

# 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](http://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

- 12-month membership (prepaid or monthly payment)
- 1-month and 4-month prepaid memberships
- In addition part-time membership (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

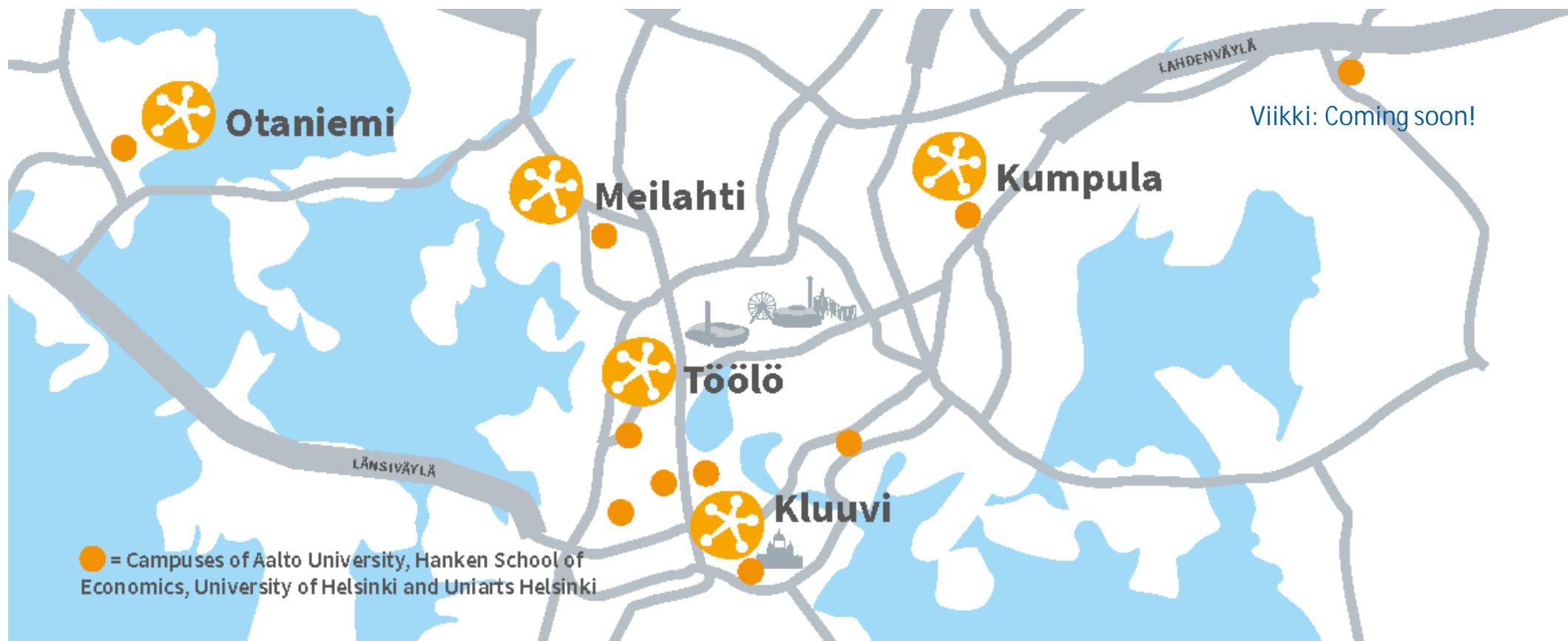
- Reminds you to take breaks according to your schedules and needs
- Download it on your mobile or computer

#### Video library

- Break exercise at any time, in any place



# UniSport services at sports centres, campuses and remotely



# UniSport's free 10-Week Challenge starts on February 23, 2026 – join now!



Want to boost your energy, endurance, and overall well-being?

- UniSport's 10-week challenge supports your **health** and **recovery** as a counterbalance to studying and work, while helping you build long lasting **exercise habits**.
- The program is suitable for everyone, regardless of fitness level, and progresses gradually so your body can adapt to regular activity.
- You can fit the workouts flexibly into your study or work schedule and join the challenge from anywhere – on your own or with a friend.
- The challenge takes place in a closed Signal group.

## During the challenge, you will get:

- A weekly workout program designed by UniSport's group exercise instructor, personal trainer, and physiotherapist Hanna Autio.
- Guidance and community support that will keep you motivated throughout the challenge.
- Free access to UniSport's online membership for the entire duration of the challenge.
- Support for building lasting exercise habits!



## Extra tip for recovery: Try UniSport's new Neurosonic service and enjoy effective relaxation!

Neurosonic uses patented low-frequency vibration technology that affects the autonomic nervous system. The service will be available for booking starting January 7 at UniSport's Kluuvi and Otaniemi sports centers.

### Benefits:

- Stress relief
- Improved sleep quality
- Effective recovery

### Prices:

- Student 10€/60 min.
- Staff 15€/60 min.

In addition, UniSport's sports centers offer free Neurosonic Cubes for all customers, perfect for shorter breaks.

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# Welcome!

Tip! On February UniSport will organize Valentine's week campaign!  
Make sure to follow us [www.unisport.fi](http://www.unisport.fi) and @unisportfi

## Join the UniSport Buddy group!

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



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