

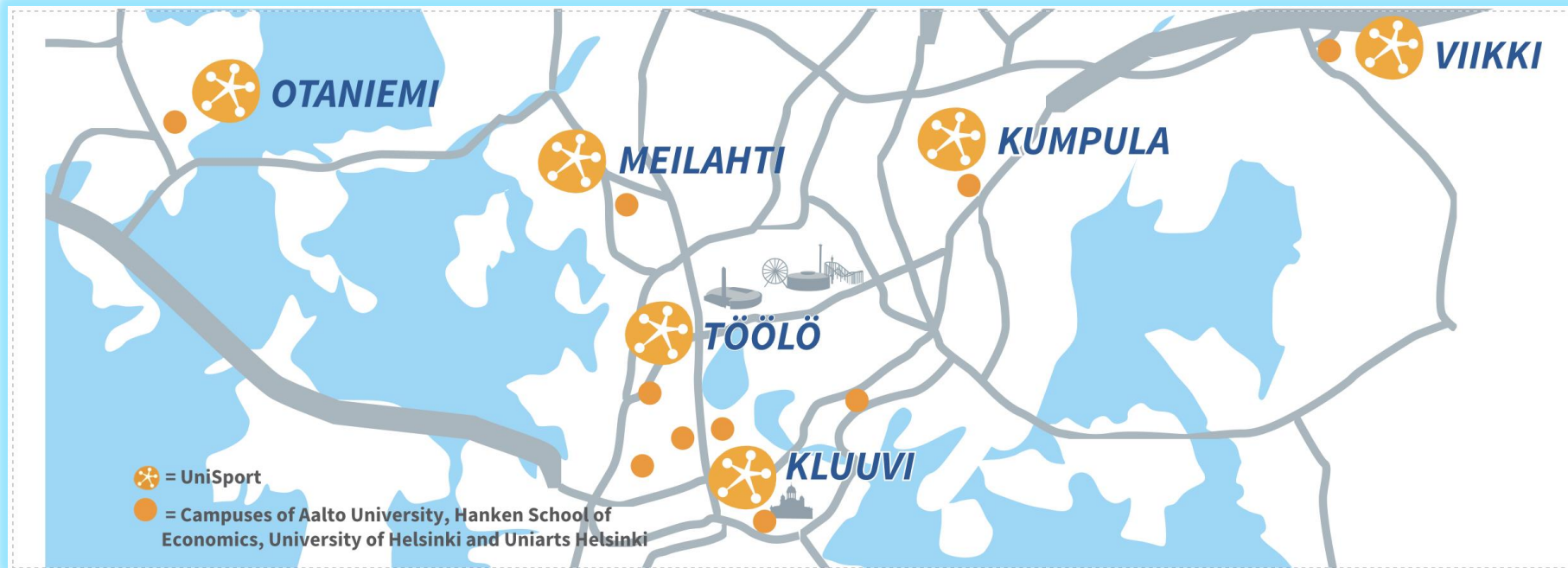
unisport



UNISPORT – SPORTS AND WELLBEING ORGANISATION FOR UNIVERSITY STUDENTS



- Versatile and affordable option for university students and staff
- Suitable for both beginners and experienced exercisers
- We offer services in sports centres, on campuses and online



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UNISPORT MEMBERSHIP

Membership includes:

Gym training

- In all sports centres
- Free introduction to the gym

Group exercise in sports centres, on campuses and online

- 200+ group exercise classes each week in different categories
- Top instructors

Ball game groups

- Basketball, futsal, floorball, volleyball

Price examples

STUDENTS	STAFF
MONTHLY MEMBERSHIP	
€17/month	€24/month
Part-time €10/month	Part-time €16/month
PREPAID MEMBERSHIP 12 MONTHS	
€176	€248
Part-time – €99	Part-time – €161

Part-time membership is valid at all times except Mon–Thu from 15:00 to 20:30.



OTHER UNISPORT SERVICES

Personal Training

- PT packages and small groups
- Nutrition coaching
- Body composition analysis

Massage

- 45-minute massage €44 for students, €47 for staff

Neurosonic vibration therapy

- Cubes and divans

Courses

- Various courses, including ballet and badminton

UniSport Buddy

- Group for finding a training buddy



MORE DAILY MOVEMENT

Research has shown that students are more physically active, but the amount of daily sitting has not reduced (THL 2024).

Long periods of inactivity impair learning and engagement

- Most of the sitting happens during the study day, and it has a negative impact on both learning and the study experience.

Take part in UniSport' free break exercise services:

Take a break! – break exercise sessions

- On campuses and via live stream

BreakPro app

- Reminds you to take breaks based on your schedule and needs
- Download it on your mobile or computer

Video library

- Break exercise at any time, in any place



TAKE A BREAK! 1 September–17 December 2026

- **Take a Break!:** A relaxing break exercise session that activates the body, boosts alertness and helps interrupt prolonged sitting during the work or study day.
- **Shake a Break!:** A more dance-inspired break exercise session that lifts your mood through movement and music.
- **Mind a break!:** A calming break session where you pause in the moment through mindfulness exercises and gentle movement in the middle of the work or study day.

On university campuses

- Viikki: Take a Break! – Tuesdays 13:00–13:15
- Otaniemi: Take a Break! – Tuesdays 13:30–13:45
- Otaniemi: Mind a Break! – Tuesdays 14:00–14:15
- Otaniemi: Take a Break! – Tuesdays 14:30–14:45
- City Centre: Take a Break! – Wednesdays 12:30–12:45
- Töölö: Take a Break! (in Swedish) – Wednesdays 14:30–14:45
- Sörnäinen: Take a Break! – Thursdays 14:30–14:45

Via live streams online

- Mind a Break! – Mondays 12:00–12:15
- Shake a Break! – Tuesdays 12:05–12:20
- Take a Break! – Wednesdays 12:00–12:15
- Take a Break! – Thursdays 12:00–12:15





UniSport's autumn campaign – learn more about UniSport and join us!

