

# SPORT AND WELLNESS ACTIVITIES AT THE OLYMPIC STADIUM

## **TERMS & CONDITIONS**

The prices apply to the single service and the group sizes mentioned. Prices do not include facility fees. For combinations of different activities, please request a combined price. VAT of 10 % or 24 % is added to the prices, depending on the service.

The activities will be customized to the needs and wishes of the group. The max group size will vary between 10 to 30 depending on the activity and facilities used.

If needed, we can organize online pre-registrations to activities.

## **MORE INFORMATION AND BOOKINGS**

Activities: [jussi.kirjavainen@gshealth.fi](mailto:jussi.kirjavainen@gshealth.fi) | 044 - 514 7777

Facilities: [tilat@stadion.fi](mailto:tilat@stadion.fi) | 050 - 518 9551

## **TERMS FOR CANCELLATIONS OF ACTIVITIES**

- a) If the service is canceled 14 days before the reservation at the latest, the service will be rescheduled. If rescheduling is not possible, 15 % of the price will be invoiced from the client.
- b) If the service is canceled 13-7 days before the reservation, 50 % of the price will be invoiced from the client.
- c) If the service is canceled 6-0 days before the reservation, 100 % of the price will be invoiced from the client.

# Power



## **X-FIT | 45-60 min**

Simply effective functional circuit class. Can be implemented both indoors and outdoors.

Price 189 € + VAT



## **CIRCUIT | 45-60 min**

Circuit class that utilizes equipment and /or bodyweight. Enhances both muscular strength and endurance. Can be implemented both indoors and outdoors.

Price 189 € + VAT



## **STAIR WORKOUT | 60 min**

Power to the legs from stair training. A versatile exercise for the muscles of the legs and buttocks, performed on the steps of the Olympic stadium.

Price 189 € + VAT



## **HIIT | 30 min**

High Intensity Interval Training has high intensity, but simple movements, which are performed in intervals, movement batteries or circuit training.

Price 189 € + VAT



## **STADIUM CROSSFIT | 60 min**

In stadium crossfit, you get to know crossfit training, the movements are mostly done with your own body weight and with the help of small equipment.

Price 252 € + VAT

# Condition



## **RUNNING SCHOOL | 60 min**

The running exercise goes through good running technique and exercises which improve running technique. The hour can be taken indoors or outdoors.

Price 252 € + VAT



## **NECK-BACK | 60 min**

Easy but effective muscle conditioning class that aims to prevent and alleviate neck and back issues.

Price 189 € + VAT



## **FITNESS BOXING | 60 min**

Boxing-based effective workout. Can be implemented both indoors and outdoors. Price includes gloves/equipment.

Price 252 € + VAT



## **EASY DANCE | 60 min**

During the class, you get to know several different dance styles and let the music take you. The class is also suitable for those for whom earlier no dance experience has been accumulated.

Price 252 € + VAT



## **ZUMBA® | 60 min**

Easy and effective aerobic training to the rhythm of Latin music. The main focus of the class is fun, not choreography.

Price 252 € + VAT

# Harmony



## MELLOW YOGA | 60 min

Mellow Yoga class that helps to improve mobility, movement control and gives an excellent start for the day.

Price 252 € + VAT



## ASAHI | 60 min

Asahi enhances relaxation and relieves stress. Soft movements are gentle for sore shoulders and back. Can be implemented both indoors and outdoors all year round.

Price 252 € + VAT



## MINDFULNESS | 60 min

Mindfulness exercise relieves stress and teaches you awareness of breathing and emotions.

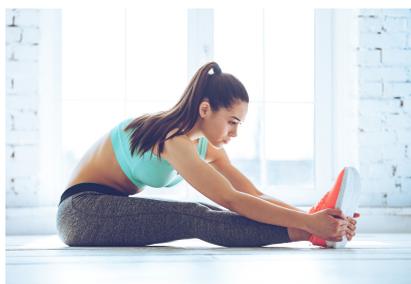
Price 315 € + VAT



## PILATES | 60 min

This form of exercise strengthens deep, supportive core muscles.

Price 252 € + VAT



## BODY HARMONY | 60 min

Gentle exercise that enhances flexibility.

Price 189 € + VAT



## BREAK EXERCISE | 15-30 min

Break exercise refreshes the mind, increases blood circulation and improves concentration. A short break during the meeting gives tips for taking a break from your own work as well. Break exercise takes place flexibly in different spaces, and it does not require exercise clothes.

Price 158 € + VAT

# Other activities

## COOPER'S TEST AT THE OLYMPIC STADIUM

Cooper's running test can be performed both on an outdoor and indoor running track. The test is suitable for those who are interested in running or those who aim for fitness. The test is done as a group and the results are delivered to everyone afterwards by email.

Price: 30 € / person + VAT

- Minimum billing: 300 € + VAT
- Price includes the tester and delivery of the test results by email.

## 2 KM WALK TEST

The test can be implemented both indoors or outdoors. Testing takes place in groups and individual results will be sent by email to participants.

Price 30 € / person + VAT

- Minimum test group size is 10 people (Minimum billing 300 € + vat)
- Price includes the tester, heart rate monitors and delivery of the test results by email.

## TEAM GAMES- duration 60-90 min

Teams compete in sports that require co-operation and wit. Examples of sports: blind relay, problem-solving, boot throwing, sport-alias. Games can be implemented both indoors and outdoors. The highest-scoring team will be rewarded.

Price 590 € + VAT

- Group size max 20 people. Pricing for larger groups by request.

## FUN BALL GAMES - duration 45 - 60 min

### Kin-ball

Kin-ball team game, the teams try to hit the ball on the field in their own hitting turn. Other teams try to keep the ball in the air. A fun and fast-paced game suitable for everyone.

### Elephant football

A team game similar to soccer, where a big gym ball is used as the ball.

Price: 252 € / h + VAT

