



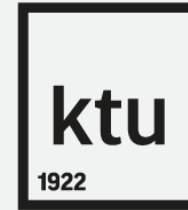
[sports.ktu.edu](https://sports.ktu.edu)



KTU ACTIVATed



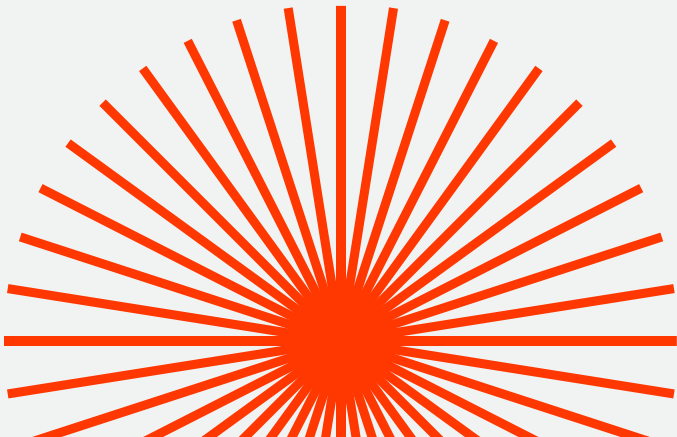
@ktuactivated



activat<sup>ed</sup>

***KTU SPORTS AND***

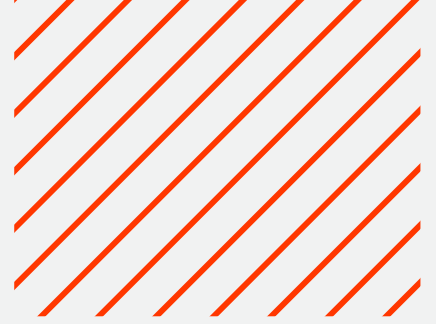
***WELLNESS CENTRE***



# ***sports and wellness centre***



**activat**ed



- KTU ACTIVATed is a program of KTU Sports and Wellness Centre – a non-academic department of **Kaunas university of technology**
- Promoting an active and healthy lifestyle
- Training high-performance athletes of 13 different student sports teams - **national and international level**
- **Open to all** - students, staff and alumni
  - **11 sports and exercise facilities** at all levels
  - Multi-skilled coaching staff
  - Wide variety of **sporting activities**
  - Organising sports events and inside competitions



# ***sports facilities***



# ***leisure sports activities***



football



basketball



track and  
field



badminton



volleyball



tennis



cricket



rock climbing

registration [activated@ktu.lt](mailto:activated@ktu.lt)

# ***leisure sports activities timetable***

sports.ktu.edu/leisure



registration:

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



activat<sup>ed</sup>

# ***group workouts***

- Pilates
- Callanetics
- Tabata
- Ball workout
- Strength training
- Circuit training
- TRX (suspension training)
- Body design

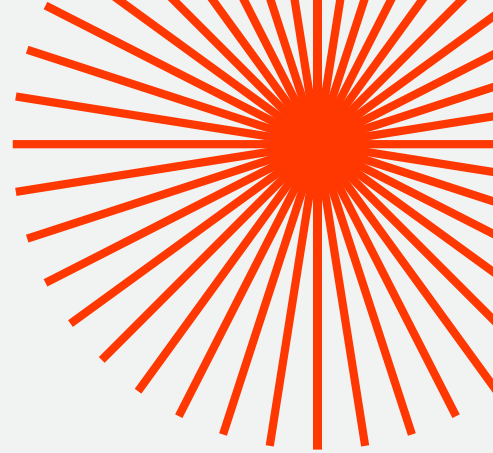
registration:

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

remote workouts:

facebook group [\*\*KTU AKTYViai\*\*](#)

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







activated | Gym

registration:

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

time limit: **1 hr 30min**

remember to follow [Rules of Procedure of the gym:](#)

1. Everyone who wishes to visit the Gym has to register in advance in the online reservation system. Upon the arrival at the gym, you must present your student ID or other personal document at the reception
2. In the training area, the visitors are prohibited to: eat, **wear outdoor footwear**, throw the disks of the barbells and weights on the floor, use the non-functioning training equipment.
3. The penalties are imposed on the visitor who registers and fails to attend the training session twice or leave the Gym on the set time.



# ***sports teams***

13 different sports teams

Contact the coaching staff for  
more information about each  
sports team

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



basketball



track & field



badminton



greco-roman  
& freestyle  
wrestling



aerobic  
gymnastics



tennis



chess



football



volleyball



strenght  
sports



judo & sambo



table tennis

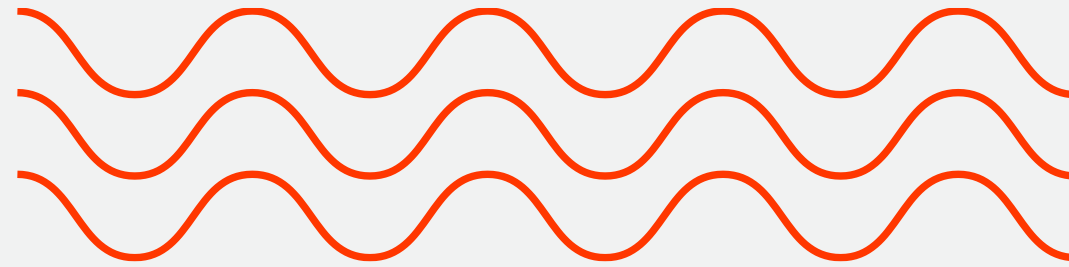


orienteering





# *upcoming events*



The screenshot shows a black background with the text "ACTIVATed MENUO" in large, white, stylized letters. The word "ACTIVATed" has a red dot above the 'A' and a green dot above the 'e'. The word "MENUO" has a green dot above the 'O'. To the right of the text is a green four-petaled flower icon. At the top left, there is a small "ktu" logo and the text "activat ed Press Esc to exit full screen". At the bottom left, there is a red dot above the word "KOVAS" in white. To the right of "KOVAS" is a table with two rows and two columns. The first row contains the text "Sportinės veiklos: konkursai ir žaidimai". The second row contains the text "Sporto renginiai" and "Paskaitos". To the right of the table is a QR code. At the bottom left, there is a small text "Daugiau informacijos sportas.ktu.edu".

ktu **activat ed** Press Esc to exit full screen

# ACTIVATed MENUO

**KOVAS**

Sportinės veiklos: konkursai ir žaidimai	
Sporto renginiai	Paskaitos

Daugiau informacijos sportas.ktu.edu

## → **ACTIVATed month** March

- Contest and games
- Leisure sports events
- Seminars and workshops



# ***contact information***

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

general inquiries [sporto.centras@ktu.lt](mailto:sporto.centras@ktu.lt)

KTU ACIVATed gym and group workoutstimetable/registration [sportoklubas.ktu.edu](https://sportoklubas.ktu.edu)

sports activities registration [activated@ktu.lt](mailto:activated@ktu.lt)

follow us on:



**activat**ed



***ACTIVATE YOURSELF***

