

RULES AT THE GYM

(A. Purėno St. 18, Kaunas)

1. Only the students and employees of University who show their student/employee ID at registration are allowed into the gym (hereinafter – Gym).
2. Everyone who wishes to visit the Gym has to register in advance in the online reservation system providing the required student or employee login details.
3. It is allowed to arrive at the Gym only at the registered time. The duration of the visit is determined by the administration of the Centre – not exceeding 1.5 hours.
4. A visitor can amend the registration time, date, cancel the submitted registration and register additionally if there are vacancies. Registration may be cancelled within 2 hours before the beginning of the session at the latest.
5. The visitors of the gym attend the training sessions and use available equipment at their own responsibility. A visitor has to tidy up the training area after the exercise (put the barbell, disks and weight plates back to place).
6. In the training area, the visitors are prohibited to:
 1. eat;
 2. wear outdoor footwear;
 3. throw the disks of the barbells and weights on the floor;
 4. use the maximum weights for exercises without the assistance of a trainer or partner;
 5. use the non-functioning equipment.
7. When using a shower and dressing rooms, it is required to wear slippers.
8. The penalties are imposed on the visitor who registers and fails to attend the training session twice or leave the Gym on the set time: all reservations are automatically cancelled and registration to the training sessions is suspended for 15 days.

If you have any questions, apply by email activated@ktu.lt or telephone +37067692353