HANGON KAUPUNKI
HANGÖ STAD

Liikuntapalvelut - Motionstjänster 4.11.2026

Instructions for use of the gym

Opening hours: **Monday - Friday 06.45 am – 9 pm, Saturday – Sunday 8 am – 6 pm.**
Any changes to opening hours will be announced on the notice board and on our webpage. The gym key is for personal use only, do not lend it to anyone else. Please contact sports services if the key is lost. The deposit fee will be refunded when returning the key intact. The City charges a six-month membership fee to all key holders. A half year fee is 72 € (for local residents 36 €). The fee applies to everyone who has held a key during the periods 1.1. to 30.6. and/or 1.7. to 31.12.
One time purchases are not possible and the key is always valid until further notice. An invoice will be sent twice a year (spring and autumn).

Persons under the age of 15 may use the gym only in the company of an adult.
Access to the gym is strictly forbidden for children under the age of 12.

The use of outdoor footwear in the gym is forbidden. Cleanliness, order and good conduct is to be observed. The upstairs gym is not open for public use during instructed activities. Schedules for these activities can be found on the gym door upstairs and on our webpage. The gym users have access to the locker rooms (ladies: no. 2 and 3, gentlemen no. 4 and 5). The City of Hanko is not responsible for valuables left in the changing rooms. Lockers for gym users are available either inside or outside the gym. These lockers may be used during your gym visit (please bring your own padlock).

The resistance of the air pressure operated gym machines should always be released after completed exercise. Changing the direction of resistance requires pressure release. Weight plates, dumbbells and other equipment should be returned to their places. If the gym is empty, please turn off the lights and radio when you leave.

NOTE! It is your responsibility to inform Sports Services if you notice that any equipment or property is missing or damaged. Any acts of vandalism must also be reported.

Contact: krista.grundstrom@hanko.fi , tel. 040 869 7406
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tobias.ohman@hanko.fi , tel. 040 135 9405
Invoice-related matters: carolina.lehtola@hanko.fi , tel. 040 135 9497

Information about Key Return:

The key can be returned during office hours at the Sports Hall (Fridays from 10:30 AM to 12:00 PM), or at another time by arrangement with the staff. The key may also be returned to the locked mailbox located outside the upstairs office. Please include your name and bank account number when returning the key so that the key deposit can be refunded.
NOTE: To avoid being charged the next six-month membership fee, the key must be returned no later than 15 August for the autumn period and no later than during January for the spring period. Please remember that your membership remains valid, and fees continue to apply, until the key has been returned.