



*So that life isn't just courses and academics, remember to stay active and relax in good company. UniSport is the sports centre for Aalto students!*

UniSport offers opportunities to stay active for all kinds of people in the city centre, Kumpula, Meilahti, Otaniemi and Viikki. With UniSport you have access to a wide variety of activities ranging from ball sports, gym training, yoga, Bodypump and so much more! With our membership you have access to all of our centres' gym facilities and group training classes (which there are over 40 different to choose from). Your first time with us is always free. Our membership is affordable especially for students; there are also a variety of memberships (1 month, 4 month, and 12 month with half-day and full-day memberships). Alternatively, you can also work out with us with an affordable per visit fee.

At UniSport, we focus on being a place where everyone can have a good time!

### **WARM UP WITH A SHORT WORKOUT AND BRAINSTORM!**

1. Familiarize yourself with UniSport's social media on Instagram and Facebook and watch the video. Test one of your at-home workouts from Instagram and workout for 5 minutes!
2. Which workout did you do? How do you feel now; relaxed and energized? How would you persuade less active freshmen to workout at UniSport? Think about methods and arguments in order to motivate less active students to work out.
3. What does UniSport represent to you? Why choose UniSport? Summarize UniSport's core in one sentence or slogan.

### **Material**

Materials for ideas and working out can be found on UniSport's social media pages. If needed, more information can be found on our website, here are the links:

Instagram [www.instagram.com/unisportfi/](https://www.instagram.com/unisportfi/)

Facebook [www.facebook.com/unisportfi](https://www.facebook.com/unisportfi)

<https://unisport.fi/en>

[Video](#)



unisport