

# Cards & Prices

As a member of Friskis&Svettis, a membership fee of SEK 100/calendar year will be added. For children under 7 years, the membership fee is SEK 50/calendar year.

CARD TYPE	12 MONTHS	DIRECT DEBIT 12 months period	DIRECT DEBIT no subscription, 2 months notice	6 MONTHS
REGION*	4600:-			
ANNUAL	3950:-	335:-/month	495:-/ month	3000:-
ANNUAL senior/student	3250:-	285:-/month		2550:-
ANNUAL senior 75+	2500:-	215:-/month		1950:-
ANNUAL senior 85+	1925:-			1500:-
ANNUAL day	3250:-	285:-/month		2550:-
Coupon ticket 10 times	1300:-	valid 12 months		
Coupon ticket junior 10 times	900:-	valid 12 months		
ANNUAL junior	1600:-			1100:-
BATH ADDITION	300:-			

\*Alingsås, Borås, Göteborg, Kungälv, Lerum, Mark/Kinna, Partille, Stenungsund, Trollhättan, Uddevalla, Varberg and Vänersborg.

CARD TYPE		
3 MONTHS	1900:-	
FAMILY	700:-/family (7/1-17/5)	(valid only for Family classes)
ENKELJYMPA	400:-	(7/1-17/5)
ONE DAY TICKET	150:-	50:- (with valid card in another Friskisförening)
FaR (physical activity on prescription)	900:-	(valid 3 months)
FaR JUNIOR/ FaR 13-18 YEARS	500:-	(valid 4 months)
GYM INSTRUCTION	100:- member	150:- not member
SUMMER CARD	995:-	(1/6-31/8)
SUMMER HOLIDAY CARD	795:-	(1/6-31/8)

PT- PERSONAL TRAINER		PT TOGETHER (2 people)
3 hours	1950:-	2950:-
5 hours	3200:-	4750:-
10 hours	5950:-	8750:-
20 hours	11000:-	16700:-
PT Small group (3-8 people)	1950:- PER PARTICIPANT	(6 hours)

**CHANGES IN THE SCHEDULE - At Christmas, Summer, Special weekends/occasions, schedule and opening hours are reduced. Prices include 6% VAT (excluding membership).**



## Access to 14 centres!

With your exercise card you have access to all types of exercise at Friskis' 14 Gothenburg centres.

# Terms of agreement for membership of Friskis&Svettis Göteborg

Welcome to Friskis Göteborg. Your membership includes several member benefits and some obligations. In order to train with us, you need to get a membership of the association. For all visits, bring your Friskis&Svettis card for entry and register at the specified location. You should be prepared to show it on request. The card may not be loaned to anyone else. If this happens, your card will be locked for exercise.

## MEMBERSHIP – Membership fee

Your membership in Friskis is personal. When you join Friskis Göteborg you are required to provide certain personal information and photo (photographed by us). The membership fee amount is SEK 100/calendar year. If your card is bought after 1 July you will also pay for the next year. Membership is not repurchased by Friskis. In the case of direct debit, payment of membership fee occurs at the time of subscription and then deducted on 27 December each year.

## Personal data in accordance with GDPR

We keep your personal data in our register of members in accordance with the GDPR legislation.

## Lost card

If you lose your training card or if the card is damaged so that it becomes technically useless, this must be reported to member service, which will issue a new card for a fee of 100 SEK.

## Benefits

- Voting rights at annual meeting = right of participation.
- Offers from current partners.
- Accident insurance at Svedea when training on Friskis&Svettis.

## TRAINING CARD

Our training cards only apply to Friskis Göteborg. Exercise cards are not repurchased when not bought in webshop.

## Direct debit – Price changes

In case of 12 months, the contract is protected against price increases the first 12 months. After that, price changes may occur automatically, according to current price list. In case of price changes, you will be notified as pertinent member in good time before, no matter what type of card you have.

## Freezing of cards (annual card only)

If you have an annual card of any kind you can freeze it for a maximum of two months. If you want to freeze it longer, contact the location manager at your nearest Friskis. Cost SEK 150 per freezing opportunity.

## Transfer

Transfer of annual cards (including autogiro) is possible for a fee of SEK 100. For more information contact member service. Membership of the association is personal and cannot be transferred.

## WHEN YOU EXERCISE

You will have access to training regardless of location. Be sure to plan your workouts and arrive in good time, as it may be fully customized during certain hours.

## Responsibility for property

Friskis is not responsible for lost property due to theft. Are you extra careful of your belongings, bring them in to designated shelves in the training rooms.

## Fire escape

As a member, you will learn about the evacuation information available at our facilities. Be sure to study evacuation plans and look for the nearest emergency exit. Note that evacuation information is different for each facility.

## Reservation Policy

When booking, certain rules apply. Information is available in member service.

## State of health

You are responsible for your health status so that you can participate in activities at Friskis without risk. We have a special action plan for eating disorders. Read more about it on our website. In severe cases of eating disorders, a member may be disabled from exercise.

As a member of Friskis you are insured for accidents in the insurance company Svedea. This applies to accidental injury that affects you while exercising on Friskis. An accident injury is an occurrence, which occurs suddenly and unpredictably and causes damage to you. Damage caused by wear, overload or over effort is not counted as accidental injury, and is usually not replaced even if your inconvenience has occurred in connection with sports. We recommend each member to take out own accident insurance and home insurance.

## Doping Policy

Friskis Göteborg is a member of the Riksidrottsförbundet, thus applying their rules against doping. This means that you are required to participate in any doping controls. Doping controls are performed unreported and require you to deliver urine samples, blood samples or both. The controls are carried out by authorized officers. Those who are stunned to be doped are turned off from Friskis for two years with immediate effect. Source: [www.rf.se](http://www.rf.se) and the Riksidrottsförbundets stadgar.

## Schedule

We reserve the right to make changes to the schedule during special events/weekends as well as during the summer. All our schedules are preliminary and may change.

