



SAVE!

# RAUMAN NAISSVOIMISTELIJAT RY SEASON STARTS ON 4.9.2017! FITNESS AND MOTION BY EXERCISING AND DOING GYMNASTICS 2017-18!

## Season 2017-18

Autumn season 4.9.–3.12.2017  
Spring season 8.1.–6.5.2018  
No classes during school holidays



Facebook

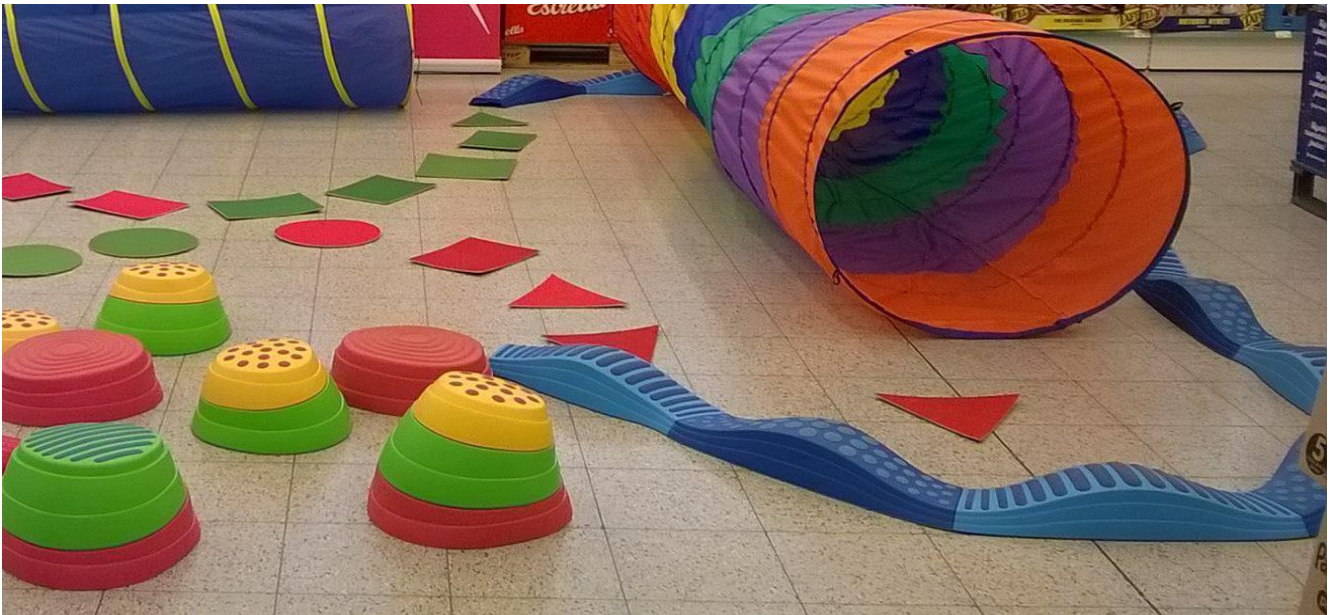
Rauman Naisvoimistelijat ry  
Seminaarinkatu 3, Lokki-talo  
Puh. 02824 0557  
Office service: Raija Eklund  
Mon-Thu klo 13.00-17.00 and Mon 13-17.30.  
[toimisto@raumannaisvoimistelijat.fi](mailto:toimisto@raumannaisvoimistelijat.fi)  
[www.raumannaisvoimistelijat.fi](http://www.raumannaisvoimistelijat.fi)

- Registrations to the classes of season 2017-18 at [www.raumannaisvoimistelijat.fi](http://www.raumannaisvoimistelijat.fi)
- One annuity, unlimited use without any reservations
- At office only cash payment is accepted
- Single payment is also possible in the beginning of each class
- Descriptions of different classes can be found at [www.raumannaisvoimistelijat.fi](http://www.raumannaisvoimistelijat.fi)

**REGISTRATIONS CANNOT BE DONE BY PHONE OR E-MAIL**

**REGISTRATION TO CHILDREN'S AND YOUTH GROUPS STARTS ON 28.8. AT 5 PM**

**THE FIRST WEEK OF ADULT'S CLASSES IS FREE OF CHARGE (Week 36)  
CHECK OUT THE PEARLS OF GYM SEASON AND JUMP IN. SMART CHOICE - RNv**



**Co-operation partners:**



### **SPORT – ASU**

Kauppakatu 8  
Esittämällä voimassaolevan jumppakorttisi,  
saat jumppa-asusteista 10 % alennuksen.

