

Erimover®

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Erimover Oy Ab
Services
Companies & associations

2018 - 2019



COMPANIES & ASSOCIATIONS

We provide a range of health and wellness services for companies, associations and public sector institutions – whether you're after a one-off corporate event or regular exercise opportunities, we'd love to get involved!

MOVER CLASSES: indoor floor workouts or outdoor workouts

HEAD-TO-TOE BODY MAINTENANCE AND BODY CONTROL

Mover Roller™

A comprehensive class promoting healthy muscles and muscle tissues. The class is made up of a relaxed warm-up, which gains inspiration from different body maintenance disciplines, a rolling section, and final relaxation exercises.

Duration: 45-60 min

Mover Body & Balance™

This is a body maintenance class, which will help you increase control of deep muscles, relax surface muscles, stretch them all out and increase movement. The structure of the class varies from week to week, shifting between perfect proportions of balance, movement, body control and stretch movements. This is a peaceful, pleasant class which does good things to your body and is suitable for everyone.

Duration: 45-60 min

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Mover Stretch™ for flexibility

This class will have you seeking out balance, while ensuring body maintenance from head to toe. After the warm-up, we'll go through functional stretches, covering all major muscle groups. Depending on the people present, it might be that we pay extra attention to a specific group of muscles. The calm pace and complete focus on each movement help foster body control and supports the regeneration of muscle tissue. You'll feel balanced and relaxed by the time the class is over.

Duration: 60 min

Mover Flow Yoga™

A rejuvenating and pleasant workout, made up of body control, balance and movement exercises. This is a peaceful and pleasant class which does your body good (and is suitable for everyone).

Duration: 90 min

Yin Yoga

Yin Yoga finds its foundation in Chinese yoga traditions as well as hatha yoga traditions. Yin Yoga's poses work areas of the body with a lot of connective tissue. The workout hones in on the spine, on muscles around the back, and on the waist. What's more, the class also gives the muscles in your arms and your legs a good stretch. We hold each position for 1-15 minutes. The class will really help you to let go – both of the worries in your mind and of the tension in your body. Yin Yoga opens up the body and relaxes it. It is an excellent accompaniment to other physical activities because it helps your body to restore itself. The class is perfect for beginners, office workers, and athletes.

Duration: 60-90 min



Ashtanga Power Yoga

Ashtanga Power Yoga is dynamic, strengthening the bodies of its participants. The class begins with everyone quietening down to breathing exercises, after which we go through a tried and tested series of asanas. To draw the class to a close, we quieten down for a final relaxation, bringing it to an end.

Duration: 60-90 min

Ashtanga Monkey Yoga

Ashtanga Monkey Yoga classes take on Ashtanga yoga from a fresh perspective while staying true to its traditions. Ashtanga yoga is dynamic, strengthening the bodies of its participants. The class begins with everyone quietening down to breathing exercises, after which we go through a tried and tested series of asanas. To draw the class to a close, we quieten down for a final relaxation, bringing it to an end.

Duration: 60-90 min

Hatha Yoga

Hatha Yoga centers around concepts of peace, breathing, and focus. The class can take place one move at a time, or as a series of movements, each with their associated breathing techniques. The class begins with everyone quietening down to breathing exercises. Next, the class sees participants find their balance. It also increases the body's flexibility, balance, and control. This gentle and peaceful yoga class is suitable for anyone and brings a little bit of peace to both your body and your mind.

Duration: 60-90 min



Mover Pilates™

Pilates is a comprehensive take which relaxes your body and mind while strengthening them too. Classes are made up of important components, including: relaxing your body; improving your focus, coordination, and mobility; and strengthening muscles. We'll hone in on your midsection (a.k.a your body's powerhouse), activating and controlling its muscles. The class is made up of movements that move the body in a balanced, powerful and focused manner. Our aim here is to achieve a natural balance between movement and body control. Pilates' unique capability to softly stretch your body while working its muscles helps tone your body from head to toe.

Duration: 90 min

Mover AijäJooga™ – more flexibility and movement for tight and stiff muscles!

