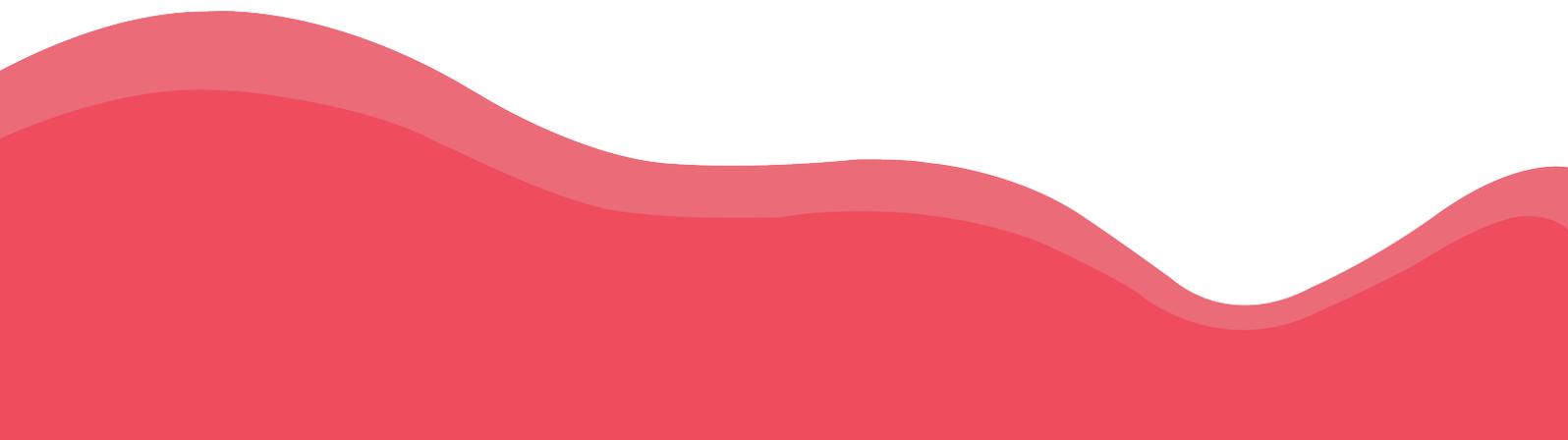


Erimover[®]

FEEL GOOD. GO STRONG.

Erimover Oy Ab
Services
Activity parks

2018 - 2019





ACTIVITY PARKS

Erimover offers activity parks professional and energetic supervisors, as well as individuals who can run courses for groups or tailored to individuals. Our team consists of climbing, trampolining, circus arts, parkours and gymnastics professionals, who can take your client's needs and craft them into courses and classes that meet their expectations. Such classes would make an excellent addition to the services your activity park provides, for instance, private sessions for business or consumer groups.

All of our employees are well-rounded fitness professionals, who have the skills and expertise to interact with a wide range of customers, in a wide range of settings. Each setting has specific procedures, and you can rest assured the staff we select will be trained up to know your procedures well.

SPORTS SUPERVISION

An Erimover activity park supervisor is instantly recognizable thanks to their zippy and positive attitude, as well as their steady professionalism. All of our employees are sports industry professionals, highly motivated to do a good job. We believe 'safety first'. This is why we train each and every supervisor and instructor thoroughly, so that our employees know what to do when push comes to shove. We always customise our staff training sessions according to our client's needs and procedural demands.

ERIMOVER COURSES AND CLASS CONCEPTS

We tailor each course and class concept to the needs of our client and their company's procedures. Our offering includes a wide range of courses, which center around honing techniques and increasing our knowledge of the field.

If a specific group approaches you, we recommend package deals, which are also tailored to each specific case at hand. You can offer package deals to corporate groups, away days, birthdays and bachelor/bachelorette parties.

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TRAMPOLINE COURSES

Erimover provides two different levels of trampoline courses - beginners' courses, and a slightly more challenging course for advanced trampoliners. The course consists of trampoline exercise basics as well as different jumps and tricks depending on the capabilities of the group at hand. Trampolining strengthens the stabilizing muscles in your midriff and increases your sense of balance and body control.

ACROBATICS CLASSES

Erimover provides two different levels of acrobatics courses -- beginners' courses, and a slightly more challenging course for advanced participants. The course starts off with body control exercises which takes the class through some of the simpler moves, working its way slowly but surely to more challenging tricks, depending on the skillset of the group at hand.

Beginners' courses start from square 1, taking participants through the easiest positions. Advanced courses are open to anyone who's mastered the basics. After taking part in a beginners' course, advanced courses are a great way to take your capabilities to the next level. Acrobatic movements foster agility, mobility, balance and body control.

PARKOUR AND FREE RUNNING COURSES

Parkour and Free Running courses help you master how to jump a hurdle as smoothly as possible, using a range of different techniques. The course is made up of natural physical skills, a composition which allows for strength and agility to be developed in a fun and unique manner. You'll hone your coordination and body control doing different tricks, which will enable you to challenge yourself with tricks and goals that are increasingly difficult.



ROCK CLIMBING COURSES

Our locations contain several rock climbing facilities, and hence any course will be planned out on a case by case basis. The courses range from easier to more challenging classes, taking a group's skill level into account, and ever focusing on technique. Rock climbing fuels your coordination, muscle strength and especially hand strength, which will push your body to further heights the more time you invest in this amazing skill.

BACK TO BASICS

Created for those of you who give their all to team sports, this class will give your body the support it needs to be a star player. We know your team trains regularly. Which is why this class complements those efforts by promoting body control, endurance, agility, and mobility. Not to mention other athletic qualities! The class will transition seamlessly from easier movements to more strenuous ones, all in the aim of reaching that golden end goal. It's based on a natural range of motion which hones your body's existing set of skills. Complementing those weekly training sessions you have in your diary. "Back to basics" provides a change of pace and underpins your athletic abilities in a way that is far from boring!

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