Information for using the uniMotion gym

The rules of the „Landesverordnung“ must be observed
Dear member

We are happy to have you here!

Here is some important information for using the uniMotion gym:

- You can come on an appointment basis –
  - Be sure to book your time slot on the day you would like to work out.
  - You can make your appointment for the respective day starting at 7:00.
- Each time slot provides you with **105 minutes** of fitness fun. You come and, work out during your appointed time. Just be sure to leave on time, so that the uniMotion team has the necessary 15 minutes to disinfect everything afterwards.
- Please disinfect your hands before entering the indoor or outdoor workout areas.
- Please wear a mouth and nose cover up to the training area
- Wherever you are, please take care to leave at least 1.5 metres of space between yourself and everyone else
- After using equipment, please be sure to disinfect all the surfaces you touched (each individual weight, each barbell, etc.).
- You can/should bring along the following:
  - Confirmation of your reservation (for the respective time slot)
  - A towel
  - Indoor shoes
  - A water bottle (not glass)
  - Make sure to bring along your own mat, TRX or other small training devices if you need them. (Unfortunately, we are not yet allowed to let you borrow these items).
- You can note that lockers, changing rooms and showers must all remain closed.
  - Come to uniMotion wearing your workout clothes.
  - You can store your shoes in one of the open lockers 1 – 20, if necessary.
  - You are welcome to use the toilets on the top level of the sports hall, but please make sure that only one person is using them at a time.
- Opening hours: weekdays: 9:00 – 23:00 (last time slot starts at 21:00); weekends and holidays: 9:00 – 13:00 (last time slot starts at 11:00) and 17:00 – 21:00 (last time slot starts at 19:00).

The current situation is also new for the uniMotion team, so we would be very happy to get your feedback, comments, suggestions or constructive criticism. This will help us improve our services and make the best of these truly extraordinary times!

If you have questions, please contact us at any time.

Your uniMotion team