



Paavo Nurmi Centre PRICE LIST

for CampusSport members (students)

STARTTI fitness test

for anyone with a 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 **80 €** (normally 95 €)

Group test **70 €** per person (2-5 persons)

For bigger groups ask for an offer from our office.

Body composition analysis (InBody 720)

30 € per person (normally 35€)

20 € per person (group 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 training.

The test package includes:

- baseline questionnaire, initial measurements
- maximal aerobic fitness test with lactate threshold determination
- oral and written feedback

Individual test **170 €** (normally 189 €)

Bookings:

045 783 11203

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