Have you always wanted to try yoga out, but can't bear the thought of all the spirituality and silence? Mover ÄijäJooga or Mover ManYoga is a class that helps you gain more mobility, balance and body control by means to yoga's top poses. This class will introduce you to the practice of yoga with a guarantee of no frills attached – i.e., no awkward spirituality whatsoever. Yoga tailored to you.

Duration: 45-90 min

Mover TerveSelkä™ – improve your posture for a happier back

TerveSelkä-classes is a calm class perfectly suited to beginners and more experienced athletes. The class focuses on movements that improve the health of your back, including power, body control, and mobility exercises. You'll be given the tools to maintain good posture and body control – skills you can take with you and use day-to-day. All you need to bring with you is some relaxed workout clothing. As we relax at the end of the class, you may want to put an extra layer of clothing on or bundle up in a quilt.

Duration: 30-60min



YOGAFUNC Concept Class

This workout does the trick in a really interesting way. The class is set to music which changes every three months. YOGAFUNC movements and repetitions are based on the discipline of Ashtanga yoga, but the class also consists of functional training moves, for example during the midsection and arm workouts. YOGAFUNC isn't your average yoga class. In addition to yoga poses and movements, one of the most important components of this class is joy! YOGAFUNC classes are sure to spark a love for exercise!

Duration: 60-75 min

Asahi LICENCED CLASSES

Asahi is a workout that was invented in Finland, which makes use of the choice exercise practices of the East and the West. Asahi health movements work preventatively, to stop issues from coming up in the first place, and healingly, to help with existing qualms. The movements have been crafted to tackle some of the main health issues within the Finnish population, including shoulder and back problems, fractures, and psychosomatic issues caused by stress. Asahi is based on movements often used by physiotherapists, which open up the body step by step, from the nape of your neck to the tip of your toes, making the most of the natural rhythms of our breath. The movements are deliberately pared back and simple, to make Asahi accessible for all.

Asahi functions as a coffee break workout of 10-20min or as a 30-45min class.

Yoga & Bubbly

When what you really need is to kick back with some friends and forget about the daily grind, Yoga & Bubbly is just the ticket. During the class, you'll be led through classic yoga moves and sequences without ever having to let go of your glass of bubbly! This yoga class is like no other and will see you focus on something other than your body or your mind -- we're talking about the fantastic company, the incredible music, and the yoga which will leave you feeling limber and toned. In this class, we're all about people staying in their comfort zones, with us

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closing it all off with some calm and centered relaxation. Let's raise our glasses and toast to good times!

Duration: 45-60 min

Yoga, Meet Beer: fun + chill new class

Have you always thought yoga isn't your thing because you don't like to quiet down? Erimover is now bringing you a brand new way to work your body through classic moves without getting too "spiritual". For those of you who don't care about finding your inner Namasthe, this class guarantees you focus on yourself. Keeping it nice and chill, just like the beer! Challenge your body's sense of balance and its range of motion. We keep the movements simple and clean -- and don't skimp on the good vibes!

Duration: 45-60 min

MUSCLE-CONDITIONING WORKOUTS

Mover Basic™

This is a versatile workout suitable for everyone regardless of your previous experience, or age. The purpose of the class is to strengthen your whole body evenly, and raise your heartbeat enough to break out in a sweat! In this upbeat and effective class you can expect a warm-up, muscle conditioning exercises, and a brief cool down and stretch.

Duration: 45-60min

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Mover Rasvanpoltto™ (Fatburn)

Classic, easy, but effective: this class will leave you dripping in sweat! The class begins with a warm-up, which consists of a sequence of steps. We'll be conditioning muscle and doing steps alternately, keeping our heart rate up with the sweat of your brow! This powerful class is suitable to all, making use of a step board, weight plates and a resistance band.

Duration: 45-60min

Mover FitCore™ - BRAND NEW!

This effective muscle-conditioning class functions as precision training for your midriff, strengthening and toning it. After the warm-up we go through fast and slow muscle-building exercises to strengthen, develop and sculpt your belly and back. You can use extra weights or resistance in the form of weight plates, kettlebells or dumbbells to up the ante. If you want a lie down, feel free to plank!

Duration: 45-60min

Mover Fitball™

An effective workout class which uses a Fitball as your personal sidekick. The class consists of a warm-up, cardio and body control. The muscle-conditioning section will see us train the entire body, section by section. We'll end the class with some regenerating stretches. Fitball classes are fun, and they really work your entire body. Suitable for all.

