

GYMPPIKUNTO

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(WOULD BE TRANSLATED TEN-FIT, FOR PERFECT TEN IN FITNESS)

GYMPPIKUNTO IT'S A VERSATILE TRAINING GYM, ABOUT 1 KM FROM THE CENTER OF RAUMA. WE OFFER TWO DIFFERENT GYMS FOR YOUR USE; IN SYVÄRAUMANKATU LOCATES OUR TRADITIONAL GYM AND IN ERKINKATU 2 YOU CAN FIND OUR CROSS TRAINING GYM. BOTH GYMS ARE OPEN FOR TRAINING EVERYDAY FROM 05.30 - 23.00 WITH AN INDIVIDUAL KEY CARD.

OUR TRADITIONAL GYM HAS TRAINING TOOLS FOR BOTH BEGINNERS AND MORE ADVANCED USERS. ADDITIONAL SERVICES SUCH AS SOLARIUM, INFRA-RED SAUNA (WITH RESERVATION) AND MASSAGE (WITH RESERVATION) ARE ALSO OFFERED FOR TRAINERS.

AT CROSS TRAINING GYM IN ERKINKATU YOU CAN WORK OUT EFFECTIVELY BY USING YOUR OWN BODYWEIGHT, KETTLE BELLS, JUMPING ROPES, WEIGHTS, FIT BALLS, RINGS AND PULL-UP BARS.

COME AND ASK US MORE!

SERVICE DESK OPEN FROM MONDAY TO FRIDAY 16:00-20:00

GYMPPIKUNTO

SYVÄRAUMANKATU 3, 26100 RAUMA

PHONE: 02-824 1661/ 044 0364686

GYMPPIKUNTO@GYMPPIKUNTO.FI



GYMPPIKUNTO

GYM

12 MONTHS	485 € / 40, 42€
6 MONTHS	253€ / 42, 16€
3 MONTHS	144€ / 48, 00€
1 MONTH	55€

20 X	118 €
10 X	65 €
1 X	10 €

KETTLE BELL & CROSS TRAINING

10 X	65 €
1 X	10 €

SOLARIUM

2 €	6,4 MINUTES
3 €	10 MINUTES
4 €	13 MINUTES
5 €	16 MINUTES
6 €	20 MINUTES

MASSAGE

15 MINUTES		12 €
30 MINUTES	25 €	22 €
45 MINUTES	35 €	32 €
60 MINUTES	40 €	37 €
90 MINUTES	59 €	52 €

GYM CUSTOMERS

PRICE FOR STUDENT/PENSIONER/UNEMPLOYED

400€ / 33, 33€	(KEY CARD INCLUDED)
207€ / 34, 50€	(KEY CARD INCLUDED)
121€ / 40, 33€	(KEY CARD INCLUDED)
46 €	(+ KEY CARD 4 €)

100 €	(KEY CARD INCLUDED)
55 €	(+ KEY CARD 4 €)
8 €	

55 €	(WITH MONTH MEMBERSHIP 1X 3€)
8 €	

INFRA-RED SAUNA (30MINUTES)

1 PERSON	2 PERSONS , PRICE PER EACH
10 X 80 €	10 X 60 €
5 X 45 €	5 X 36 €
1 X 10 €	1 X 8 €

(FOR GYM CUSTOMERS 15% DISCOUNT)

SYVÄRAUMANKATU 3, 26100 RAUMA
PHONE 0440 36468

WWW.GYMPPIKUNTO.FI

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SERVICE DESK OPEN FROM MON TO FRI 16:00-20:00
GYMS OPEN EVERY DAY WITH KEY CARD 5:30-23:00

GYMPPIKUNTO

THE GYM RULES

- GYMPPIKUNTO IS OPEN EVERYDAY FROM 05.30 TO 23.00 WITH A KEY CARD. GYM HAS TO BE EMPTY BY 00.00. EVERYTIME WHEN ENTERING TO GYM, THE KEY CARD MUST BE SWIPED ON THE DOOR OR IN THE COUNTER'S CARD-READER.
- THE KEY CARD IS FOR PERSONAL USE ONLY AND YOU'RE NOT PERMITTED TO GIVE THE CARD TO ANYONE ELSE. WHEN THE FRONT-DOOR IS CLOSED, EACH USER IN GYM HAS TO HAVE THEIR OWN KEY CARD.
- THE MISUSE OF THE KEY CARD AND BREAKING GYM RULES CAN LEAD TO THE CANCELLATION OF MEMBERSHIP.
- USE ONLY INDOOR-SHOES IN THE GYM, LEAVE YOUR OUTDOOR-SHOES IN THE RUG NEAR THE ENTRANCE.
- YOU MUST USE CLEAN INDOORSHOES WHILE TRAINING IN GYM. NO TRAINING BAREFOOTED OR WITH SOCKS OR SANDALS ON. NO TRAINING WITHOUT A SHIRT.
- USE A SWEAT-TOWEL WHILE TRAINING OR IF NECESSARY SWIPE THE SWEAT OFF FROM TRAINING DEVICES WITH A BETEWIPE-TOWEL. (CAN BE FOUND NEAR THE DRINKING FOUNTAIN)
- USE TRAINING DEVICES PROPERLY AND ACCORDING TO INSTRUCTIONS. BE SURE, THAT YOU HAVE ADJUSTED TRAINING DEVICE CORRECTLY AND WHEN YOU'RE FINISHED ADJUST THE DEVICE BACK TO STARTING POINT.
- GIVE OTHERS A CHANGE TO USE THE TRAINING DEVICE WHILE YOU'RE RESTING.
- EVERYONE MIGHT NOT BE AS STRONG AS YOU ARE. SO PLEASE WHEN YOU'RE DONE, PLACE EVERY EQUIPMENT THAT YOU HAVE USED WHILE YOUR TRAINING, BACK TO THEIR PLACES.
- RESPECT EVERYONES RIGHT TO WORK OUT IN PEACE AND IN A SAFE ENVIRONMENT. SO PLEASE TRY TO BEHAVE ACCORDINGLY.
- ANY BROKEN GYM EQUIPMENT MUST BE GIVEN NOTICE TO THE STAFF. IF THERE AREN'T ANY OF THE STAFF MEMBERS PRESENT, YOU CAN LEAVE A MESSAGE AT THE "VIKAILMOITUSTAUU".
- YOU ARE RESPONSIBLE FOR YOUR SAFETY, SO DON'T WORK OUT WHEN YOU'RE FEELING UNWELL.

GYMPPIKUNTO WISHES GREAT WORKOUT!