

OLYMPIC STADIUM'S TAILORED RECREATION DAYS

In addition to ready-made recreation day packages, the Olympic Stadium provides a memorable setting for recreation days for groups of all sizes.

Our tailored programme will be able to cater for the group's wishes and special characteristics just the way you want.

For larger groups, we can offer parallel activity options from which everyone is guaranteed to find something they will enjoy.

For more information and quotes, please email: tilat@stadion.fi

SAMPLE SCHEDULE

- 9:00** Aamupala ja päivän ohjelman läpikäynti
- 10:00** Fyysinen aktiviteetti 1 (valitse lajivalikoimasta)
- 11:30** Lounas
- 12:15** Opastettu stadionkierros ja tornivierailu
- 13:30** Fyysinen aktiviteetti 2 (valitse lajivalikoimasta)
- 14:30** Iltapäiväkahvitus makealla ja suolaisella
- 15:00** Palauttava harjoitus (esim. asahi, jooga, mindfulness)



EXAMPLES OF ACTIVITIES

EASY YOGA | 45–60 min

A calm and pleasant easy-level yoga class consisting of body control, balance and mobility exercises. Easy Yoga provides good support to other training and does not require any previous yoga experience.

Price from €200 + VAT

ASAHI | 60 min

Asahi promotes relaxation and focus and reduces stress. The soft movements provide gentle relief particularly on the neck and shoulders region as well as the back.

Price from €322 + VAT

MINDFULNESS | 60 min

Mindfulness reduces stress and improves alertness. Mindfulness means anchoring awareness in the present moment and being aware of your body, breathing, thoughts and feelings. You can take part without any specific exercise equipment.

Price from €385 + VAT

PILATES | 60 min

Strengthening the deep core muscles, this calm exercise features movements following the pace of your breathing.

Price from €322 + VAT

BODY MAINTENANCE | 60 min

Calm exercises for improved body control and mobility that are suitable for all.

Price from €259 + VAT

BUBBLES/BEER & YOGA | 45–60 min

Bubbles/Beer & Yoga is yoga with a more relaxed twist and bit of fun. The class features easy-to-approach yoga moves that challenge your balance and mobility in just the right way. The atmosphere is relaxed, and this is yoga where you will not need to aim for a perfect focus – good vibes and mellow movements are enough. The class is suitable for those who want to try something different and spend time in fun company.

Price from €210 + drinks + VAT

RELAX&RECHARGE | 45–60 min

Relax & Recharge is a session dedicated to relaxation and recharging. It is perfect for a moment of detachment from busy everyday life, for deep relaxation and for recharging your batteries. This brief exercise combines guided breathing and relaxation exercises.

Price from €200 + VAT



SINGING BOWL RELAXATION | 45 min

A singing bowl sound bath is a deep relaxation method the impact of which is based on resonance and sound waves. This relaxation method is suitable for many purposes: calming down, stress relief, deep relaxation, alleviation of anxiety or insomnia or relief of bodily tensions. This is a great way to break away from a busy day or wind down after a stressful week. You will be lying down comfortably on a soft rubber mat during the singing bowl session – there will be no sets of movements or yoga postures during the class. Warm and comfortable clothing is recommended.

Price from €330 + VAT

Maximum 25 persons per group



FITNESS

NECK-BACK | 60 min

A calm class focusing on support for back wellbeing and helping you maintain a good posture. The class combines gentle strength training and mobility exercises designed to strengthen back muscles and improve spine mobility.

Price from €200 + VAT

FITNESS BOXING | 60 min

Fitness Boxing is an effective and fun workout making use of the techniques and exercises of boxing. Training gear (focus mitts and gloves) will be provided.

Price from €322 + VAT

EASY DANCE | 60 min

You will do several different dance styles and get carried away by music. The class is also suitable for those with no previous dance experience.

Price from €200 + VAT

MOVEMENT | 60 min

Functional training features varied muscle training using your own body weight and small equipment. You get a diverse workout for improved muscular fitness, balance, coordination and body control. The class ends with active body maintenance.

Price from €322 + VAT

RUNNING CLASS | 60 min

The class covers good running technique and features exercises for developing your technique. The class can take place indoors or outdoors.

Price from €342 + VAT

POWER

STADIUM RUN & STRENGTH | 60 min

Run & Strength is effective and fast-paced training with alternating running intervals with varied muscle workouts. The class develops both aerobic fitness and muscle strength.

Price from €279 + VAT

CIRCUIT | 45–60 min

Circuit training using your body weight and/or equipment improves muscular fitness and endurance.

Price from €200 + VAT

STAIR TRAINING | 60 min

Stair training for leg power. This varied workout for legs and glutes takes place on the stairs of the Olympic Stadium spectator stands.

Price from €419 + VAT

HIIT | 30 min

In High Intensity Interval Training you work out at a very intense level, but the exercises are simple and performed as interval bouts, sets of exercises or circuit training.

