

CUS UDINE NEWS-SHEET 2017/2018 – version 7 – last update 30.11.2017

Central office PalaCUS opening hours: Monday, Tuesday and Wednesday 16.30-19.00 and Thursday 10.00-12.00

ABOUT US

How to become a member: to join our activities, you need to provide a membership to CUSI for the year 2017/2018 (valid until 31st August 2018). The membership allows you to join activities and conventions organised by CUS Udine. It also includes insurance cover provided by the policy concluded by CUSI at a national level (info in our office and on www.cusudine.org).

To join CUS Udine you need to give to our office:

- Properly completed membership form CUSI/CUS Udine 2017/18
- Non-competitive medical certificate (except for the activities that need a competitive one).
If the certificate expires during the sporting season, you have to renovate it not to be suspended from activities (you can use a convention with Medicus Center, email info@centromedicus.it – telephone 0432 548991- www.centromedicus.it).

Fees and payments: annual joining fee to CUSI

- 14€ for University students and members of music academy “J.Tomadini” of Udine.
- 16€ reduced rate for students who graduated in the University of Udine, other students, “Circolo Dipendenti Universitari”, university’s employees and others who have special conventions with CUS Udine (updated info on www.cusudine.org).
- Students who are members of the University of Trieste don’t have to pay another joining fee.
- 18€ full rate
- (5€ for staff)

Once you have become a member, you should pay a fee for every course or activity you want to join:

- Bank transfer IBAN IT13B 05484 053570420531 registered to CUS Udine at Banca di Cividale
- Cash or credit card in our reception (while open)

Access to courses and activities: we inform members that for every type of course is usually available a free trial lesson, after communicating it to the Reception. The participation to the following lessons is possible only after the payment of the fee. To access to all the activities, it’ll be necessary to bring with you your personal card, given to you by the Reception after you’ve become a member.

“WELCOME TO UNIUD!” PROMO

Freshmen: membership and a month of one activity for free (you can choose between CUS Fitness Center, Body Slim, Sweet Gym, Zumba and Morning Zumba).

Students of “HighSchool” or International students: Everything for free (membership and courses CUS Fitness Center, Body Slim, Step Power Workout, Sweet Gym, Zumba and morning Zumba)

Hosts of “CASA DELLO STUDENTE RIZZI”: cumulative subscription for the activities organised at PalaCUS (Except for Trx, Pilates, Yoga, Self-Defence, Total Body Sculpt) paying only 120€, plus the membership that costs 14€.

For everybody it is necessary to show the non-competitive medical certificate.

CUS UDINE CARD AGREEMENT

Blu Moret Wellness & Spa: a welcoming coupon of 10€ and all services with a discount.

Naonia Gym Club in Pordenone: special "Open" subscription for 3 months by paying only 120€.

These and other informations on www.cusudine.org.

COURSES AND ACTIVITIES OF CUS UDINE

CUS FITNESS CENTER

On the 1st Floor of PalaCUS you’ll find a room with machines and weights, ideal for training, with the support of qualified personal trainers.

(see the timetable on www.cusudine.org or directly at PalaCUS)

Location: PalaCUS “A.G. Giumanini” – via delle scienze 100- Udine

Schedule: from 11/09/2017 to 28/06/2018 (closing days: 01/11/2017; 08 to 10/12/2017; from 22/12/2017 to 07/01/2018 inclusive (*), 01-02/04/2018; 25/04/2018; 30/04-01/05/2018)

*Exceptional openings: 27-28-29/12/2017 and 02-03-04/01/2018 from 10.00 to 13.00.

Opening hours: from Mondays to Fridays from 9.00 to 22.00, from October to May we’re open also on Saturdays from 9.30 to 13.30 (closed on Sunday).

Subscription	Students	Reduced Rate	Full Rate
Monthly full-time	€30	€35	€40
3-month full-time	€78	€96	€108
Six-monthly full-time	€144	€168	€192
Monthly part-time	€20	€25	€30
3-month part-time	€54	€63	€75
Six-monthly part-time	€96	€114	€138
Competitive athletes of CUS Udine	Unique monthly fee €10		

*Part-time: access to the gym from the opening to 15.00.

Use of locker rooms and showers included.

Clean Sports shoes and personal towel required.

