Massage, personal training and coaching

from 1.1.2023

MASSAGE

<table>
<thead>
<tr>
<th></th>
<th>VAT 0%</th>
<th>Normal price</th>
<th>Preferred customers*</th>
<th>Aalto, Hanken, UH, UArts: staff</th>
<th>Aalto, Hanken, UH, UArts: students</th>
</tr>
</thead>
<tbody>
<tr>
<td>MASSAGE 45 min</td>
<td></td>
<td>51 €</td>
<td>49 €</td>
<td>44 €</td>
<td>42 €</td>
</tr>
<tr>
<td>MASSAGE 60 min</td>
<td></td>
<td>59 €</td>
<td>56 €</td>
<td>51 €</td>
<td>48 €</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 useful 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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