

GYM RULES

- ❖ **THE GYM IS OPEN MON-SUN 24 HOURS EXCLUDING CLEANING TIMES AND BOOKED SHIFTS**
Cleaning times Mon, Wed, Fri 9.30am–10.45am.
Juuan municipality's reserved shifts can be found on the municipality's website and on the wall of the gym.
- ❖ **KEEP THE SPACE CLEAN AND TAKE THE EQUIPMENT AND WEIGHTS BACK TO THE RACKS. WIPE EQUIPMENT AFTER USE.**
- ❖ **GIVE OTHER GYM USERS PEACE TO TRAIN.**
- ❖ **GIVE SPACE TO OTHERS WHEN YOU HAVE A BREAK.**
- ❖ **IF YOU USE MAGNESIUM AT THE GYM, CLEAN UP THE PLACE AFTER USE.**
- ❖ **THE AGE LIMIT FOR GYM TRAINING IS 15 YEARS, SMALL CHILDREN ARE NOT ALLOWED IN THE GYM FOR THEY OWN SAFETY.**
- ❖ **FITNESS LICENSES ARE NOT SOLD TO UNDER 15 YEARS OLD DUE TO SECURITY REASONS. BEING IN THE GYM ONLY WITH A GUARDIAN OR AN ADULT AUTHORIZED BY THE GUARDIAN.**
- ❖ **THE USE OF DRUGS AND NICOTINE PRODUCTS IS PROHIBITED IN THE GYM.**
- ❖ **THE GYM CARD IS PERSONAL. IF YOU ARE WITHOUT A CARD, THERE WILL BE A 50 € INSPECTION FEE.**
- ❖ **REPORTS OF BROKEN DEVICES ismo.naakka@juuka.fi**

**THANK YOU! LET´S KEEP THE GYM CLEAN AND SAFE TOGETHER.
NICE TRAINING MOMENTS!**