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Once you subscribe at CUS Fitness Center, we provide you a Smart Card with an electronic microchip that permits the access using an automatic turnstile, that controls the validity of the subscription and of the medical certificate. The Smart card will be given after the payment of €5 as a deposit, that will be given back to you once the card is returned.

CROSS TRAIN: The cross train is a multidisciplinary activity, to strengthen, tone up and rebalance your muscles. The training of your cardio-respiratory system and reinforcement of the "forgotten" muscle groups and joints (shoulders, legs, back, etc.)

Location: PalaCus "A.G.Giumanini"- via delle Scienze 100- Udine

Periods: 1st period from 29/11/2017 to 28/02/2018, 2nd period has to be determined.

Schedule: Wednesday 20.30-21.30

Instructor: Federico Pozzi

Rate: 1st period (12 lessons) Students 88€- reduced rate 105€- full rate 120€ (athletes of the agonistic section of CUS 44€)

SELF-DEFENCE: The Self-defence course is meant for everybody, women and men aged over 16, even without being physically prepared, and it's based on educational programmes from Kraw Maga and military Ju Jitsu.

Location: PalaCus "A.G.Giumanini"- via delle scienze 100- Udine

Beginning of the course: Monday 9th October 2017

Periods: 1st period from 09/10/2017 to 29/01/2018, 2nd period from 01/02/2018 to 31/05/2018

Schedule: Monday 18.50-19.50 and Thursday 20.00-21.00

Subscriptions	Students	High School Students	Reduced rate (also law enforcement)	Full rate
1 st period (30 lessons)	€90	€98	€106	€120
2 nd period (33 lessons)	€99	€107	€116	€132

- Use of locker rooms and showers included
- personal protective gear not included
- suggested clothing: Sweatpants, t-shirt, gym shoes, soft knee pads, soft elbow pads
- subscription possible whenever during the season
- If you join the course once a week, discount of 30%
- Promo: during your subscription to self-defence, you can use the gym of CUS Fitness Center by paying only 10€ per month (promo available only with a valid subscription)

BODY SLIM

Its exercises' programme is focused on the strengthening of the principal muscle groups and on the improvement of resistance through an intense cardiovascular work.

The activity strengthens and micro-sculpt upper and lower body, with exercises aimed to sculpt glutes, hips, and abs.

Exercises include series of easy movements while lying on the floor or while standing, which not only contribute to the improvement of aesthetic appearance but also permit to blow off steam and stress while listening to music.

Location: PalaCus "A.G.Giumanini"- via delle scienze 100- Udine

Periods: 1st period from 26/09/2017 to 25/01/2018, 2nd period from 06/02/2018 to 31/05/2018

Schedule: Tuesday 18.15-19.05 and Thursday 18.15-19.05

Subscriptions	Students	Reduced rate	Full rate
1 st period (33 lessons)	€132	€165	€188
2 nd period (34 lessons)	€136	€170	€194

PROMO: By subscribing also to "Zumba", it'll be possible to have a 10% discount on the amount of both subscriptions for one single period or for seasonal subscriptions.

PILATES

Pilates is a complete physical training, focused on postural muscles in the middle of our body. Being based on coordination between breath and movement, it promotes concentration, progressively improving your general level of awareness, coordination and alignment.

It's a method meant for everybody, because the exercises can be modified according to your needs.

"Pilates matwork" is done on the floor, on the mat or standing, eventually using small devices as balls and elastic bands.

Location: PalaCus "A.G.Giumanini"- via delle Scienze 100-Udine ("sala Panorama"- 1st floor)

Periods: 1st period from 20/09/2017 to 31/01/2018, 2nd period from 05/02/2018 to 30/05/2018

Schedule: on Monday 18.00-18.50 and on Wednesday 18.00-18.50

Staff: Instructor Caterina Gottardo

Subscription	Students	Reduced rate	Full rate
1 st period (36 lessons)	€216	€252	€288
2 nd period (31 lessons)	€186	€217	€248

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TRX: Do you want to prove yourself with new exercises? Do you want to improve your body posture and stability? Do you want to be in shape while having fun? MAKE YOUR BODY YOUR MACHINE!

Work out with TRX, a device composed by straps and handles that make it possible to improve strength, resistance and balance, by using body weight.

For info: stefano.paris8@gmail.com

Location: PalaCus "A.G.Giumanini"- via delle scienze 100- Udine

Staff: Stefano Parisotto, Michael Puto

Subscriptions: 10 lessons- students €90/reduced rate €110/full rate €120, discounts on 30 or more lessons

STEP POWER WORKOUT

The aim of the course is to gradually reach a good use of the step in all its purposes: classical, new age, Latin step, pop step.

