

MEMBERSHIP OPTIONS

ACTIVATION FEE 0 €

12 month membership

59,31 € / month

Flexible membership

68,31 € / month
norm. 75,90 € / month

All access to the gym, group classes and child care everyday from 5 am to 11 pm + Fressi 24h gyms

12 month membership

50,31 € / month

Flexible membership

59,31 € / month
norm. 65,90 € / month

All access to the gym everyday from 5 am to 11 pm + Fressi 24h gyms

12 month membership

42,21 € / month

Flexible membership

50,31 € / month
norm. 55,90 € / month

All access to the gym everyday from 5 am to 4 pm + Fressi 24h gyms

Additional information will be provided by our club manager.

FRESSI SPORTS AND WELLNESS CLUBS

Helsinki · Espoo · Vantaa · Tampere · Mikkeli · Kuopio

FRESSI GYMS

Helsinki · Espoo · Vantaa · Kirkkonummi · Loviisa · Turku · Kaarina · Rauma · Pori · Tampere · Ylöjärvi · Kangasala · Nokia · Pirkkala · Seinäjoki · Lahti · Mikkeli · Joensuu · Siilinjärvi · Kuopio · Oulu · Kittilä · Jyväskylä · Iisalmi · Rovaniemi

WELCOME TO FRESSI!

AT FRESSI WE OFFER YOU

- All full-service Fressi Wellness Centers at your disposal with a key card **every day of the year**, depending on the membership option, either from 5 a.m. to 11 p.m. or from 5 a.m. to 4 p.m.
- Fressi 24h Gyms every day of the year
- Unlimited use of our comprehensive individual and group exercise offer according to your choice
- Guided Children's Fressi available according to the schedule and your membership option (excl. Kamppi and Fressi 24h Gyms)
- Free parking for regular customers (varies by center)
- Swimming pool departments (Clubhouse, Leppävaara)
- Sauna sections: Finnish and infrared sauna (varies by center)
- Heat studios (varies by center)

FRESSI CALENDAR

- Group exercise classes from morning to night – from hard muscle training through dance classes to stretching and pilates (offering varies by center and season)
- Cross Training by Fressi
- Workshops for physiotherapists and trainers – e.g. senior exercise & gym starter course
- FressiTV – group exercise classes and other wellness content as live broadcasts and recordings
- Advance booking for group exercise classes

INDIVIDUAL TRAINING

- High quality cardio equipment
- Versatile gym machines
- Functional training spaces and latest equipment for workouts

ADDITIONAL SERVICES (offering varies by center)

- Fressi Trainer personal training services (personal & small group training)
- Fressi Physiotherapist service
- Special classes and courses (member discounts)
- Fressi coffee
- Fressi massage, chiropractor, nutritional therapist, Neurosonic chaise longues and solarium (offering varies by center)
- Online fitness retailer Fysioline Oy – 15% member discounts from **shop.fysioline.fi**
- Terveyskaista nutritional supplements with a 15% member discount from **www.terveyskaista.fi**

FRESSI SPORTS & WELLNESS CLUBS

Helsinki Kamppi Clubhouse (Vuosaari)	Espoo Leppävaara Espoonlahti	Vantaa Myyrmäki	Kuopio Kuopio Lippumäki	Mikkeli	Tampere Tampere Syke
--	---	---------------------------	--------------------------------------	----------------	-----------------------------------

FRESSI 24h GYMS

Helsinki Herttoniemi Esplanadi Arabia 135 Arabia Töölö-Meilahti Myllypuro Lauttasaari Kruunuvuorenranta Urheilukatu	Espoo Leppävaara Suomenoja Koskelo Tapiola Niittykumpu Matinkylä-Olari Muurala	Vantaa Tammisto Tikkurila Porttipuisto	Tampere Tampere Hervanta Kaukajärvi	Ylöjärvi Ylöjärvi Ateena	Kangasala Lentola
---	--	--	---	---------------------------------------	-----------------------------

Nokia	Lahti Keskusta Ankkuri Laune	Joensuu	Kuopio Savilahti Ykkösrasti	Siilinjärvi	Turku Hirvensalo
--------------	--	----------------	--	--------------------	----------------------------

Rauma	Pori	Loviisa	Kirkkonummi	Oulu Heikinkatu Linnanmaa Ritaharju	Kittilä Levi
--------------	-------------	----------------	--------------------	---	------------------------

Seinäjoki Varastotie Hylykallio	Jyväskylä Kuokkala	Kaarina	Mikkeli Graani	Pirkkala	Iisalmi
--	------------------------------	----------------	--------------------------	-----------------	----------------

Rovaniemi

epassi

smartun
pay

Edenred

TYKY
MANAGEMENT

Follow us: @fressi.fi



FRESSI
PINTAA SYVEMMÄLTÄ.