

# Erimover®

**FEEL GOOD. GO STRONG.**

Erimover Oy Ab  
Services  
Fitness centers

2018 - 2019





## FITNESS CENTERS

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! Fitness centers have the opportunity to outsource all or some of their services. If need be, we can tailor your package to include your recreation center's customer service needs.

This includes:

- setting up a schedule for your classes;
- running those classes;
- recruiting and training top-notch instructors;
- organizing cover where need be;
- monthly reporting.

### 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™**

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: 30-60 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: 45-60 min



### **Mover AijäJooga™**

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™**

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 – FUNCY FAMILY 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.

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

Duration: 30-60 min

### **Yoga, Meet Beer™**

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: 30-60 min

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### **Wellness Boost™**

Our days are all too often spent sitting down – leaving our bodies yearning for movement and energy. This break-time workout will give your 9-5 the boost it needs, whether that's at the office, at your school, or even at a conference! Wellness quarter-hours hone in on those areas that are most at risk of getting jammed: we're talking your neck, your shoulders, and your back. Even as little as 15 minutes can work miracles. What's more, this exercise boost is always tailored to the setting at hand.

Duration: 10-30 min

### **EDGE powered by TE3™**

EDGE powered by TE3 – the group fitness class, is a peaceful class that suits everyone. Everyone is welcome, including first-timers. The class focuses on foundational concepts for your body's health, including exercises for strength, balance, and mobility.

The class makes use of a digital TE3 training stick, which guides your trajectory of movement and notices imbalances between the left and right side of your body, vibrating to keep you on track. Given each person gets their own training stick, feedback is tailored to you so you know exactly what you should focus on. It also improves your concentration. The class combines the following fields: body relaxation; enhancing your concentration, coordination and mobility; and muscle conditioning. Your core will be activated during this training session, allowing you to master and fine-tune it. Thereby achieving a natural balance of mobility and body control.

Duration: 45-60 min

### **Mover Aerial Yoga™**

Mover Aerial Yoga classes are suitable for beginners and those with more experience when it comes to yoga. This class combines a traditional yoga class with aerial aerobics, which results in a workout that strengthens your entire body. Aerial Yoga is a great way to improve muscle endurance, strength, and mobility.

Duration: 45-60 min

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## Arc Yoga™

2019's hottest yoga trend is now yours to enjoy! Erimover's Arc Yoga classes use yoga wheels, a circular and wooden piece of kit, to roll out greater strength and flexibility in your body. Yoga has never been this dynamic before! Come try out the visionary class with your colleagues/best buds or get in touch to learn more.

Duration: 30-60 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

### 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

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### **Mover FitCore™**

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: 30-60min

### **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: 30-60min



### **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: 30-60min

### **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™**

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



## **GoFlo – licenced classes**

If you can only do one push up at the moment, this training session will see you do 10! GoFlo ropes, attached to the ceiling, will help you make over 500 repetitions across your body during the session.

The class will make use of the ropes during cardio segments and for muscle conditioning moves and stretches, making the most of your feet, back, hands, abs, and glutes. Your instructor won't be standing at the front as is usually the case, instead choosing to move between attendees to better guide them, so that everyone can work at their own pace. Avoid GoFlo if you're pregnant. The ropes withstand up to 130kg.

Who's this class meant for? From beginners to pros, especially those who want to improve their fitness and strengthen their muscles in an innovative, fun way. See you there!

Duration 45-60 min

## **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: 30-60min

### **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: 30-60min



### **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

### **Plié™**

Plié is a dance-based ballet workout, which may or may not be inspired by ballet! This training session consists of ballet-like movements, combined with a muscle conditioning workout and fabulous music! The workout, which strengthens your deep muscles and opens your chest, consists of a warm-up, muscle conditioning segment, pirouettes, and jumps (or a more natural equivalent for beginners). What's more, at the end of the session we'll strengthen your core and go through restorative moves and stretches which will leave you more flexible than before. This fantastic body maintenance and lightweight muscle conditioning class is suitable for everyone, whether you're a beginner or a seasoned athlete. Try it out, it's a charmer!

Duration: 30-60 min



## POWER CLASSES

### **Mover FitExtreme™**

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

### **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

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### **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

### **Burn™**

Burn classes are a hard-hitting muscle conditioning session, suitable for everyone. During the class, you'll chase and conquer the burn through powerful and varied muscle conditioning and functional moves. Holds and pump work will take it to a new level! The class consists of a warm-up, a hard-hitting training session and cooling down. Barbells as counterweights/ added weights, dumbbells, kettlebells, and a step board can be integrated into the training session to up the intensity. The class can be tailored to anyone.

Duration: 30-60 min

### **HEATFUNC – FUNCY FAMILY concept class**

HEATFUNC classes will see you doing straightforward yet intense muscle conditioning and cardio reps. The workout's evidence-based, functional movements will have you building strength and improving balance. All done to the rhythm of beats which will get you pushing yourself harder! Prepare to sweat it out while smiling from ear to ear. HEATFUNC will get everybody moving!

Duration: 30-60 min



## **BUDOFUNC – FUNCY FAMILY concept class**

Have you always been fascinated by martial arts? Then BUDOFUNC fitness class is the thing for you! BUDOFUNC is a group exercise class influenced by martial arts, beautifully combining training both for the body and the mind. During the class, you can dive into different disciplines and movement patterns while balancing the body-mind system through breathing, movement, and other meditative techniques. Regular BUDOFUNC practice develops cardiovascular capacity, strength, flexibility, balance, coordination and focuses the mind. Stop worrying and become a spiritual warrior... but remember to have fun, while doing it.

Duration: 30-60 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

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