Duration: 45-60min



Mover RVP™ (Thighs, abs & butt)

A muscle-conditioning class which hones in on your thighs, abs, and butt. The class begins with a tailored warm-up, followed by a muscle-conditioning component strengthening the muscles in your thighs, abs, and butt. It'll end with a short five-minute stretch of key areas. You can participate in this class

with or without weights/step board. We're not about fancy footwork in this class. Suitable for anyone who's into muscle-conditioning training sessions.

Duration: 45-60min

Mover Pump™

A muscle-building workout using barbells and dumbbells. All movements are set to music, and the class is structured in a logical and physiologically-beneficial way.

Duration: 55-60min

Mover VSP™ (Abs, back, butt)

A powerful muscle-conditioning workout which hones in on your abs, back and butt! The class begins with a tailored warm-up, followed by a muscle-building component which focuses on strengthening the muscles in your abs, back, and butt. The class ends with a short stretch. You can participate in this class with or without weights/step board. We're not about fancy footwork.

Duration: 45-60min



Mover BasicStep™

A classic workout which takes movements from aerobics and classic exercise classes, including effective and easy muscle-conditioning exercises which further body control. The class is made up of a warm-up, choreography on a step board, muscle-conditioning exercises and a cool-down and stretch. You'll be developing your muscle endurance and coordination, as well as body control.

Duration: 45-60min

Mover PowerStep™

This energetic class will increase your heart rate with its choreography and muscle-conditioning exercises. The class consists of a warm-up followed by interval training which will raise your heart rate and build muscle. You can choose to up the ante by using plates, dumbbells and kettlebells during the class. The class closes with stretches and a cool-down.

Duration: 30-60min

Mover 360° Workout™ – a powerful full-body workout for everyone!

This class consists of alternating aerobic and anaerobic moves; powerful and distinct muscle-building exercises; and body control. Mover 360° Workout™ consists of a warm-up, circuit training, and a cool-down. Power and variety help keep up the pace in this class. Classes take place in gyms, auditoriums, or outdoors.

Duration: 45-60min

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RHYTHMIC/DANCE CLASSES

Mover Dance™

This fun class is bound to sweep you off your feet with its accessible dance moves. We'll take you through a warm-up that'll aid mobility, followed by shorter and longer dance choreography. The moves are either based on individual songs, or on a longer piece which'll take you right the way through the class. We'll end the class with a chilled out cool-down and stretch.

Duration: 45-60min

Mover Jam™

An energetic, fun and rhythmic class which will have you breaking a sweat to a variety of beats. Music is the heart and soul of this class, whether you're moving your hips to latin american beats or doing the twist, the world is your oyster! We'll start off with some basic footwork and, depending on who's in the class, we'll build it up while having a lot of fun – improvising to the beat!

Duration: 45-60min

Mover FitHoop™

This brand-new fitness class is fun and comprehensive! It'll show you how you can use a hula hoop to train your muscles to the max. As well as spinning it around the body, we'll be using the hoop to help us out with footwork and upper body muscle conditioning.

Duration: 45-60min



Mover FitBasic™

A classic workout which works your body from head to toe. It makes use of moves from aerobics and classic exercise classes: effective and easy muscle-building exercising which further body control.

Despite its power, speech, and variety, this class is still clear as crystal and easy to grasp. The class is set to a range of music and movements always complement the music. A rhythmic bodyweight workout.

Duration: 45-60min

POWER CLASSES

Mover FitExtreme™ - BRAND NEW!

A highly-effective class that challenges you and your body with extreme endurance training. After the warm-up, we'll alternate between medium and difficult aerobic and anaerobic exercises set to uplifting music. The class will see you use your bodyweight to test your limits but also add weights to up the workout ante. This class will test your velocity and endurance - an extreme workout to boost your fitness levels!

Duration: 20-45min

Mover Cross™

If you're hungry for a really intense workout then this here's for you - an extreme class done either indoors or outdoors, using your bodyweight or extra weights. The class is made up of a warm-up, interval endurance training (workout of the day lasting 10-20min) and heavy (or medium-heavy), whole-body muscle exercises as well as a cool-down.

