

PERSONAL TRAINING (PT) AND COACHING



Accomplish your goals with Personal Trainer

Personal Training and coaching prices
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PT DEMO

Have you ever wondered whether
Personal Training is for you?
Find out now by trying PT Demo!
Anyone can try out PT Demo, so why not give it
a go – even if it's for the very first time.

	Normal price	Aalto, Hanken, UH: students and staff
	ALV 24%	ALV 24%
PT-DEMO	55 €	50 €
Training programme 75 min	95 €	85 €

SELECT YOUR PT PACKAGE

Train with a Personal Trainer – alone or even with
a buddy. Our Personal Training team are split
between two levels, depending on their experience.
You can check out what this means below.

PT LEVEL 1

- Accredited Personal Trainer or Physiotherapist
- Approved Personal Trainer at UniSport
- Accrued less than 300 hours of Personal Training practice

PT LEVEL 2

- Accredited Personal Trainer or Physiotherapist
- Approved Personal Trainer at UniSport
- Accrued 300 hours of Personal Training practice or more
- Trained tens of clients

SOLO AND DUO PACKAGES	Normal price		Aalto, Hanken, UH: students and staff	
	ALV 24%	ALV 24%	ALV 24%	ALV 24%
PERSONAL TRAINING	LEVEL 1	LEVEL 2	LEVEL 1	LEVEL 2
PT SOLO 3 x 60 min	235 €	270 €	212 €	243 €
PT SOLO 6 x 60 min	445 €	512 €	401 €	461 €
PT SOLO 10 x 60 min	709 €	815 €	638 €	734 €
PT SOLO 20 x 60 min	1 349 €	1 551 €	1 214 €	1 396 €
PT SOLO 30 x 60 min	1 890 €	2 174 €	1 701 €	1 956 €
PT DUO 3 x 60 min	299 €	344 €	269 €	309 €
PT DUO 6 x 60 min	569 €	654 €	512 €	589 €
PT DUO 10 x 60 min	879 €	1 011 €	791 €	910 €
PT DUO 20 x 60 min	1 599 €	1 839 €	1 439 €	1 655 €
PT DUO 30 x 60 min	2 310 €	2 657 €	2 079 €	2 391 €

See the small group course prices online.

INBODY MEASUREMENT

An easy way to find out what you're made of
and keep track of your goals!

	Normal price	Preferred customers* price	Aalto, Hanken, UH students and staff
INBODY	ALV 24%	ALV 24%	ALV 24%
InBody Body composition measurement 15 min. incl. instructors' feedback	30 €	26 €	24 €
InBody Body composition measurement without feedback	20 €	17 €	15 €

NUTRITIONAL COACHING

Lots of useful tips on leading a healthy life
through good nutrition!

	Normal price	Preferred customers* price	Aalto, Hanken, UH students and staff
NUTRITIONAL COACHING	ALV 24%	ALV 24%	ALV 24%
3 x 60 min. individual coaching incl. food diary analysis	240 €	235 €	229 €
1 x 60 min. individual coaching	105 €	105 €	95 €

* discounts available for selected customers:
students (other than Aalto/Hanken/UH),
Aalto/Hanken/UH alumni assoc. members, pensioners.
Bookings for all of our services can be made online at unisport.fi.