*Kukka - Shop*



Kuninkaankatu 19



## ADULTS

Mon 17.30-18.15	Lesmills Bodyattack®45	Raumanmeri	Laura S/Katja
Mon 18.00-19.00	Senior Movers 55+	Winnova Satamakatu 19	Mari-Elina
Mon 18.00-19.00	BodyCare/Foam rolling	Swimming hall	Pia
Mon 18.25-19.10	Lesmills Bodybalance®45	Raumanmeri	Laura S
Mon 19.00-20.00	Shaping	Winnova Satamakatu 19	Mari-Elina
Tue 18.10-19.10	Lavis® (Stage Dance)	Raumanmeri	Laura A
Wed 18.00-19.00	PhysioPilates advanced, registration separately	Winnova Steniuksenkatu	Sini
Wed 18.30-19.30	Lesmills Sh´bam®45	Kari	Katja
Wed 19.00-20.00	PhysioPilates basic, registration separately	Winnova Steniuksenkatu	Sini
Wed 19.30-20.15	Ninni's Gym	Kari	Ninni
Thu 19.30-20.25	Lesmills Bodyvive®55	Raumanmeri	Katja
Fri 17.45-18.45	Fit Dance	Nanu	Laura A
Sun 16.30-17.15	Beat Workout	Raumanmeri	Heidi/Marianne
Sun 17.20-17.50	Lesmills Cxworx®30	Raumanmeri	Niina
Sun 17.55-18.40	Lesmills Bodycombat®45	Raumanmeri	Niina

Classes which improve muscle endurance, focus on muscle work.

Classes in which heart rate varies from low to high. Focus on developing and strengthening heart and circulatory system as well improving coordination abilities.

Classes of all kind of dance, fun and compellig.

Classes of body care and pampering, peaceful and relaxing.

Trainers: Laura Aalto, Katja Harjunen, Pia Kutila, Niina Merta-Kaisjoki, Heidi Nordvall, Laura Salmi, Sini Valtanen, Marianne Vataja, Mari-Elina Vene, Ninni Viitanen

It is recommended to have good exercise shoes, towel, water bottle and exercise mat when coming to the classes. Take own foamroll to the class of Foamrolling

Pilates courses incl.12 sessions during autumn season. Registrations for basic group have to be done by our registration system on internet. Price is 50 € for everyone.

### FAMILY ACTIVITIES

Mon 16.50-17.35	Playful activities for 6 m – 2 y old with an adult	max 28	Pyynpää	Kirsi-Marja Hyppölä/ Terja Tähtivuori
Mon 17.40-18.25	Kid's gymnastic exercises 2-4 years old with an adult	max 25	Pyynpää	Meena Martimo/ Anna Berglund
Wed 17.30-18.30	Apparatus gymnastics for families 5-6 y children with adults	max 25	Normaalikoulu	Minna Okkonen
Wed 18.30-19.30	Apparatus gymnastics for families 7-12 y children with adults	max 25	Normaalikoulu	Minna Okkonen
Thu 17.20-18.05	Trick track workout 1 2-4 y children with adults	max 25	Pyynpää	Teija Sirola
Thu 18.10-18.55	Trick track workout 2 2-4 y children with adults	max 25	Pyynpää	Teija Sirola

Adult taking part to family activities with children can be parent, grandparent, godmother etc.

### LITTLE CHILDREN

Mon 17.30-18.15	Fairy Frolic	max 15	Winnova Stenius	Johanna Rantanen
Tue 17.30-18.10	Fairytale adventure 3-4 y girls & boys	max 20	Pyynpää	Assi Iso-Pärnä
Tue 18.15-18.55	Fairytale adventure 5-6 y girls & boys	max 20	Pyynpää	Assi Iso-Pärnä
Thu 17.30-18.15	Jungle Kids 4-5 y boys & girls	max 15	Syvärauma	Fanni Salminen
Thu 18.20-19.15	Jungle Kids 5-6 y boys and girls	max 15	Syvärauma	Fanni Salminen

### SCHOOL AGED CHILDREN

Mon 17.15-18.00	Mixed up dance 10-12 years	max 20	Swimming hall	Tasha Koskinen ja Sofia Luovi
Mon 17.15-18.00	Gym and Joy 7-9 years	max 15	HJ Nortamo	Anni Talsi
Thu 16.30-17.25	Let's exercise 9-12-v	max 20	Nanu	Silla-Miitta Paasila
Thu 17.30-18.15	Tarzans 6-7 y boys	max 20	Nanu	Silla-Miitta Paasila
Thu 18.15-19.00	Kids dance & play 7-9 y girls and boys	max 17	Nanu	Ria Tahvanainen