Price from €225 + VAT

CROSSFIT | 60 min

The class introduces you to crossfit training, which mostly uses your own body weight but also small equipment.

Price from €252 + VAT

TABATA | 45–60 min

Tabata is an effective interval training class combining short, intensive workout bouts and brief recovery periods. The class is excellent for improving oxygen uptake, explosive power and muscular endurance.

Price from €200 + VAT



COMPETITIVE TEAM EVENTS

STADIUM OLYMPICS | 60–90 min

This playful multisport event calls for good team play and quick-wittedness. The Olympics can be held indoors or outdoors depending on space availability. Sports include football bowling, rope racing, timed walking, blindfolded relay race, sports trivia quiz, problem-solving, frisbee accuracy, etc. The highest-scoring team wins. When taking place outdoors, the events can also involve adapted track and field sports as appropriate to the group's level.

Prices starting from €705 + VAT

Maximum group size 20 persons. Please ask for a separate quote for larger groups.

FUN&PLAY | 1.5–2 h

Would you like to boost your team spirit and create unforgettable shared moments? FUN&PLAY is a physically active teambuilding adventure bringing together exciting challenges, fun game and teamwork enhancement. This fast-paced programme provides you with a perfect break from the daily grind – full of energy, team play and laughter!

Here is how the day goes:

1. Warm-up: The day starts with everyone warming up together to get their mind and body ready.
2. Team checkpoints: Your team will get to visit a variety of checkpoints testing skills including:
 - Coordination: Find your pace and challenge your precision.
 - Agility: Dodge, move and be quick.
 - Dexterity & fine motor skills: Show off your precision and control.
 - Balance: Keep your balance – literally!
 - Teamwork: Solve the challenges together, as a team is more than the sum of its parts.
 - Brain games: Who will be the winner in the brain teasers?
3. Closing activity: The day will be concluded with a relaxation session where everyone gets together to celebrate their successes and boost their team spirit.

Participation methods:

- Team effort: Each team visits the checkpoints together and completes the challenges in accordance with the schedule.
- Freestyle: Everyone goes round at their own pace and chooses what they want to have a go at.

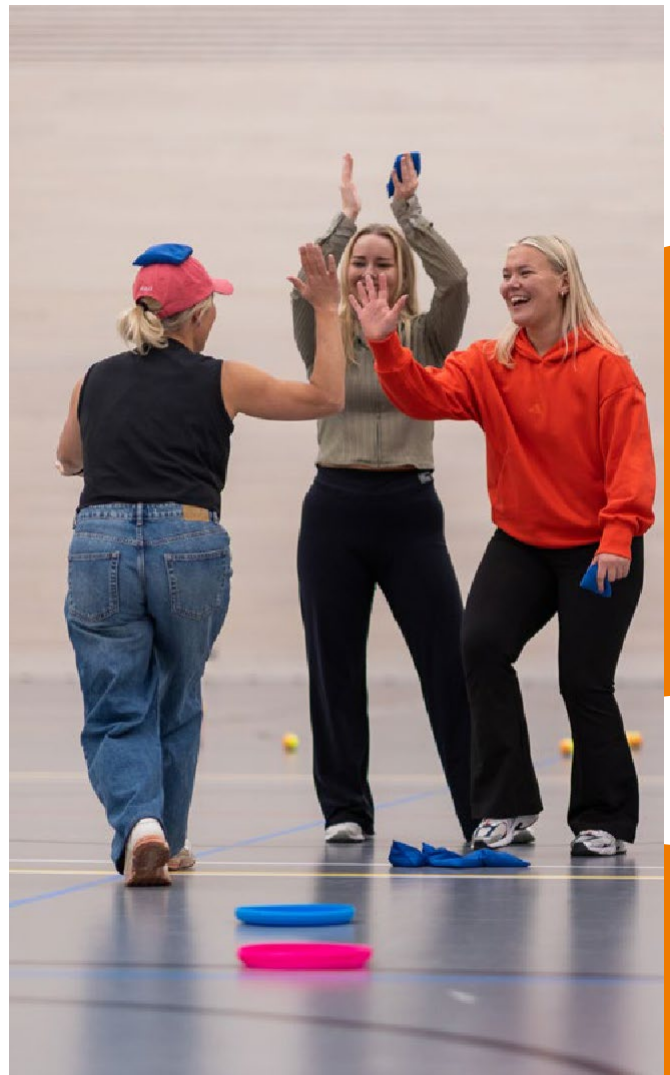
FUN&PLAY combines physical activity, having fun and succeeding together in a way that is guaranteed to put a smile on your face and build a more cohesive team.

Price from €500.00 € + VAT

AMAZING RACE style race | 1.5–3 h

The teams find their way through the Olympic Stadium and do a variety of challenges. To make progress, they must solve problems, find information and demonstrate speed and endurance.

Price from €56 per person + VAT
(minimum group size 20 persons)



BASKETBALL | 45–60 min

Basketball in small teams, with the court size smaller and with the baskets slightly lower than usual.

