

Gym rules

- The age limit for the gym is 15 years. For those under 15 years of age, training is done in the presence and under the responsibility of a parent or coach. For safety reasons, children under the age of 13 are not allowed in the gym.
- Weights, bars, dumbbells, etc. must be returned to their own places after use.
- Dumbbells, barbells and weight plates must not be dropped on the floor but must put them down gently.
- The use of outdoor footwear in the gym is prohibited.
- Smoking and the use of intoxicants and strong perfumes is prohibited.
- Do not stay on the equipment but give space for others when you have finished your workout.
- Smoking and the use of intoxication and strong perfumes is prohibited.
- Cleanliness, rules and good manners must be maintained in the gym and changing rooms.
- Everyone is responsible for keeping their clothes and other belongings.
- Reports of damage to equipment or other property in the gym must be made immediately to the staff. The person who caused the damage is liable for compensation.
- The rules and instructions given by the staff must be followed under the penalty of expulsion from the gym.