Duration: 45-60min

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Mover Hiit™

Mover Hiit™ is a full body workout, which will leave you more limber, coordinated, and strong than you were before (with more endurance, too). The class will improve your endurance, body control, and self-awareness, while improving your mobility, agility and muscle endurance. We'll be doing 8-12 exercises in quick succession (HIIT), for 2-3 rounds. HIIT hits the hardest when movements are fast and to-the-point, in quick succession. This powerful endurance training is suitable for all.

Duration: 30-60 min

Mover Kahvakuula™ (Kettlebells)

A functional exercise class which makes use of either one or two kettlebells per person. This class will train your muscle endurance, strength, and agility, making use of your body's deep muscles. Kettlebell training is suitable to both men and women, and you don't need previous experience of kettlebell training or even muscle-building to join in.

Duration: 30-60 min

Mover Combat™

Combat is a really powerful full-body functional workout, which trains up agility, coordination, strength, and endurance. The class features sequences taken from various combat sports. The aim here is an effective and varied workout consisting of punches, kicks, and interval training.

Duration: 45-60 min



WATER AEROBICS

AquaMover Basic™

A powerful and varied workout in shallow water: a water aerobics class set to music. Water aerobics strains the body's breathing and blood circulation functions and builds up muscle endurance as well as joint flexibility. Meanwhile, it also provides the perfect environment for recovery for any other exercise you've been doing. The water helps make this workout more intense, depending on the speed of the movements, distance traveled, and levers. This is why the class is easy to tailor to different age groups and fitness levels. Different props make this class a varied and effective one.

Duration: 45 min

AquaMover Combat™

A powerful and varied workout in shallow water: a water aerobics class set to music. Combat classes are based on different hits, punches, kicks, and combinations of the above. In addition to the combat moves, AquaMover Combat™ classes are a unique kind of water aerobics class because of how upbeat the music is, which makes this energetic watersport appeal to men as well as women.

Duration: 45 min



AquaMover Dance™

A powerful and varied water aerobics class, either for shallow or deep water. You'll be making classic water aerobics moves set to immersive music, surrounded by good vibes! The water helps make this workout more intense, depending on the speed of the movements, distance traveled, and levers. This is why the class is easy to tailor to different age groups and fitness levels.

Duration: 45 min

AquaMover Run™

A powerful and varied aerobics class in deep water, with running as its main ingredient. The class will teach you the basics of water running technique

and take you through muscle building exercises which make the most of that water resistance! The quicker the movement underwater, the greater the resistance. What's more, the bigger the lever and the greater the distance traveled, the greater the resistance, too. The class is easy to tailor to different age groups and fitness levels.

Duration: 45 min

GAMES & FUN

Mover Ball™

A team sport that's fun and full of life! This cutting-edge ballgame's tour-de-force is its moving goal(s), which makes it twice as hard to score a goal, but also twice as fun! Matches take place in a closed-off area outdoors or an indoor gym.

Duration: 90-120 min

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Mover Fun&Play™ - workout in the world of fun and games

Four challenging workout checkpoints. Each checkpoint has a designated instructor.

The Workout Checkpoints

Coordination: Finnish Skittles / Mover Ball / Ball Games

Balance: Backyard Parkour / Walking Challenge

Agility: Hopscotch / "Tar Pot" / "Church Rat" / Mover Hoop

Dexterity: Test out how handy you are and be entertained!

Fine Motor Skills: A range of fine motor skill activities

The session ends with an upbeat and hilarious 10-minute joint aerobics class.

Total duration: 90-120 min

INDOOR & OUTDOOR SUP SURFING

SUP surfing is the world's fastest-growing water sport. As a workout, it's both relaxing and toning, which makes it an ideal choice regardless of your age or level of experience – whether you're a teenager, a seasoned athlete, a couch potato or in your golden years! SUP-surfing is a hybrid of several sports: it engages your upper, middle and lower body while strengthening your core. SUP-surfing doesn't strain your joints while still working your core, which is one of the main reasons SUP has gained in popularity from shore to shore. There's no need for previous experience; you can get the hang of stand up paddleboarding really easily!

