



6. Physical health can be tested using different tests, such as treadmill, lactate control and ski ergo tests. Do you test your physical health?

- Yes
- No, but I would like to
- No, and I do not want to

7. What kind of holiday do you prefer?

- Active holiday
- Beach holiday
- Excursion

8. VuokattiSport Holiday Package is an all-inclusive, 5-day-holiday for people interested in different activities and overall wellbeing.

- 5-day accommodation in VuokattiChalets
- daily breakfast, lunch and dinner
- testing set: bicycle ergometer, muscle resistance, InBody
- 2 x guided activity - free of choice
- tickets to Katinkulta Spa

Are you interested in this package?

- Yes, absolutely
- I'm not sure, why?

No, why?

8. What additional services would you like to have on your wellness holiday?

Your name and email address

(Wellness holiday in Vuokatti will be drawn in a raffle between those who leave their contact information)



vuokattisport

"One of the World's finest training facilities."

- Olympic Training Center
- Specialized in Nordic ski sports
 - 13 slopes & skiing tunnel
 - 150 km of ski tracks
- 2 multifunctional halls for a variety of indoor sports
 - Swimming pool, spa, saunas
- Football, ice hockey, biathlon, wakeboard
- 650 kilometres from St. Petersburg

Win a 1-week all-inclusive wellness holiday for 2 at VuokattiSport!

- THE HOLIDAY INCLUDES:**
- 5-day-all-inclusive accommodation in VuokattiChalets
 - daily breakfast, lunch and dinner
 - testing set: bicycle ergometer, muscle resistance, InBody
 - 2 x guided activity - free of choice
 - tickets to Katinkulta Spa



EXPERIENCE VUOKATTI

In addition to offering finest training and activities, Vuokatti has many other things to experience - such as Holiday Club Katinkulta Spa, Angry Birds Activity Park, Ice Arena, Vuokatti Freestyle Hall, Golf Arena, Bowling, Horseback Riding, Safaris and many more.

Tervetuloa Vuokattiin
Welcome to Vuokatti

www.vuokattisport.ru
welcome@vuokattisport.ru
+7 921 322 01 19
Karina Burochkina



Use campaign code NovaArena to get 20% off from all the bookings made by the end of March!

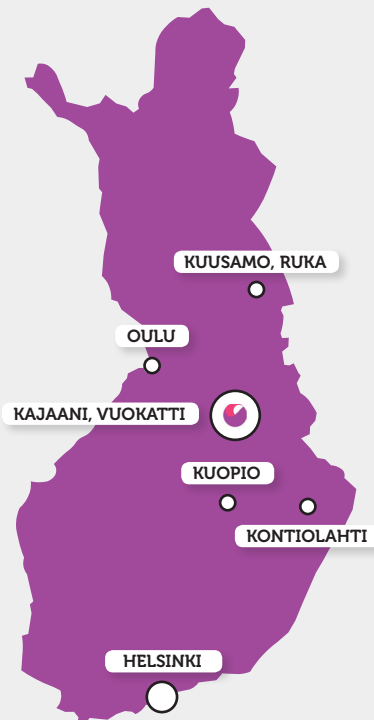




LOCATION

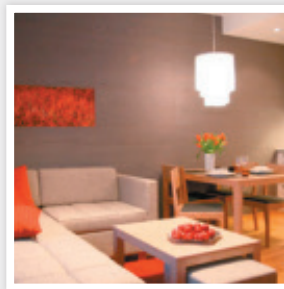
VuokattiSport is located in Vuokatti, Eastern Finland. The distance from St. Petersburg is 650 kilometers and it can be traveled by car, plane, train or bus.

The express bus route between St. Petersburg and Vuokatti is offered by Lakeland Line. The bus is departing from from St. Petersburg every Monday, Tuesday, Thursday and Friday.



ACCOMMODATION

VuokattiSport offers a variety of accommodation types to fulfill all expectations. Whether you want to stay in a hotel room, apartment with sauna or a holiday apartment, we have a suitable for option for you.



RESTAURANT

VuokattiSport has a restaurant that serves healthy and high-quality breakfast, lunch and dinner for its customers. There is also a cafeteria in the lobby, which has a balcony in the summer time.



INDOOR ACTIVITIES

- Ski tunnel
- Gym
- Basketball
- Volleyball
- Floorball
- Indoor cycling
- Badminton
- Squash
- Gymnastics hall
- Tennis
- Swimming hall
- Athletics

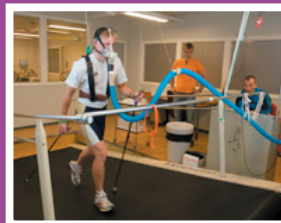


OUTDOOR ACTIVITIES

- Ski tracks
- Biathlon
- Football
- Ice hockey
- Cross country running
- Snowboarding
- Slopes
- Ski jumps
- Rollerski
- Disc-golf
- Outdoor tennis
- Rowing
- Canoeing
- Wakeboarding
- Hiking
- Orienteering

WELLNESS HOLIDAY

We offer customized wellness holiday packages for all needs. Whether your ideal holiday includes active sports, relaxing in different saunas, body treatments, enjoying the nature or fine-dining, we have it all.



TESTING CENTER

VuokattiSport offers high-quality testing services in cooperation with the Olympic Training Center and the University of Jyväskylä for all clients, coaches and teams that are interested in measuring their physical condition as well as well-being.

- Treadmill tests
- Lactate control test
- Ski ergo test
- Muscle resistance test

QUESTIONNAIRE FOR NOVA ARENA CUSTOMERS

1. Gender

- Female
 Male

2. Age

- 26 – 35 years
 36 – 45 years
 46 – 55 years
 56 – 65 years

3. Occupation

- Student
 Specialist/Manager
 Entrepreneur
 Retired
 Other, what?

4. Family status

- Single
 Married / In a relationship
 Family with children

5. What activities would you like to try out at VuokattiSport? You can choose multiple options.

- Gym
 Personal training
 Swimming hall
 Team sports
 Skiing
 Outdoor sports facilities
 Spa & Beauty
 Something else, what?

Questionnaire continues on next page