During each lesson there will be cardio-exercises, on the step or on the floor, and strengthening exercises.

Everything done without lose sight of the most important thing: having fun! Music will do the rest.

Location: PalaCus "A.G.Giumanini"-via delle scienze 100- Udine

Periods: 1st period from 18/09/2017 to 29/01/2018, 2nd period from 01/02/2018 to 31/05/2018

Schedule: Monday and Thursday 1st round 18.20-19.05/ 2nd round 19.15-20.00

Staff: instructor Raffaella Zampieri

Subscription	Students	Reduced rate	Full rate
1 st period (37 lessons)	€148	€185	€210
2 nd period (33 lessons)	€132	€165	€188

PROMO: By subscribing also to "Total Body Sculpt", it'll be possible to have a 10% discount on the amount of both subscriptions for one single period or for seasonal subscriptions.

SWEET GYM: The Sweet Gym consists in techniques of awareness of your own body through extension and self-massage (muscles on bones) exercises, that give back elasticity, mobility and dynamism to muscle tissues.

Exercises of muscle conditioning, postural exercises (Pilates, analgesic), destabilization exercises. A psycho-physical re-balancing, improvement of the posture, mobilization of the joints, relief of the spine, elimination of tension, quieter sleep, refinement of senses.

Sweet gym is meant for everybody, also for the ones who already play sport!

Location: Gym "A.Zanon"- via Galileo Galilei- Udine

Periods: 1st period from 02/10/2017 to 31/01/2018, 2nd period from 05/02/2018 to 30/05/2018

Schedule: Monday 19.00-20.00 and Wednesday 19.00-20.00

Staff: Instructor Andrea Caminotto

Subscription	Students	Reduced rate	Full rate
1 st period (32 lessons)	€128	€160	€182
2 nd period (31 lessons)	€124	€155	€176

TOTAL BODY SCULPT: The course proposes exercises focused on strengthening the principal muscles.

Combined with cardio exercises of "Step & Tone" or alone, it offers a full range of techniques and different working styles that will make it varied and good for practice.

Goals: to shape, to fortify and to define your body.

Location: PalaCus "A.G.Giumanini"- via delle scienze 100- Udine ("Sala Panorama"- 1st floor)

Periods: 1st period from 20/09/2017 to 31/01/2018, 2nd period from 07/02/2018 to 30/05/2018

Schedule: Wednesday 1st round from 19.15 to 20.00/ 2nd round from 20.05 to 20.50

Staff: instructor Raffaella Zampieri

Subscription	Students	Reduced rate	Full rate
1 st period (17 lessons)	€93	€112	€127
2 nd period (16 lessons)	€88	€105	€120

PROMO: By subscribing also to "Step Power Workout" it'll be possible to have a 10% discount on the amount of both subscription for one single period or for seasonal subscriptions.

YOGA KASHMIR: This particular kind of yoga stimulates the discovery of your body. Shoulders, glottis, back and breath are always tight and ready to fight back. The exercise is focused on making us conscious of how much our body is in a self-defense mood.

This tantric yoga let the perception, the knowledge and the body reveal themselves completely and spontaneously.

The techniques used are: ASANA (posture), PRANAYAMA (breathing exercises), BANDHA (body contraction), SHATKARMA (purification techniques), MUDRA (body gesture), NIDRA (relaxing), DHYANA (silence).

Location: PalaCus "A.G.Giumanini"- via delle scienze 100-Udine ("Sala panorama"- 1st floor)

Periods: 1st period from 05/10/2017 to 21/12/2017, 2nd period from 11/01/2018 to 31/05/2018

Schedule: Thursday 17.15-18.30

Staff: Master Steeve Dubois

Subscription	Students	Reduced rate	Full rate
1 st period (12 lessons)	€108	€126	€144
2 nd period (21 lessons)	€189	€220	€252

ZUMBA: Zumba fitness is a real fitness programme based on aerobic exercises that involve all body muscles with Latin music and Caribbean dance moves (as salsa, merengue, cumbia, reggaeton, belly dance and much more) able not to make you feel the effort.

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Zumba fitness stimulates cardiovascular system, revitalize your body and speeds up metabolism entailing benefits as: balanced weight-loss, improvement of your physical condition and reduction of stress.

