

unisport





UniSport - everyday exercise and well-being at the university

- A sports and well-being service provider owned by Aalto University, Hanken, the University of Helsinki, and Uniarts Helsinki.
- Versatile and affordable option for university students and staff
- Come as you are - whether you're just getting started or already active, you are sure to find a new favourite way to move at UniSport.



You can find us at: www.unisport.fi or on social media @unisportfi



#joy #courage #responsibility #community

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UniSport membership

Membership services

Gym training

- In all sports centres
- Free gym guidance

Group exercise

- Nearly 200 group exercise classes each week from different categories.
- Additionally, online services via remote access and live stream.

Ball game groups

- Basketball, futsal, floorball, volleyball

Products

- 1-month, 4-month or 12-month membership
- In addition, we offer an even more affordable part-time membership (valid during all opening hours except Mon–Thu from 3 p.m. to 8:30 p.m.)

Example prices for students

- Introduction visit to a new customer €0
- 12-month membership €176 (approx. €15/month)
- 12-month part-time membership €99 (approx. €8/month)





Other UniSport services, such as

Personal Training

- PT packages and small groups
- Nutrition coaching
- Body composition analysis

Massage

- For example, 60 min massage for students only €49

Courses

- Available courses include ballet and badminton

Free break exercise services

Take a break! break exercise sessions

- On campuses and via live stream

BreakPro app

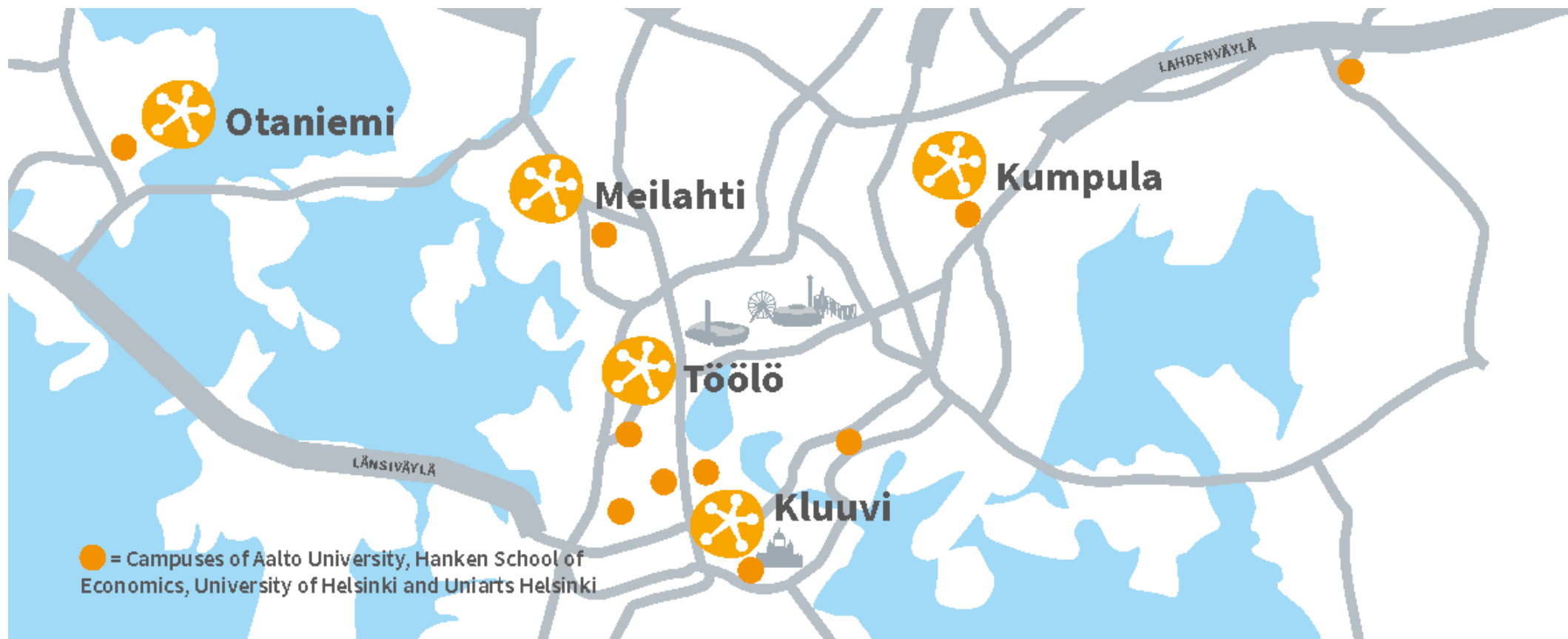
- Reminds you to take breaks according to your schedules and needs
- Download it on your mobile or computer

Video library

- Break exercise at any time, in any place



UniSport services at sports centres, campuses and remotely





UniSport's autumn campaign – learn more about UniSport and join us!

Autumn campaign

- First visit is free for new customers!
- Use the code “freevisit” to redeem a one-time free visit.
- In addition, use the code “autumn” for 3 single part-time visits free of charge until 30 September

Social media draw

- Follow @unisportfi on Instagram and TikTok to participate in the draw!



Join the UniSport Buddy group!

- Signal group for finding a friend for any exercise
- Does not require a UniSport membership





Welcome!

www.unisport.fi

@unisportfi

