

# 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. The prices mentioned include VAT (10 % or 24 %).

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@gymstick.com](mailto:jussi.kirjavainen@gymstick.com) | 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.

# Fitness



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

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

Price 198 €



## **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 198 €



## **SHAPE | 60 min**

Effective PHA-training that will improve both muscle strength and cardio vascular endurance.

Price 198 €



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

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

Price 198 €



## **FITNESS BOXING | 60 min**

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

Price 264 €



## **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 264 €

# Harmony



## MELLOW YOGA | 60 min

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

Price 264 €



## 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 264 €



## MINDFULNESS | 60 min

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

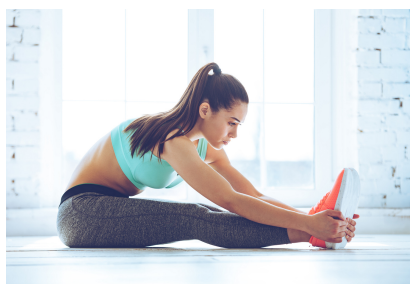
Price 372 €



## PILATES | 60 min

This form of exercise strengthens deep, supportive core muscles.

Price 264 €



## BODY HARMONY | 60 min

Gentle exercise that enhances flexibility.

Price 198 €

# Other activities

## **BREAK EXERCISE** - duration 30 min

A little exercise during meeting breaks refreshes both body and mind. Exercise can be carried out indoors or outdoors and does not require sportswear.

Price 165 €

Service can be complemented with additional equipment:

- Fascial massage ball, price 8,60 € / piece
- Exercise band, price 6,10 € / piece



## **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 37,20 € / person

- Minimum test group size is 10 people
- Price includes the tester, heart rate monitors and the delivery of results.



## **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 595 €

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

