WHO ARE YOU? WHO DO YOU WANT TO BECOME?

SPORT COACHING FOR COMPANIES

Sport Coaching = teambuilding. With a Sport Coach subscription you and your colleagues will benefit even more from your USC membership! It will contribute to improving health and performance at work!

More information? Check out our Sport Coaching brochure or ask us about the options available.

WHAT DO YOU WANT TO ACHIEVE?

- Weight loss
- Fitness
- Vitality
- Muscle Strength
- Muscle Growth
- Sports Progress

FREE INSPIRATION PASS

Traditionally the USC is guaranteed to provide a great deal of sporting pleasure and opportunities to socialise. An inspiration pass allows you to get acquainted with all the sports the USC has to offer for an entire day. You can also bring along a friend or colleague. Apply for your inspiration pass online, find out what you’re in to and register at www.uscleiden.com

INEXPENSIVE EXERCISE WITH COLLEAGUES

ACHIEVE MORE THROUGH SPORT.

SPORT FOR COMPANIES

Deze pas geeft jou het recht om een dag lang kennis te maken met alle sporten die het USC te bieden heeft! Je kunt ook een vriend of collega meenemen. Ontdek wat je leuk vindt en schrijf je online in.

FIT NORM

Sport 2 x a week
ACHIEVE MORE THROUGH SPORT.

The USC offers you and your colleagues many opportunities to get moving - before, after or during working hours. With no less than 45 different sports and 10.000 m² of sports fun on offer, there is a unique opportunity to find out what you enjoy and to achieve your sports goals. We have available: dance, fitness, several team sports, body & mind, a variety of defence sports and a large number of group classes. There is something for everyone! We can also help if you are dealing with an injury or are interested in dietary advice.

Engaging in sport with colleagues is also good for teamwork. Sport allows people to fraternize and get to know each other in a new way. It’s an ideal way to let off steam after a busy day at work. With the extensive variety of sports we have to offer, we create the ideal base for an active and healthy lifestyle that will benefit you for the rest of your life. Sport not only makes you feel better, but also enhances your ability to concentrate, your willpower and your ability to make decisions.

Come and play sport with us!

FOR A FREE INSPIRATION PASS FOR YOU AND YOUR COLLEAGUES GO TO WWW.USCLEIDEN.COM!