



IMPORTANT INFORMATION TO ALL OUR MEMBERS

To increase security and create an even better workout facility for all our members here at Friskis, we introduce a new access control system. The system will work from the 14th of June at 12:00 pm. Until then, use your current card at the door and check-in, just as usual

Access with app or a new card

To enter Friskis during unmanned opening hours after 14th of June at 12:00 pm you need to download an app to your mobile phone or replace your card with a new one.

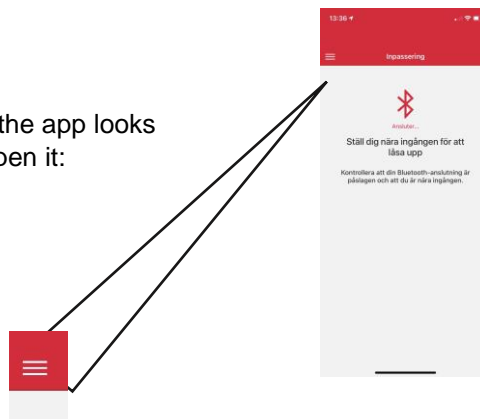
The app is for free, a new card is SEK 50 (free of charge for you who has a senior card).

Search for the app "Friskis nyckel-app", or scan here:



This is how the app looks when you open it:

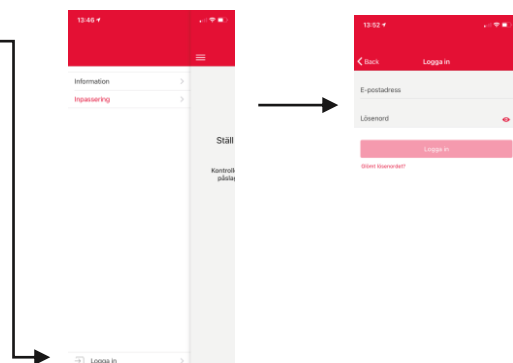
Click on the menu in the upper left corner:



Log in here:

Write the e-mail you have registered at Friskis.

The password is your birthday: YYMMDD



If you do not want to use an app for access, we offer a new plastic card. Please note that your old card no longer work after 14th of June at 12:00 pm. A new card costs SEK 50 (free for you with a senior card).



Manned opening hours

During manned opening hours, the entrance is open for everyone to visit us.

During unmanned opening hours – this is how you enters and exits Friskis

How to unlock the front door:

Open the app in your mobile and hold the mobile (or your new card) close to the reader, and the door will unlock.



Open the gate:

Hold your mobile or new card close to the reader and the gate will open.



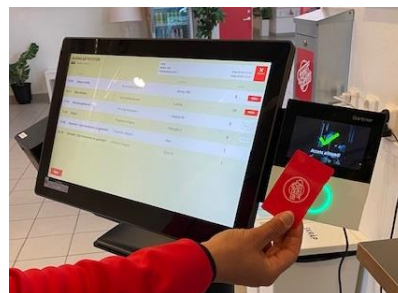
Step into the gate. Note that the gate only lets one person through at a time. Keep your bag close so it is not in the way for the door. The second door opens when the first door is closed.

Check-in

You must check in at the gym or group workouts at check-in stations. Use your app or new plastic card.

If the screen is black, start it by touching the screen.

Hold your mobile or your new card by the reader to the right of the screen and select "gym" or a group workout on the screen.



To exit, press the buttons next to the gate and the door.



Closing

At 10 pm the gym closes, and the alarm is turned on. It is your responsibility to leave the facility before that. If you leave later there will be an alarm to the security guard. You will then be blocked from the facility and you must pay the cost of the guard call, SEK 1500.

Important information for you under 18.

You who have a valid training card but are under 18 must leave the building no later than 8:00 pm, every day of the week.

The following applies to you who have a day pass

If you have a day pass, you can stay at the facility Mondays-Fridays, no later than 3:00 pm (except if you go on a group training session that starts before 3:00 pm)

If you choose not to respect our rules for our various cards and opening hours, you risk having your training card blocked, and need to pay a fee.

See more info about our membership rules at our website.

Pre-booking of group training in the app Mitt Friskis is not affected by this change.

With this access control system, we hope that Friskis will be an even better and safer training facility for you and all our members.

Welcome to contact us if you have any questions:

Email us at: info@almhult.friskissvettis.se

Or call us at: 0476 - 133 00

We wish you many great workouts here at Friskis!