

GROUP EXERCISE CLASSES

18.8.–18.12.2025

Monday	Tuesday	Wednesday	Thursday	Friday
Cleaning break 9.30-10.30 Gym is closed!		Cleaning break 9.30-10.30 Gym is closed!		Cleaning break 9.30-10.30 Gym is closed!
		Gym Circuit 15.15-16.10		
Gym Circuit 16.30-17.25				

Easy & Effective

Group exercise classes are intended for Nokia employees (not externals). **Classes are free of charge.**

All classes are held at Rusko Gym.

Contact information:



Rusko, Kaapelitie 4

Fressi Yrityspalvelut

OHS

Nokia

nokia.liikuntakanava.fi

Riikka Vikman 050 436 8182 riikka.vikman@fressi.fi

Jukka Kuusisto 0400 961 137 jukka.kuusisto@aava.fi

Jutta Halonen 050 480 2380 jutta.halonen@nokia.com

FRESSI

YRITYSPALVELUT