Easy and funny choreographies composed by fitness moves that don't need any kind of knowledge or experience of dance, that's another reason why Zumba is addressed to both male and female audience of all ages.

After the ordinary lesson, there will be 15 minutes of relaxation and respiration, the best way to recharge your positive energy.

So... forget about the struggle and enjoy the party!

Location: PalaCus "A.G.Giuanini"- via delle scienze 100- Udine

Periods: 1st period from 26/09/2017 to 25/01/2018, 2nd period from 06/02/2018 to 31/05/2018

Schedule: Tuesday 19.15-20.05 and Thursday 19.15-20.05

Staff: instructors Michelle Biasutti and Z.I.N.

Subscription	Students	Reduced rate	Full rate
1 st period (33 lessons)	€132	€165	€188
2 nd period (34 lessons)	€136	€170	€194

Zumba PROMO: subscribing to Zumba and Body Slim, you will have a 10% discount on the amount of both subscriptions for one single period or both annual subscriptions.

SOULSPENSION®: Soulspension® is an anatomical device meant for helping, through few and easy movements, to relax muscle groups and nerves to realign the spine from the cranium to the tailbone. Escaping from tension and freeing your breath, to have a result of rebalancing on the whole psycho-neuro-endocrine-immune system, with amazing effects on the stress, both physical and mental. Suitable for people who don't exercise to go back on track gradually and knowingly. Suitable also for athletes.

At most 5 participants per shift. Reservation needed before 14/01/2018.

Location: PalaCus "A.G.Giuanini"- via delle scienze 100- Udine ("sala panoramica" on the 1st floor)

Meetings: 16-23-30/01/2018 and 06-20-27/02/2018 (Presentation of the course on Tuesday 09/01/2018)

Schedule: Tuesday 17.30-18.30

Instructor: Caterina Gottardo

Rates: Single tariff for 6 lessons €70 (if you already have SoulSpension mat €72)

NORDIC WALKING

The Nordic Walking is a complete outdoor activity that you can do during any season of the year, and consists in doing exercises with specific sticks in a natural, efficient, funny and cheap way.

Learning the Nordic Walking technique allows you to have an active lifestyle, as the key element to grant you a healthy life, well-toned muscles and the control of your body-weight.

With the right technique and a constant training, you can use up to 90% of your muscles without urging your joints too much, and with all the benefits that such a complete training brings.

At the end of the course, you'll have a degree of Nordic Walker.

Dates: Wednesday 4th, 11th and 18th October 2017, NEW EDITION SOON

Time: 17.45-19.45

Location: Kiosk of "Parco del Cormor"-Udine

Rate: €50 per person (rental of sticks included)

Clothing: comfortable, breathable and appropriate for the season, sport shoes

Instructor: Margherita Del Piero- National Instructor of Italian School of Nordic Walking

BIKING: 5 lessons of 2 hours each to prepare the technique and the theory of the use of bicycles. Subjects: Highway code, equipment (cycle, clothing, accessories), use and maintenance of the bicycle, cyclist's position, nutrition and training, cartography and navigation, behaviour on public roads (individuals and groups).

The last two lessons will be theoretical/practical with bike rides.

INFO: the course is open to all and is planned in Spring 2018

Instructor: Luca Plaino

Location: Theoretical lessons at PalaCus "A.G.Giuanini", byciclerides near "Ippovia del Cormor"

Rate: Students 110€- reduced rate 130€- full rate 140€

AGREEMENT JUDO-DLF

The agreement is addressed to two categories of people:

- Adults (beginners or not) who want to do judo at an amateur level. You can choose between two courses:

1. Tuesday and Thursday from 18.30 to 20.00

2. Tuesday and Thursday from 20.00 to 21.30

The course starts in September 2017 and ends in June 2018, with the opportunity to start taking part to the lessons at any time of the year.

- Agonists who moved to Udine to study and want a technical support (while remaining members Fijlkam with their original sportive association):

Monday, Tuesday and Thursday from 19.30 to 21, Wednesday from 19.00 to 20.30, Friday from 18.00 to 19.30.

There will be a stop for two or three weeks during august.

Subscription: annual membership (with DLF membership and FSN Fijlkam) €30,00 + monthly fee of € 30,00.

It's possible to take part to 2 free trial lessons with gym clothes.