Autumn campaign

- Use the code "autumn" to get 3 free part-time visits until 30 September!
- New customers also get a free trial visit with the code "freevisit"!



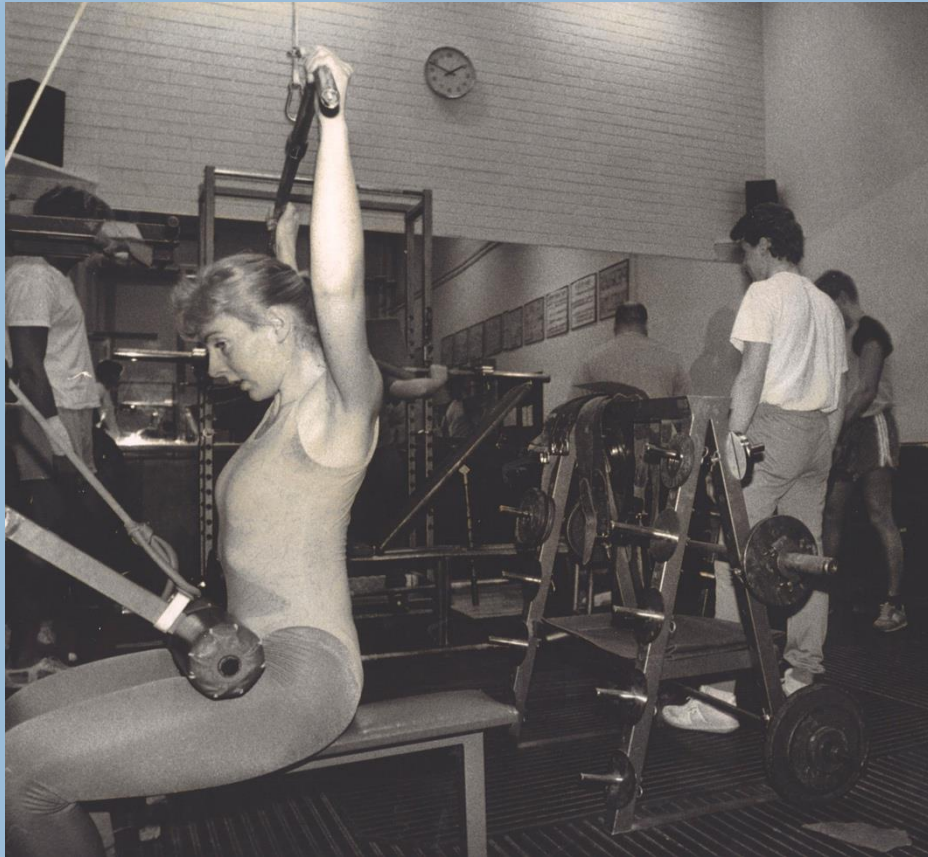
Read more at unisport.fi

Follow @unisportfi on Instagram and TikTok!



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We have been moving university students and staff since 1967 <3

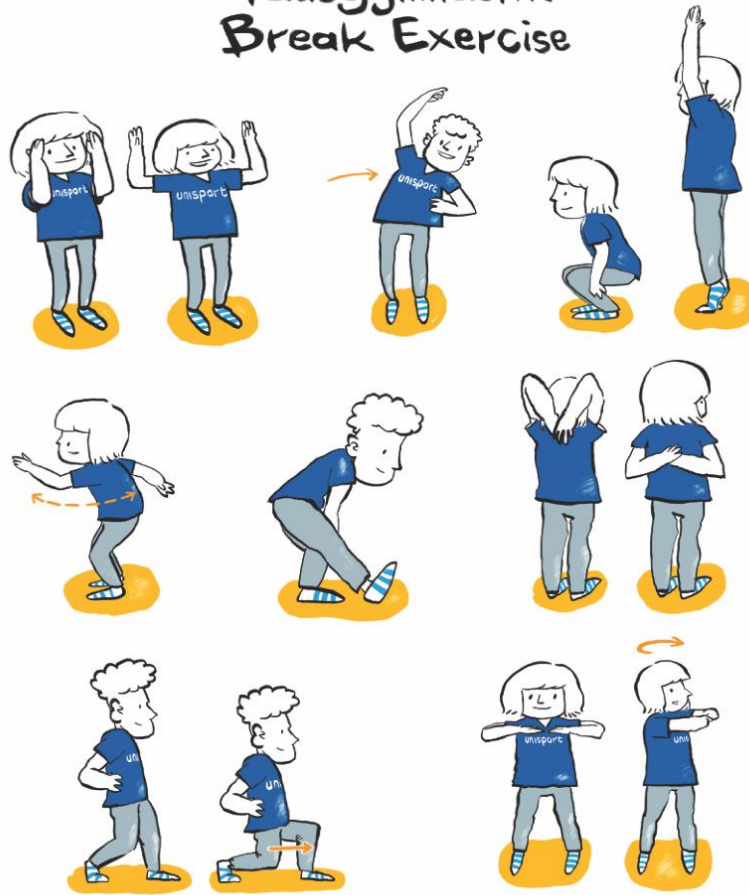


Could we be a part of your active and healthy lifestyle, too?



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Taukojumppa Pausgymnastik Break Exercise



Taukojumppa Pausgymnastik Break Exercise