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Tailored courses are very much our thing, and we can organize a SUP course that meets your needs, whether you're planning on hitting the waters with your friends, or colleagues. Anywhere, anytime. Our SUP rental stations are open all summer; you can find them in Helsinki, Espoo's Laguuni, Vierumäki, Porvoo, and Nurmijärvi. You can also rent paddleboards from us, whether they're for a corporate event or a weekend away at your family cottage.

SUP OUTDOOR BASIC

This beginner's course will teach you the basics of SUP-surfing: safety first, handling your board and your paddle, getting up on your board, and paddling technique. All you need is lightweight workout clothes.

Duration: 60-90 min

SUP OUTDOOR PADDLING ROUTE

Join us for a versatile paddle around local waters. The class starts off with the basics of SUP-surfing: safety first, handling your board and your paddle, getting up on your board, and paddling technique. After going through the basics, we'll head out as a group down a route we know like the back of our hand. All you need is weather-appropriate clothing.

Duration: 90-120 min

SUP POLO

SUP Polo is an energetic and challenging team sport, which sees teams of 3-4 face each other in the water. The teams battle it out on a court made out of inflatables. Each player is equipped with their own paddling board, tailor-made for SUP Polo, and a specialized SUP



paddle functions as a mallet. The aim of the game is to get a floating ball into the opposition's goal across the 20x15m court. You're only allowed to handle the ball while standing on your paddleboard.

Get ready to get drenched, because SUP Polo will test the limits of your sense of balance! This amazing game is not only great fun, but it's also an incredible workout!

SUP RVP™ (abs, butt & thighs)

SUP RVP™ (abs, butt & thighs) will put your body through its paces in a whole new way. Balance and muscle strength trained in the water, on a board.

Where: In the pool or outdoors

Duration: 45-60 min

SUP Yoga™

SUP Yoga is a peaceful yet rewarding workout class. You will be led through movements which enhance body control and your sense of balance -- on a stand up paddleboard! Compared to your average landlocked yoga class, working out on a stand up paddleboard will push you to get the most out of every move. Balance on the board and dig deep to stay in control! This peaceful, rewarding class is suitable for all and does a whole lot of good.

Where: In the pool or outdoors

Duration: 45-60 min



SUP Pilates™

SUP Pilates will test your limits in a completely new way. Compared to floor exercises, stand up paddleboarding provides a better workout environment, because each movement is combined with balancing on the board. You need to dig deep to hold those poses! Concentration, breathing technique, and continuous, deep engagement of your muscles are all vital ingredients of a SUP Pilates class.

Where: In the pool or outdoors

Duration: 45-60 min

SUP Fit & Balance™

SUP Fit & Balance™ classes are a brand-new, versatile, and effective way to raise your heartbeat through the winning combination of paddling and water resistance aerobics. You'll also train your muscles, your body control, and your sense of balance.

Compared to floor exercises, stand up paddleboarding provides a better workout environment, because each movement is combined with balancing on the board. You need to dig deep to hold those poses! Come try out something you've never done before – and train your whole body – in our SUP Fit & Balance™ class!

Where: In the pool or outdoors

Duration: 45-60 min

SUP VSP™ (abs, back & butt)

VSP stands for Abs, Back & Butt in Finnish. This SUP workout ups the ante on the paddleboard! Our VSP training will test your entire body during a highly-effective session in a picture-perfect setting. This format, which many will already be familiar with, consists of a warmup, a muscle workout (abs, butt and back!), and cool down exercises.



Compared to floor exercises, stand up paddleboarding provides a better workout environment, because each movement is combined with balancing on the board. You need to dig deep to hold those poses! Our SUP VSP™ classes will train your muscles, your sense of balance, and body control in a brand-new way – while raising your heartbeat.

Where: In the pool or outdoors

Duration: 45-60 min

SUP Cross™

Our SUP Cross workout will test your body's limits in a breathtaking setting. This trendy workout class is perfect for anyone who likes a challenge, and we'll tailor the class to you, whether you're a beginner or a self-proclaimed pro. Surrounded by water, we'll warm up, work on technique and get going on reps of 10-15 minutes, handpicked for you, for as long as we can. This workout-on-a-paddleboard is simple, effective and fun.

Where: In the pool or outdoors

Duration: 30-45 min

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