



Paavo Nurmi Centre PRICE LIST

for CampusSport members (**personnel**)

STARTTI fitness test

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
- oral and written feedback

Individual test **85 €** (normally 95 €)

Group test **75 €** per person (2-5 persons)

For bigger groups ask for an offer from our office.

Body composition analysis (InBody 720)

32 € per person (normally 35€)

20 € per person (groups of 5 persons or more)

AKTIIVI fitness test

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
- oral and written feedback

Individual test **175 €** (normally 189 €)

Bookings:

045 783 11203

Prices are valid from 1.9.2024 until further notice. All prices incl. 25,5 % VAT.



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