



Tapiolan Voimistelijat ry

Newsletter 09/2022



SYYSKUUN JÄSENTIEDOTTEESSA:

- Family Gym Day 4.9.
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- Autumn camp
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FAMILY GYM DAY 4.9.

Welcome to have fun at our family gym day at Mankkaan koulu gymnastics hall on Sunday 4.9. at 9.30-12.00. The event is free.

You can try out different gymnastics equipment, play floorball or do all kinds of different tricks and stunts you can think of! There is no teaching or instructors, parents are responsible of their children during the event.

→ [Read more](#)



PERHEPÄIVÄ 4.9.

Mankkaan koulu klo 9.30-12.00

SYYSSPURTTI 4.9.



Free group fitness event at Mankkaa school on Sunday 4.9. at 17.00-19.00. Classes at two sides of the hall. No enrollment needed, entrance from the main doors. Welcome!

Schedule:

17-18 LatinDanceMix / Core + mobility

18-19 DanceMix / Kuntojumppa (Basic exercise)

→ [Read more](#)

TET / WORK PRACTICE

We are happy to receive 8th and 9th graders to work practice (TET-harjoittelu) to our office and for example to assist at our childrens classes. Applications via our websites.

→ [Read more](#)

HENGÄHDYSHETKIÄ® - COURSE

Enrollment for the Hengähdyshetkiä® -course is open! The course supports your recovery and relaxation, helps to control stress and enhances better sleep among other things. Welcome to enhance your own well-being!

Teaching will be in Finnish.

- 🌸 Place: Pohjois-Tapiola school
- 🌸 Time: 17.9.-15.10. Saturday at 10.30-11.30
- 🌸 Price: Members 65 € / Others 85 €
- 🌸 Instructor: Kirsi Kankaanpää

→ [Read more](#)



ONLINE CLASSES



Online Zoom-classes now available! Online classes are sold in a package of 5 classes for the price of 39 € (+ membership fee). After the online class you also get the recording of the class to be used for two weeks. In the schedule there is e.g. yoga classes and core + mobility classes. Includes also morning classes!

→ [Read more](#)

SHOWING OF THE AGG PROGRAMS

Welcome to see our agg teams' new programs at Espoonlahti Liikuntahalli on Saturday 8.10. The doors open at 12.00 for the gymnasts and the performances start at 12.15.

→ [Read more](#)









AUTUMN CAMP



The autumn hobby camp is full of movement, tricks, stunts and acrobatics skills such as somersaults, cartwheels, hand stands etc. No previous skills needed, the camp is open for everyone. Teaching will be in Finnish.

The enrollment is now open!

 Mon. - Wed. 17.-19.10.2022
 Mankkaanpuro school
 1-3 graders

 Scheduled program at 9.00-15.00
 Instructors present at 8.00-16.00
 Price 119 € members / 129 € others

 [Read more](#)

CURRENT TOPICS IN GROUP FITNESS

Sunday classes start on 11.9. See classes [here](#).

You can see all the entrances for the schools [at our website](#). Please check them before coming first time to the class.

Tapiola school is closed on 9.-25.9.2022 due to the matriculation examination. See all the changes for the classes [here](#).

We inform about all changes and cancellations at our [website](#), via e-mail and at our group fitness WhatsApp. Please note that our e-mails sometimes go to junk mail. If you wish to join our group fitness WhatsApp click [this link](#). It is used to inform of sudden changes and cancellations.

I'm always happy to receive feedback about our classes and answer questions so please feel free to contact me! I'm best available at weekdays between 9-15, sometimes at other hours also. You can also contact me via WhatsApp.

Best regards, *Maija Pelttari*
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