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

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.

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 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 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 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.

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.

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

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

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

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