Price from €367 per hour + VAT

FUTSAL | 45–60 min

This fast-paced indoor football is great for groups of all sizes.

Price from €367 per hour + VAT

KIN-BALL | 45–60 min

Kin-Ball is a team sport where the attacking team tries to strike the ball so that it hits the ground. The other teams try to keep the ball in the air. This game is fun, fast and for everyone!

Price from €367 per hour + VAT

ELEPHANT BALL | 45–60 min

A team game similar to football where a large exercise ball is used as the ball.

Price from €367 per hour + VAT



GUIDED TOURS

GUIDED TOUR OF THE STADIUM

60 min or 30 min

On the guided stadium tours you get to see the modernised stadium, learn about its history and relive the memorable moments of the 1952 Helsinki Olympic Games. The tour includes a 60-minute guided tour of the Olympic Stadium and the TAHTO Center for Finnish Sports Culture (former Sports Museum). The price also includes the entrance fee to TAHTO and the Stadium Tower. You should allow a total of at least 1.5 hours for the visit. There is also a shorter (30 min.) guided tour with a total duration of 1 hour (does not include a visit to TAHTO).

Price from €240 + VAT

ARCHITECTURE TOUR

The guided architecture tour will introduce you to the 1930s design process, take a look at the most significant details of the Olympic Stadium and feature stories from the various periods – all the way up to the most recent modernisations. The guided tour takes around 50 minutes. An independent visit to the Stadium Tower will be available after the guided tour (included in the price). You should allow a total of around 75 min. for the visit. The tour includes stairs.

Price from €310 + VAT

ROOFTOP TO UNDERGROUND TOUR

This guided tour takes you for a special visit to the roof of stand section A of the Olympic Stadium. After the rooftop visit, the tour proceeds to the underground section of the Stadium and to the Passage of the Stars. At the end of the tour, you will have the opportunity to visit the Stadium Tower (included in the price). You should allow a total of around 1.5 for the visit.

Please note! The Rooftop to Underground Tour includes a lot of steep stairs as well as a visit to a high place. The Rooftop to Underground Tour is available between April and October.

Price from €320 + VAT

TESTS

COOPER TEST

The Cooper running test can take place on the outdoor or indoor running track. The test is suitable for those into running or those following a target-oriented fitness regime. The test is completed in a group, and the results are emailed to everyone after the test.

Price from €275 + VAT

2-KM WALKING TEST

The walking test can take place on the outdoor or indoor track of the Olympic Stadium. The test is completed in a group, and the results are emailed to everyone after the test.

Price from €275 + VAT

ENERGY TEST

The energy test is a comprehensive evaluation of wellbeing and coping. The energy test provides information about your state of health, your body's performance capacity and therefore of your overall energy level. The energy test consists of three components: a wellbeing questionnaire, body measurements and a light fitness test. The energy test is easy to complete regardless of your fitness level. The test result is shown with an energy clock indicating the period of time for which the person has energy for work, leisure activities and home activities during a day.

Price from €67 per person + VAT

Minimum group size 5 persons.

WELLBEING LECTURES

ART OF RECOVERY – MIND-BODY COOPERATION FOR STRESS MANAGEMENT | 45 min

Stress management and recovery skills that support smooth everyday life and sustained coping. This lecture discusses the physiological and psychological impacts of recovery – what happens in the body when stress increases and how to effectively boost recovery. We will focus on practical tools such as micro-moments, changing your routines, and simple body activation exercises that will break the cycle of stress.

Price from €460 + VAT

SLEEP AND RECOVERY | 45–60 min

Good sleep is key to physical and mental recovery. This lecture discusses how sleep has a direct impact on your coping. Participants will learn ways of improving sleep quality: at the core of good sleep there are relaxation techniques, regular routines and optimisation of environmental factors affecting sleep. The lecture also covers stress management and its impacts on sleep. Participants can use the practical tips provided to allocate time for rest in their everyday lives and to find ways of achieving improved sleep quality. The outcome is better recovery, increased energy and improved capacity to face everyday challenges.

Price from €460 + VAT

KEYS TO ENERGY MANAGEMENT – BOOSTING YOUR EVERYDAY ENERGY LEVEL | 45–60 min

Maintaining the everyday energy level requires balancing between work, leisure time and recovery. In this lecture we will focus particularly on everyday routines such as taking breaks from work, assigning moments for recovery and prioritising things that are meaningful to you. We will discuss how small choices can help you regulate your energy levels during the day – including small breaks, looking after your sleep and doing energising exercise. The lecture will inspire you to make concrete changes that will be reflected not only in your energy levels but also in your quality of life.

Price from €460 + VAT

HEALTHIER BACK | 45–60 min

The Healthier Back session features a brief theory section on back wellbeing and the most common challenges encountered. We will also discuss back-related work ergonomics. The session will end with calm, dynamic exercises to open and at the same time strengthen your back.

Price from €460 + VAT

