SERVICE OFFERING 2019 – SPORTS & EXERCISE SESSIONS

The indoor and outdoor facilities provided by *VaasanSeudun Areenat* create an excellent opportunity to do versatile sports and engage in physical exercise in the Vaasa region. We customize and carry out sports programs according to our customers’ wishes. The length of the sessions can vary according to the group’s motivation level from one hour to longer periods. Contact us and request an offer!

GROUP SPORTS

Our sports sessions for groups are fun, engaging and suitable for everybody. We plan the sessions taking into consideration the group’s fitness level and age distribution. The sessions consist of warm-up, cardio workout, body control and stretching. We use various sports equipment according to the chosen theme.

NECK, SHOULDERS AND BACK

The purpose of this workout is to relax and stretch tense muscles in your upper body. It is to improve blood circulation and metabolism and increase mobility through training flexibility. This is a calm and relaxing session.

KETTLEBELL

Effective cardio and muscle-tone training for the whole body using Girya kettlebells. We use bells of 4 to 20 kg. The session consists of warm-up, technique exercise and workout routines for various muscle groups.

FITNESS BOXING

An effective sport that uses boxing techniques, boxing equipment and cardio routines to develop fitness and muscle tone. Fitness boxing is an excellent choice if you suffer from neck and shoulder tension.

UGI BALL (MAX. 25 / PERSON)

Unique Ugi Ball provides powerful activity for the whole body. Ugi Ball is a modern, softer version of the good old medicine ball and available in four weights (2.5–5.4 kg). You decide the intensity of your training! This workout combines endurance with balance and strength. An Ugi session does not include step routines, and we recommend doing it barefoot.

GYMSTICK

Gymstick is an easy and effective workout method. The routines carried out using the stick will shape your different muscle groups in a versatile way. Gymstick improves mobility and is particularly good for the neck and shoulder area. The session consists of simple routines.

RESISTANCE BAND

This is easy, basic training. No complicated step routines or jumping included. Cardio exercise is done using resistance bands. Our objective is to improve your body control, posture, muscle tone and fitness. Fun exercise in a fun group. This is a good way to get started.

ACTIVITY TRAINING

Cardio, mobility and balance training using your own body weight and activity. This workout does not include jumping or complicated choreographies.

TRX TRAINING

TRX allows effective training for every inch of your body because each routine activates several muscle groups and particularly your core middle section. It will improve your muscle tone for the entire body as well as your endurance. One of the greatest benefits of TRX is that it provides a consistent, fun, versatile and effective way to reach your fitness goals – weather you’re a seasoned workout enthusiast or just getting started. TRX training suits everybody despite age or fitness level.

FOAM ROLLER BODY CARE (INCL. INSTRUCTION) MAX. 20 PERSONS

Foam Roller body control is based on massaging and moving your connective tissue. This workout softens your body and improves blood circulation, metabolism and mechanical, electrical and chemical transfer inside your body. You’ll relax and stretch your tense muscles and feel much lighter afterwards. When your muscles are loose, you’ll be able to exercise more effectively, reduce the risk of strain injury, improve mobility and recover more quickly form the effort.

STRETCHING AND RELAXATION

This session provides relaxation and body care. The warm-up consists of mobility routines, after which we’ll stretch the muscles using various techniques. Slow, easy stretching improves body mobility and reduces muscle tension. The session ends in a relaxation routine.

BOOTCAMP

This session consists of effective activity workout and routines that enforce all of your muscles and improve your physical condition. During the lesson we’ll kick, box and do effective cardio to loud energizing music.

LAVIS BALLROOM DANCE MIX

This is a fun and easy but sweaty type of workout based on a mix of popular ballroom dancing styles and physical exercise. You can do Lavis alone, so there is no need to be afraid of anyone stepping on your toes. During the session we’ll dance to styles popular in Finland, like humppa, jenkka, rock/jive, cha-cha and samba.

RUNNING SCHOOL

We offer a good knowledge base to start running regularly. In this group, we practice correct running techniques and coordination and carry out various running exercises. You’ll receive tips and advice for your private training, too.

VaasanSeudun Areenat – Sales Service

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