



## Dance Courses

### **80302s Solo Latin dance (Soololattarit) Thursday 16 h 73 €**

**Thu 5 Sept. - 28 Nov. at 10.20 a.m. to 11.20 a.m Linnala-sali, ground floor**

**Exercise instructor: Tuikka Penttilä**

Solo dance class for people of all ages with a bit of previous Latin dance experience. This dance class will improve your body control, fitness, flexibility, and balance. Let's turn up the music and get moving! We'll be dancing to salsa, bachata, cumbia, chacha, rumba, jive, samba, and more. No discounts.

### **180303s Solo Dance Thursday 16 h 73 €**

**Thu 5 Sept.-28 Nov. at 11.30 a.m. 12.30 p.m. Linnala-sali, ground floor**

**Exercise instructor: Tuikka Penttilä**

Solo dance class for all levels, including beginners. Explore various music rhythms and improve your body control, flexibility, and balance. Discover your body's potential and jump from one mood to another. No discounts.

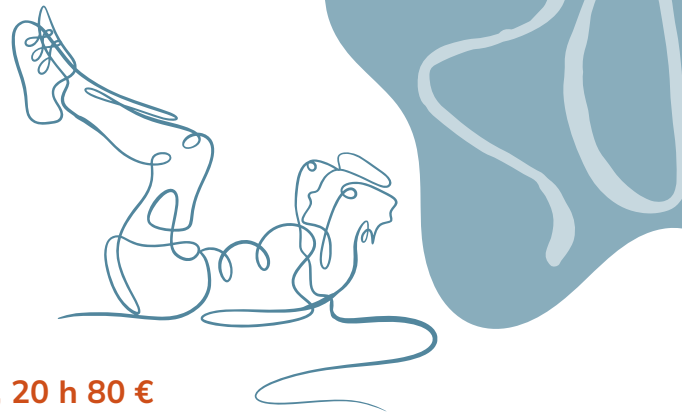


### **Civic Education Center**

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## Exercise Classes

### **160306s Body Care Exercise. Thursday afternoon A, 20 h 80 €**

Thu 5 Sept.–28 Nov. at 14.20 p.m. to 15.35 p.m. Linnala-sali, ground floor

**Exercise instructor: Elina Mathieson**

Body maintenance class

A calm and easy-access class; gently strengthening, stretching, and relaxing the body.

### **160113s Have an energetic day! (Virkeyttä päivään) 16 h 70 €**

Mon 2 Sept.–25 Nov. at 12.30 p.m to 13.30 p.m Linnala-sali, ground floor

**Exercise instructor: Anna Suomalainen**

Low impact group fitness class to improve mobility, muscle strength and balance.

A changing workout routine with standing and sitting down exercises combined with different equipment. Drop-in payment 7 €/class.

### **160145s Pihlajaniemen jumppa 15 h 66 €**

Tue 10 Sept.–25 Nov. at 19.00 p.m. to 20.00 p.m. Pihlajaniemen koulu (Pihlajaniemi School)

**Exercise instructor: Anna Suomalainen**

Easy and effective basic group fitness class with a changing workout routine and different equipment. Bring your own gym mattress. Drop-in payment 7 €/class

## Trail Running

### **160157s Trail Running (Polkujuoksu) 7 h 48 €**

Mon 2 Sept. -30 Sept. at 19.15 p.m. 20.15 p.m. Different off-road routes

**Sports advisor, personal trainer Pauliina Härkönen**

In the trail running group, we run five different off-road trails. The starting point will be announced in advance, and each participant arrives there independently. In the group, we do trail running training at a moderate pace, which means we walk part of the route and take breaks. Participants will also receive tips on mobility exercises and recovery. The trail running group is intended for those returning to the sport, as well as for people who have already been running for some time. Trail running is a particularly good option if running on asphalt puts too much stress on your legs.

