



Tapiolan Voimistelijat ry

Newsletter 12/2022



VOIMISTELU



IN DECEMBER'S NEWSLETTER:

- Enrollment for spring season
- Gym Marathon 10.12.
- Christmas show 12.12.
- Holiday classes
- Family Gym Day 8.1.
- TammiStartti 15.1.
- Basics of Yoga -course
- Annual meeting
- Ending of autumn season

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ENROLLMENT FOR SPRING SEASON



Childrens' classes

Advance registration is open 1.-8.12. for the participants of autumn season. During the advance registration you can only enroll for the same group you have been this autumn. On Monday 12.12. the enrollment opens again for everybody at 12.00.



Adults group exercise classes

Enrollment for group exercise classes and seniors' classes is now open for everyone.

For Pilates classes advance registration is open 1.-8.12. only for the autumn season participants and only for the same group. On Monday 12.12. Pilates enrollment opens again for everybody at 12.00.



Spring season starts 9.1.2023

➔ [Read more](#)

➔ [Enrollment](#)



Do you have sports vouchers (e.g. epassi / eayzybreak) that expire this year? Enroll now to use them for spring season classes!

GYM MARATHON 10.12.



Group exercise event at Tapiola school - free entry! Bring your own gym matt.

Program:

10.00-10.45 Mobility class

10.45-11.30 Glute & leg exercise

11.30-12.15 Functional training


No enrollment needed - welcome!

→ [Read more](#)

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JOULUNÄYTÖS 12.12.

Welcome to our second Christmas Show at Niittykumpu school!

 Christmas show 2: Monday 12.12.2022
Niittykummun koulu (Vuoritontuntie 20) at 18.00

We will also need some volunteers to help organize a great show! As a volunteer you get to see behind the curtains and see all the joy of performing. There are many different tasks e.g. photographing and helping children before the show. If you are interested please [contact us](#).

The ticket sale for the show is open. We recommend buying the tickets in advance.

→ [Ticket sale and more information](#)



HOLIDAY CLASSES











Welcome to our holiday classes 13.12.-5.1. to Mankkaa, Tapiola and Toppelund. Holiday classes are open to everyone - no enrollment needed.

Prices:

6 € / class or

20 € "joulujumppakortti" (includes all classes).

-  Tues. 13.12. DanceMix 18-19 Mankkaan koulu
-  Thurs. 15.12. Lihaskuntotreeni 18-19 Tapiolan koulu
-  Tues. 27.12. Kuntojumppa 18-19 Mankkaan koulu
-  Wed. 28.12. LatinDanceMix 18-19 Toppelundin koulu
-  Thurs. 29.12. Kehonhuolto 18-19 Tapiolan koulu
-  Tues. 3.1. Niska-selkä 18-19 Mankkaan koulu
-  Wed. 4.1. DanceMix + core 18-19 Toppelundin koulu
-  Thurs. 5.1. Lihaskuntotreeni 18-19 Tapiolan koulu

→ [Read more](#)

FAMILY GYM DAY 8.1.

Welcome to have fun at our family gym day at Mankkaa school gymnastics hall on Sunday 8.1. at 10.00-12.00. Free entry! 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, parents are responsible of their children during the event.

→ [Read more](#)



TAMMISTARTTI 15.1.



Free group exercise event at Mankkaa school on Sunday 15.1. at 10-12! No enrollment needed - welcome!

Hall 1

- 10.00-10.30 Pilates
- 10.30-11.00 Body weight exercise
- 11.00-11.30 Hiit
- 11.30-12.00 Core+mobility

Hall 2

- 10.00-10.30 LatinDanceMix
- 10.30-11.00 DanceFit - muscle training by dancing
- 11.00-11.30 80's Aerobic
- 11.30-12.00 DanceMix

→ [Read more](#)

BASICS OF YOGA -COURSE



For yoga course
you can also
use sports vouchers /
benefits that are
expiring this year!

Welcome to learn basic of yoga at our four time course in Pohjois-Tapiola school! Enrollment is now open.

- 🧘 14.1.-4.2.2023
- 🧘 Saturdays at 10.00-11.30
- 🧘 Pohjois-Tapiola school, Sepontie 4
- 🧘 Price: 65 € + membership fee 20€

→ [Read more](#)

ANNUAL MEETING

Tapiolan Voimistelijat annual meeting was held on 29.11.
Our board starting from 30.11.2022:

Heidi Viitamäki - chairperson
Ulla Ahvenniemi
Lotta Akkanen
Virpi Holmqvist
Virve Jokinen

Eeva Lammassaari
Elina Lehmijoki
Kristiina Naumanen
Kaisa Välipirtti

→ [Read about our strategy 2025](#)



ENDING OF AUTUMN SEASON



Children's and adults' hobby classes ending for the autumn:

- ☞ Fri. 2.12. at Kilonpuisto, Mankkaanpuro Taavinkylä, Westendipuisto, Vindängen
- ☞ Sun. 11.12. at Leppävaaran nuorisotila, Mankkaa, Niittykumpu, Perkaa, Pohjois-Tapiola, Tapiola, Toppelund
- ☞ Seniors' classes' last classes at Haukilahden monitoimitalo on Tues. 13.12. and Thurs. 15.12.