Massage, personal training and coaching  
from 1.9.2021

MASSAGE

VAT 0% Normal price  Preferred customers*  Aalto, Hanken, UH:  
staff  students  
MASSAGE 45 min  47 €  45 €  41 €  39 €  
MASSAGE 60 min  55 €  52 €  48 €  45 €  

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)  
- Aalto/Hanken/UH alumni assoc. members, pensioners.

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