

# Activity lessons

## **GreatWall Ry**



June 2021

Detailed information sheet

## Full-body training (Sun 13.06.2021) WEEK 23

– Keerthisana Gobikrishna and Viivi Kankaanpää

*“We are athletic high school students, who practice running and working out during our free time. We are not professionals, but we want to encourage people to stay active for health and a happy mind.”*

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- **Group size:** ±10 people
- **Language used:** Finnish/ English + possibly Chinese
  - **Duration:** 2 hours
- **Place:** Rosendahl and Pynnikki (starting from the Pynnikki kesäteatteri parking lot)
- **Equipment:** outdoor wear, water bottle, yoga mat (*optional, not essential*)

Contents of the lesson:

1. A walk and stairs for warm-up
2. Full-body training (*easy-medium level moves*)
3. Stretch



## HIIT and stretching (Sun 20.06.2021) WEEK 24 – Emily Kautto

*“I am an 18-year-old high school student from Tampere! I have background in rhythmic gymnastics and in group gymnastics. The lesson will not be too demanding, as options for different exercises will be provided.”*

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- **Group size:** 15 people
- **Language used:** English / Finnish + possibly Chinese
  - **Duration:** 1 hour
  - **Place:** Eteläpuisto
- **Equipment:** workout clothes, water bottle
- **Benefits:** improves flexibility and overall resistance

Contents of the lesson:

1. Quick warmup
2. Series of different exercises raising your heartbeat
3. Stretching



## Full-body training (Sun 27.06.2021) WEEK 25

### – Suvi Harjunpää

*“I am an athletic high school student from Tampereen Lyseon lukio. I actively do gymnastics four times a week. In addition, I do ballet once a week as a supporting sport. My lesson will include various comprehensive full body exercises as well as throughout explanations on the benefits and reasons underlying the exercises. I will also provide possibilities for different levels of impact on the moves – alternatives for the more demanding exercises.”*

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- **Group size:** 15 people
- **Language used:** Chinese/ English/ Finnish
  - **Duration:** 2 hours
  - **Place:** Rosendahl or Eteläpuisto
- **Equipment:** stretchy outdoor sportswear, water bottle, fitness mat (*optional, not essential*)

Contents of the lesson:

1. Warmup
2. HIIT
3. Gymnastics
4. Cooldown and stretching

*! easy-medium level moves !*



## GROUP SIZES

- The group sizes have to be kept relatively small due to the COVID-19 restrictions and in order to ensure possibilities for individual and effective guidance for all attendees throughout the lessons.
- However, **the limits are rough approximations**, and we strive not to exclude anyone from attending.

## REGISTRATION

- **The registration opens on Friday, May 28<sup>th</sup>, 2021.**
- All members of the China GreatWall Association of Tampere are eligible for registration.
- Please register by sending a text message containing your name and the date you want to attend to the number also provided on the posters: **044 971 0209 Suvi Harjunpää** (*in case of any other questions regarding the lessons, also text this number*).
- A WhatsApp group will be created for participants and instructors of each lesson for better communication regarding the lessons.
- There are no limitations on the number of lessons attended by a single member.
- **The spots for each lesson are admitted according to the order of registration** – be quick, if the enrolments greatly exceed the given group size, we may have to rule out the last registrations.

## FURTHER INFORMATION ON THE LESSONS

- The **exact times of starting the lessons will be provided a week before** due to the lovely and unpredictable Finnish weather – we will try to schedule timeslots during the given dates when it does not rain.
- The **exact places within the parks will also be provided then.**
- All activities will take into account the differing skill- and fitness levels in the group, so there are no requirements for previous experience, and we guarantee effective lessons for more advanced attendees as well.

## CLOTHING AND EQUIPMENT

- Sporty, flexible clothes suitable for outdoor use are sufficient for all lessons.
- Wearing trainers/ running shoes is recommended.
- Long hair is recommended to be tied up.
- A water bottle is recommended for each lesson as well.
- A snack, such as a fruit or a sports drink may also be helpful, as they give you quick energy.
- A fitness mat for outdoor use is also useful for all lessons, though not mandatory.



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