

# KONDIKLUBBEN 45

*Lilletoften 127 A, entrance at the staircase by the terrasse of the restaurant, facing Malmparken*

**Opening hours 06-22**, meaning you must leave the club latest at 22.

Access with chip which will be activated after registration and payment of membership.

**The membership is personal, and guests are not allowed.**

**Registration: Only in person at the club on the designated payment days**

Registration fee is 50 dkk per person (minimum age 15 years, under 18 years requires parent/guardian's written approval).

**Membership fee is paid in advance, 100 dkk per person every other month, due on the 1<sup>st</sup> of September, November, January, March, May and July.**

The membership fee is primarily used for cleaning, service of the machines and maintenance of the facilities.

Payment (in cash) and registration happens on the first Tuesday of January, March, May, September, and November at 19-19.15 in the club. Remember your membership number so your payment can be registered correctly.

Entries can also be made on the 1st Tuesday in February, April and June. June, however, only if there is a board member who is not on holiday..

Payment with MobilePay: **MobilePay box: 8224RD** Remember to note name, address and membership number so we can easily find you in the system :-)

**It is a major task to collect membership fees, so please ensure your timely payment!**

**Bring indoor shoes to train in**, and a yoga mat for floor exercises as needed.

Clean machines and equipment (wipe down with the cleaning alcohol and paper) after use and clean up after you're done. Remember to put dumbbells, weights, etc. back on the racks after use.

In the club there are, among other things, bikes, treadmills, spinners, cross-trainers, rowing machine, pull down, leg press, leg curl and weights.

You can also bring your own exercise video and use the step benches. The facilities are about 100 m<sup>2</sup>.

The annual general meeting is held in October or November. At the meeting the financial accounting and budget is reviewed, membership fee determined, and board members chosen.

Chairman  
Bo Rudbeck  
28971140

Cashier  
Allan Ringsborg  
2604838

Boardmember  
Marie Gustafsson  
27123564

Boardmember  
Susanne Dahl  
22122762