**Massage, personal training and coaching**

*from 1.1.2023*

**MASSAGE**

<table>
<thead>
<tr>
<th>VAT 0%</th>
<th>Normal price</th>
<th>Preferred customers*</th>
<th>Aalto, Hanken, UH, UArts:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>staff</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>students</td>
</tr>
<tr>
<td>MASSAGE 45 min</td>
<td>53 €</td>
<td>51 €</td>
<td>46 €</td>
</tr>
<tr>
<td>MASSAGE 60 min</td>
<td>59 €</td>
<td>58 €</td>
<td>53 €</td>
</tr>
</tbody>
</table>

**PT DEMO**

During PT Demo you get to try what it feels like to workout with a personal trainer.

**SOLO JA DUO PACKAGES**

Workout with a personal trainer alone or even with a buddy!

Coaches are divided into two PT levels based on their experience.

**PT LEVEL 1**
- Accredited personal trainer or physiotherapist
- Accrued less than 300 hours of personal training practice

**PT LEVEL 2**
- Accredited personal trainer or physiotherapist
- Accrued 300 hours of personal training practice or more
- Trained tens of clients

**INBODY MEASUREMENT**

An easy way to find out what you’re made of and keep track of your goals.

**NUTRITIONAL COACHING**

Lots of usefull tips on leading a healthy life through good nutrition

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*Preferred customers:*
- students (other than Aalto, Hanken, UH, UArts)
- Aalto/Hanken/UH/UArts alumni assoc. members, pensioners.

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