



Tapiolan Voimistelijat ry

Newsletter 07/2022



VOIMISTELU



IN JULY'S NEWSLETTER:

- Enrollment for Autumn season
- Summer outdoor classes
- Courses
- Office closed for July

 [@TapiolanVoimistelijat](https://www.facebook.com/TapiolanVoimistelijat)

 [@tapiolanvoimistelijat](https://www.instagram.com/tapiolanvoimistelijat)

ENROLLMENT FOR AUTUMN SEASON

Enrollment for Autumn season is open. Autumn season starts on 22.8.2022. Check the schedules on our website and sign up for the classes:

- [Children's classes](#)
- [Adults group exercise classes](#)
- [Special Dance group](#)
- [Enrollment](#)



SUMMER OUTDOOR CLASSES



Summer outdoor classes will be on break during July but will continue starting on 1st of August. Outdoor classes are open for everyone in Tapiola and Haukilahti, no enrollment needed.

Prices 5 € / class.

→ [Summer outdoor class schedule](#)

COURSES

STAIR WORKOUT

Stair workout is effective training and versatile training. It strengthens especially the lower body benefits the cardio vascular system. Welcome to our stair workout outdoor course!

-  Place: Westendin kuntopaikat
-  Time: 16.8.-6.9. Ti klo 17:30-18:30
-  Price: Members 45 € / Others 65 €
-  Instructor: Rani Saarinen

(Teaching will be in Finnish.)

→ [Read more](#)



RUNNING GROUP

Our popular running group suits well for new runners and beginners. Welcome!

-  Place: Tapiolan urheilupuisto
-  Time: 18.8.-6.10. To klo 17:30-18:30
-  Price: Members 80 € / Others 100 €
-  Instructor: Johannes Saarinen

(Teaching will be in Finnish.)

→ [Read more](#)



HENGÄHDYSHETKIÄ® -COURSE

Hengähdyshetkiä® -course supports your recovery and relaxation. Welcome to enhance your own well-being!

-  Place: Pohjois-Tapiolan koulu
-  Time: 17.9.-15.10. La klo 10.30-11.30
-  Price: Jäsenille 65 € / Muille 85 €
-  Instructor: Kirsi Kankaanpää

(Teaching will be in Finnish.)

→ [Read more](#)



OFFICE CLOSED FOR JULY



Our office will be closed for July and we will open again on 1st of August.

During the summer, if needed, you can leave us a message via our website and we will answer you as soon as possible in the beginning of August.

We wish everybody a sunny and happy summer!

→ [Contact us](#)