

Rules for the gym at the Multifunction Hall

1. Upon entering to the gym, each visitor must use his/her personal identification number (PIN) before entering the premises.
2. Handing of the personal identification number (PIN) to another person is strictly forbidden and leads to discontinuation of the right to use the gym premises. The unauthorised use of a PIN can lead to criminal prosecution. No refund is available for discontinued right to use due to violation.
3. The age limit of the gym is 15 years. People younger than this are allowed to train only under surveillance of an adult. For safety reasons, no one younger than 12 years old is allowed to enter the gym.
4. When the gym is booked for functions by the municipality, the services are not available for other user groups. The pre-booked schedules can be found in the Timmi-booking system.
5. The use of outdoor shoes in the gym is prohibited. These must be left at the shoe racks by the entrance.
6. Juices and sodas are not allowed in the gym premises. The only type of beverage allowed is water in a plastic bottle. If water is spilled on the floor, it must be wiped away.
7. Smoking, use of tobacco products, eating and visiting the gym while intoxicated is strictly prohibited, as is loitering in the gym premises.
8. Each gym user must wipe off the equipment after use.
9. Weights and other heavy objects must be lowered gently to the floor and put back into their places after use. Do not stay at the equipment after you have finished working out, give space to the next user.
10. You must leave the gym at its latest by closing time. The locker room should be empty 15 minutes later.
11. Everyone leaves personal belongings such as clothes in the locker room at their own risk.
12. Tidiness and good manners are virtues that must be followed both in the gym and in the locker rooms.
13. Please inform the staff immediately, if something is broken. The one responsible for breaking any equipment will be held responsible.
14. The staff's orders must be followed at all times.