboudsportcentrum / **Instagram:** radboudsportcentrum
**E-mail:** frontoffice@rsc.ru.nl