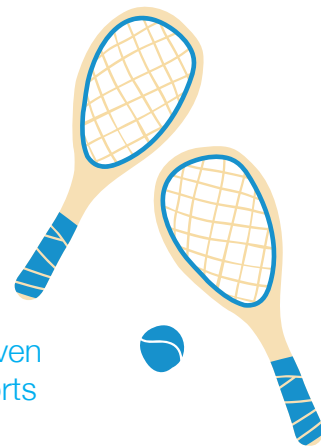


Sports & Exercise

at Frederick University

Do you like sports, want to participate in tournaments, or just want to stay fit? Sports can enhance your health and wellbeing, help you make new friends, and even improve your academic performance. At Frederick University there are various sports options available for all our students with any level of ability.



UNIVERSITY CHAMPIONSHIPS

Become one of the many great student-athletes who make us proud! Frederick University is a member of the Cyprus University Sports Federation (CUSF) and has a long history in participating and excelling in championships that are organised by the Federation.

We run men's and women's Athletic Teams participating in the annual championships organized by the Federation. All students participating in these competitive teams are automatically eligible for sports scholarships.

To participate in one of the championships sign up here:

https://frederick.ac.cy/university_champ

Semester championships

- Basketball (Men)
- Futsal (Men)
- Beach Volley (Men & Women)
- Track & Field (Men & Women)
- Judo (Men & Women)
- Sambo (Men & Women)
- Ping-Pong (Men & Women)
- Tennis (Women)
- Marathon (Men & Women)
- Badminton (Men & Women)



SPORTS CLUBS

Join the recreational sporting activities of one of our Sports Clubs and get more active.

Practise your favourite sport or try new sport activities under the supervision and guidance of qualified coaches and trainers.

The University community also proudly participates in exciting sport events. The Spring 22 events will be announced during the semester.

| Club | Bike Club | Mini Football |
|-----------|---|--|
| When | Tuesday, 17:00 – 19:30 | Friday, 17:00 – 19:30 |
| Where | Starting Point - Campus (Nicosia&Limmasol) | Mini soccer fields, Pallouriotissa, Nicosia Will be announced, Limassol |
| Level | Intermediate | All |
| More info | A great cardio workout for all students. Enjoy a bike ride in the city parks. Boost your mood and broaden your social circle. Nicosia Cycling Instructor: Andreas Papas Constantinou Bicycles and water are provided. Limited Spots Available. Limassol Bicycles and water are provided. Limited Spots Available | Create a team and take part in a mini football game. |
| Book | Book your spot here: https://bit.ly/3oD8yio | Nicosia Campus: Call City Mini Soccer (99 221888) to book a one-hour game (free of charge) Limassol Campus: Contact Sports Office |

GYM

Whether you're interested in cardio exercise, weight training, or prefer to join a group fitness program, you will find a variety of options suitable for all abilities.

Nicosia Campus boasts its own Gym, which is fully equipped to cater for a diverse range of training needs.

Limassol Campus students have free access to CHS Fitness Club, a 1500 square meter gym, which is located very close to the Campus.

NICOSIA GYM

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-------------------------|-----------------|-------------------------|-----------------|-------------------------|
| 10:00 – 13:00 | Free Training | | Free Training | | |
| 14:00 - 15:00 | | | | | Clubs Practice Sessions |
| 15:00 - 16:00 | Clubs Practice Sessions | | Clubs Practice Sessions | | |
| 16:00 - 17:00 | | | | | |
| 17:00 - 18:00 | | Free Training | | Free Training | Circuit Program |
| 18:00 - 19:00 | | | | | Free Training |
| 19:00 - 19:30 | | | | | Free Training |
| 19:00 - 19:50 | | Circuit Program | | Circuit Program | |

Free Training:

Level: All
Students and University Staff are free to use the gym and train on their own.

Clubs Practice Sessions:

Level: N/A (fun activity)
Student Clubs members can hold their practice sessions, enjoy their time and prepare for a great performance at the end of the year. Everyone is welcome to join!

LIMASSOL GYM

Use your Frederick Student Card for free access to the CHS Fitness Club in Limassol (A250 Archiepiskopou Leontiou Av., 3020 Limassol, Tel. 25 250101)

A 1500 square meter establishment has been separated in different areas providing everything a gym goer would need such as:

- Cross training area
- Cardio equipment
- Heavy duty weights
- Closed room for your everyday classes (including Circuit training, Body Pump, Grit, Cx Worx, Glutes and Abs, Zumba)
- Brand new outside area, for body weight and functional training

Circuit Training

Burn calories and strengthen your muscles. A full-body workout, a combination of exercises performed at high intensity with cardio in between.

Instructor: Katerina Alexandridou

Limited Spots Available.

Book your spot here:

<https://bit.ly/3JcqzK>

