Massage, personal training and coaching  
from 1.8.2022

MASSAGE

VAT 0%  Normal price  Preferred customers*  Aalto, Hanken, UH, UArts: staff  students

<table>
<thead>
<tr>
<th>Service</th>
<th>Normal price</th>
<th>Preferred customers*</th>
<th>Normal price</th>
<th>VAT 24%</th>
</tr>
</thead>
<tbody>
<tr>
<td>MASSAGE 45 min</td>
<td>48 €</td>
<td>46 €</td>
<td>42 €</td>
<td>40 €</td>
</tr>
<tr>
<td>MASSAGE 60 min</td>
<td>56 €</td>
<td>53 €</td>
<td>49 €</td>
<td>46 €</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

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

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