

PRICE LIST FOR GYM, FITNESS ROOM AND SAUNAS
GDYNIA MARITIME UNIVERSITY SPORTS AND RECREATION CENTRE

GYM/FITNESS AREA

ENTRY TYPE (PASS)	MORNING (until 15:30)	REGULAR (full day)	WEEKEND (Sat-Sun) – during working hours
1 – OPEN ENTRY	50	55	55
1 – Entry (gym)	40	45	45
4 – Entry (gym)	80	100	90
STUDENT/ SENIOR – 4 weeks, gym	85	115	115
4 weeks, gym – regular	120	155	130
OPEN PASS (STUDENT, SENIOR)	120	155	130
OPEN PASS	140	175	150
1 – Instructor entry (single)	PLN 100		
Instructor pass (4 weeks)	PLN 1100		
Open Pass	Allows holders to use the sauna zone without restrictions during specified hours		

SAUNA ZONE

- Passes are valid for 1 month.
- Only the person named on the pass is entitled to its use.
- Morning pass holders who exit the facility after 15:30 will be charged

ENTRY (PASS)	MORNING (until 15:30)	REGULAR (full day)	WEEKEND (Sat, Sun) – during working hours
1 – Entry (sauna)	40	45	45
4 – Entry (sauna)	70	90	80
STUDENT/ SENIOR pass – 4 weeks, sauna	80	120	100
OPEN ENTRY (STUDENT, SENIOR)	120	155	130
OPEN ENTRY	140	175	150
OPEN ENTRY	Use of the gym and fitness area without restrictions during specified hours		

an extra PLN 40 or 45, equivalent to a single entry to the individual zone.

- Individuals purchasing the morning OPEN pass receive access to the sauna zone as part of the package between 15:00 and 15:30.

- Individuals purchasing the regular OPEN pass receive access to the sauna zone during the zone's opening hours set out in the Sauna Zone Rules and Regulations. The gym and fitness area are made available to pass holders in accordance with the Gym and Fitness Area Rules and Regulations.
- All persons who would like to make use of the sauna zone are required to inform the reception before entering the changing rooms.
- When staying in the Centre's guest rooms, entry to the sauna zone and gym is included in the price of the accommodation (excluding 1-night stays).
- All guests using the Sports and Recreation Centre facilities will be given access to the underground parking garage (at the time of using the Centre's facilities).
- All personal trainers conducting sessions with clients at the Centre's gym are kindly requested to purchase either an entry pass or an instructor pass. We trust our clients and appreciate your honesty in this matter. Individuals who fail to comply with this requirement may be asked to leave the gym.
- Payment may be made in cash or by debit/credit card.
- All guests are required to adhere to the rules set out in the General Rules and Regulations of the Gdynia Maritime University Sports and Recreation Centre and the rules and regulations of each of the Centre's facilities.
- Copies of all rules and regulations are available at the Centre's reception and online at csirum-gdynia.pl/?lang=en