



activat ed

# Sport and Wellness Centre



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- Non-academic department of **Kaunas university of technology**
- **Open to all** - students, staff and alumni
- Promoting active and healthy lifestyle
- **11 sports and exercise facilities** at all levels
- Multi-skilled coaching staff
- Wide variety of **sporting activities**
- Organising sport events and inside competitions
- Close collaboration with various student sports associations
- Training high performance athletes - **national and international level**

# Sports Facilities





We are SOCIAL



**FACEBOOK PAGE**  
#KTU Sports and Wellness Centre



**WEBPAGE**  
SPORTS.KTU.EDU



**INSTAGRAM**  
@KTUACTIVATED



**CHANNEL**  
KTU Sporto ir sveikatingumo centras

# Leisure Sports



Football



Basketball



Athletics



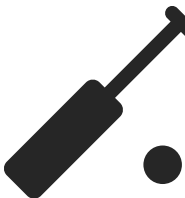
Badminton



Volleyball



Tennis



Cricket



Climbing



## Fitness Gym

Time Limit: 1 hr 30min

Group workouts:

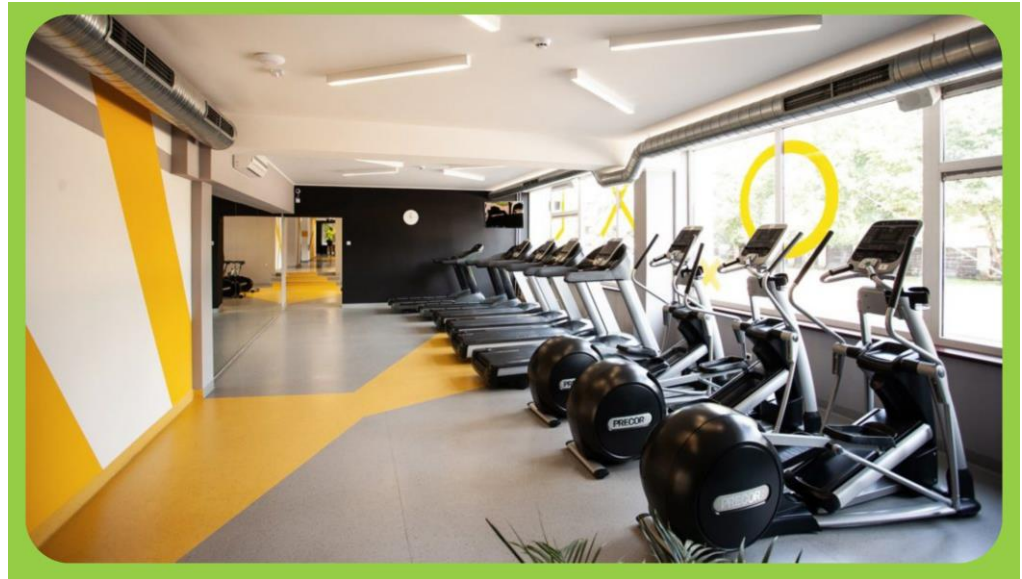
- Pilates
- Callanetics
- Strength
- TRX
- Aerobics etc.

Register to Class:

[activated@ktu.it](mailto:activated@ktu.it)

Timetable:

[sportoklubas.ktu.edu](http://sportoklubas.ktu.edu)



**REGISTER TO FITNESS GYM**  
**[SPORTOKLUBAS.KTU.EDU](http://SPORTOKLUBAS.KTU.EDU)**





Inerfaculty Competitions

Public Events



Partner Events

Other Tournaments







## Sports Teams

- 15 Sports
- Team Selection:  
September/ October
- Coaching Staff –  
Contact [INFO](#)
- To register via email:  
[sporto.centras@ktu.lt](mailto:sporto.centras@ktu.lt)



Basketball



Track & Field



Badminton



Greek-Roman  
Wrestling



Aerobics  
Gymnastics



Tennis



Chess



Football



Volleyball



Strength  
Sports



Judo & Sumo



Table Tennis



Orienteering



Radio Club

# Upcoming Events



 **Ateik ir įveik!**

Running event, in Memory of KTU professor K. Baršauskas **2021 09 11**

## BECOME VOLUNTEER

**CLAIM GIFT**



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Location: Radvilėnų pl. 19, Kaunas  
KTU Student Campus

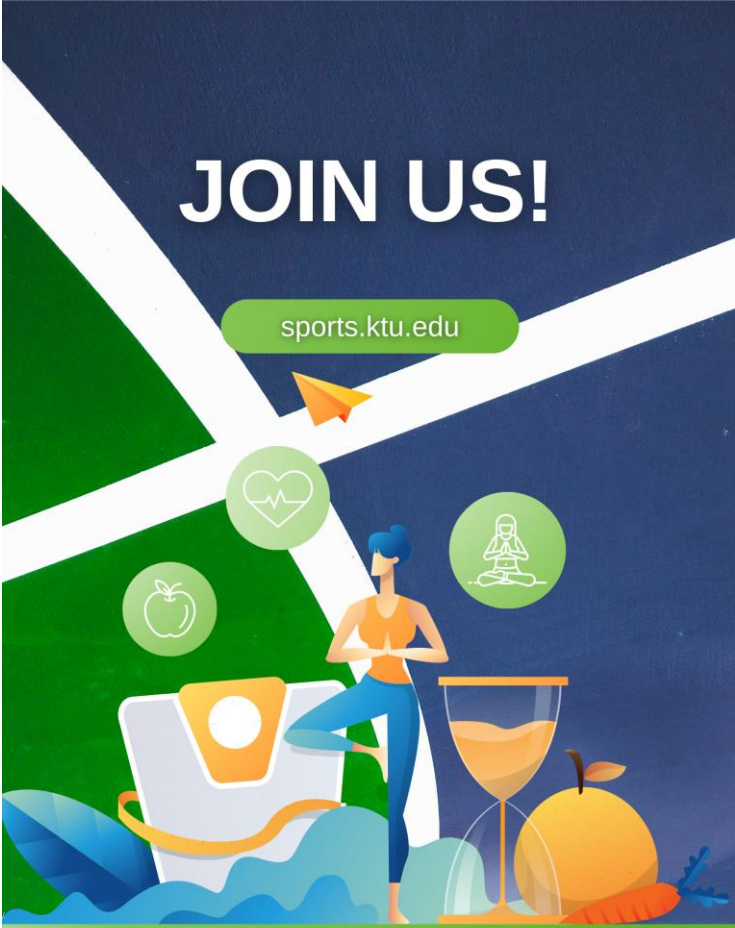
6 km - race with obstacles, going through the Campus and Oaktree Park;  
5 km - remote race. Results should be emailed [sporto.centras@ktu.lt](mailto:sporto.centras@ktu.lt)  
3 km - remote walking race;  
1,3 km - family race.







Volunteering Form


# JOIN US!

[sports.ktu.edu](https://sports.ktu.edu)



 [www.sportas.ktu.edu](https://www.sportas.ktu.edu)  
KTU Sport and Wellness Center

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- Webpage - [sports.ktu.edu](https://sports.ktu.edu)
- General Inquiries – [sporto.centras@ktu.lt](mailto:sporto.centras@ktu.lt)
- Fitness Gym Timetable/ Registration - [sportoklubas.ktu.edu](https://sportoklubas.ktu.edu)
- Group Workout Registration – [activated@ktu.lt](mailto:activated@ktu.lt)
- ACTIVATed Interest Form - <https://forms.gle/tE4kMsFgfLu2zVP37>

▪ Other





JOIN US



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