Contacts: c/o Palasport "Benedetti"- via Marangoni 46- Udine

Opening hours of secretary: from Monday to Thursday 16.30-19.30

Group "Judo Yama Arashi"- telephone 3486085060- email yamaarashjudine@gmail.com, milena.judo@libero.it-web www.alpeadriajudo.it

AGREEMENT SWIMMING-UNF

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Quarterly subscription for "freestyle swimming" reserved to all CUS members (after having subscribed at CUS Udine secretary) by paying to UNF € 120,00 (instead of €160,00, with a 25% discount) + €5,00 as a deposit for the badge to enter during the following opening hours: from Monday to Friday from 6.00 to 14.00, Saturday and Sunday from 8.00 to 13.00.

Swimming classes are reserved to all CUS members, for 16 lessons that will take place on Tuesday and on Friday from 19.00 to 19.40 / from 19.40 to 20.20 / from 20.20 to 21.00, starting in November.

It costs € 64,00 (to UNF) instead of € 128,00 (50% discount).

The offer is available only in "F. Tomadini" pool, in via Martignacco 187- Udine and with the first subscription before the 31 October 2017 (that can be renewed with the same offer).

If you're interested to know more about opening hours and offers, look at www.unionenuotofriuli.it.

AGONISTIC SECTIONS CUS UDINE

Road running- this section has groups for beginners of the discipline that want just "to be in shape", but also for the ones who want to prepare competitions and manifestations (cross-country, marathons, half-marathons, etc.). Trainings take place on Tuesdays and on Thursdays with meeting point at PalaCus.

INFO at PalaCus secretary, every Thursday from 19 to 20, email running@cusudine.org

Canoe polo- In the section Canoe/Kayak, CUS Udine takes part to the second league (serie B) championship. The group is active also in the organization of an international tournament of Canoe Polo, other promotional events and periodical courses to reach new practitioners.

INFO www.canoapolofriuli.it - www.scuolakayakfriuli.com - email info@scuolakayakfriuli.com

Basketball- The section organizes a competitive team subscribed to FIP championship (promozione) and an amateur team subscribed to UISP: a way to have fun while playing basketball together!

Practices at PalaCus.

Seasonal fee €150 (+ annual membership to agonistic sections €5)

INFO Stefano Bergomas (email info@stefanobergomas.com) or Gabriele Velcich (email gabroh@libero.it)

Handball and Handball for kids- the section is subscribed to FIGH, and does senior and junior activities.

For the season 2017/2018 there'll be activities for boys and girls born between 2006 and 2010 with two practices a week at PalaCus (Monday and Thursday 16.30-18) with matches and tournaments during the season.

Annual fee €230, with the possibility of three weeks free trial lessons.

Volleyball- The section organizes two teams that take part to CSI championship mixed 3+3 (you'll need the competitive medical certificate).

Group A: practices on Tuesday and on Thursday 21-23 at "scuole medie Ellero" gym (via Divisione Julia- Udine). Contact person: Noachig Ilaria.

Group B: practices on Tuesday 21-23 at "Liceo Marinelli" gym (viale Leonardo Da Vinci- Udine), and Thursday 20.30-22.30 at "Scuola Fruch" gym (Via delle Scuole-Rizzi- Udine). Contact person: Alessandro Rosso (email alared91@live.it).

Annual fee: students €180, reduced fee €205, full rate €215 (+agonistic membership €5)

Chess- The section takes part with many teams to national and regional championships, and also many individuals and team tournaments. Players are trained by the instructors Roger Rorato, Vittoria Lakatos and Mauro Solari, with courses and lessons organized on different levels. The practices take place at Quarta Dimensione (via Ermes di Colloredo 14- Udine) and Bearzi (via Don Bosco 2-Udine).

INFO: Mauro Solari (3391611472- email mauros262@gmail.com)

Table tennis and Table tennis for Kids- The section does an amateur and a competitive activity, and organizes courses for boys and girls over 10.

INFO: Marcello Gaudenzi (email gaudenzi2@libero.it, tel. 3289424314), Enrico Mascelloni (email mani.rangers@gmail.com, tel.3406096650)

Triathlon and Triathlon for kids- The section organizes groups of elite athletes and amateur group, also at the beginning of the discipline.

There are reduced rates for university students.

There are also activities for kids over 6.

INFO: email triathlon@cusudine.org – web www.triathleti.it – secretary of PalaCUS on Wednesday 17.00-19.00