



# Paavo Nurmi Centre PRICE LIST

for CampusSport members (personnel)

## STARTTI fitness test package

for anyone with the desire to improve their fitness level. The test measures your current fitness level and helps monitor your progress and the effectiveness of your training.

*The test package includes:*

- baseline questionnaire, initial measurements
- submaximal aerobic fitness testing with bicycle ergometer
- testing of muscular strength
- body composition analysis
- oral and written feedback

Individual test **106 €** (normally 124 €)

Group test **99 €** per person (2-5 persons)

For bigger groups ask for an offer from our office.

## Body composition analysis (InBody 720)

**22 €** per person (normally 32€)

**15 €** per person (groups of 5 persons or more)

## AKTIIVI fitness test package

for physically active individuals to measure their current fitness level and to help monitor progress and the effectiveness of their training.

*The test package includes:*

- baseline questionnaire, initial measurements
- maximal aerobic fitness test with lactate threshold determination
- testing of muscular strength
- vertical jump test
- body composition analysis
- oral and written feedback

Individual test **190 €** (normally 214 €)

Bookings:

**010 3365 100**

Prices are valid until further notice. All prices incl. 24 % VAT.