# **Smart Exercise**

www.campussport.fi info@campussport.fi



CHOOSE YOUR PATH.





- Aurum (Henrikinkatu 2), 383 m<sup>2</sup>
- Educarium (Assistentinkatu 5), 90 m<sup>2</sup>
- Formis (Ajurinkatu 2), 115 m<sup>2</sup>
- Roddis (Hämeenkatu 22), 135 m<sup>2</sup>
- Tyyssija (Inspehtorinkatu 12), 268 m2







#### 100 hours of exercise

#### Muscle tone

Pump, Abs, butt and thighs, EasyTraining

#### **Heart Rate**

Bike, HIIT, Combat

#### **Dance**

DanceFit, Latin Show, Commercial Street

#### **Body Maintenance**

Deep stretching, Yoga, Pilates

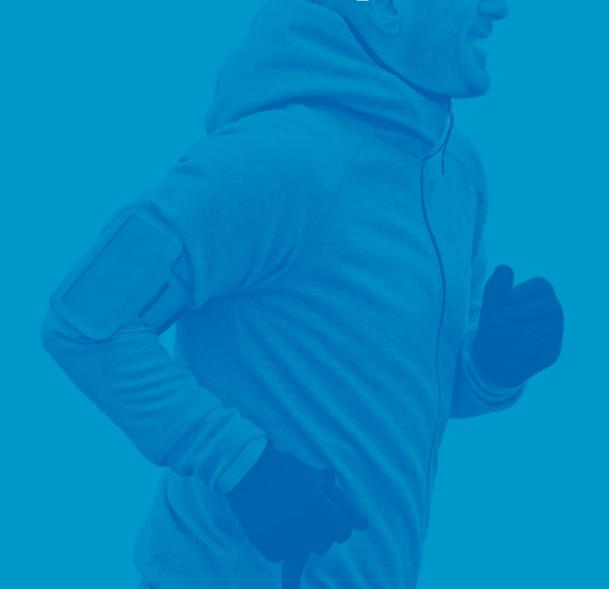
#### **Water workouts**

Water aerobics





# Combat & Ballsports





## Ball sports shifts

 Floorball, Futsal, Basketball, Badminton, Padel

## **Combat sports**

Taekwondo



How to join?



#### **Prices and seasons**

Sports fees for students (inc. VAT 10%)

- 75 euros / academic year (fall AND spring)
- 49 euros / semester (fall OR spring)
- 20 euros / 30 days (valid from the time of purchase)

#### Fall semester 1.9.-31.12.2022

(instructed classes and ball sports shifts 5.9.–15.12.)

**Spring semester 2.1.-30.4.2023** 

(instructed classes and ball sports shifts 9.1.–29.4.)

### Join in!

- www.campussport.fi/en -> online store
- Log in with your university credentials and pay the desired fee (+ key tag)
- Remember to log out if you use the same computer with friends!
- Go to activate the tag at the service desk (Educarium, Sport Sirkka)
- Find out more on our website!





Additional services



# Affordable services for those who have paid the sports fee

- Massage
- Nutritional counseling
- Personal trainer services

The prices and instructions how to make a reservation can be found on our website: services > other services



# Competitions

- 24 competitions for all students and staff members of the universities in Turku
- You don't have to pay the sports fee in order to participate
- In the autumn e.g. football, volleyball, bubble football, golf, tennis
- campussport.fi/competitions







#### **Courses**

- 12 courses
- 5-8 lessons, separate fee 25-59 €
- You don't have to pay the sports fee in order to participate
- We offer e.g. running technique, pole dancing and kickboxing



## SportAppro 13 Oct 2022

- The idea is to attend various sports shifts and collect stamps in a sports pass.
- The ticket sale will start in September – follow CampusSport's channels to find out more!

# Join us!

www.campussport.fi info@campussport.fi Facebook & Instagram:
@campussportturku
#campussportturku