

GHB Gym Information Sheet

General Information

- The **weight room** is located at the entrance area of GHB 8 (it's the room with the half covered windows).
- The **boxing room** is located at the ground floor (EG) of GHB 2.
- The weight room contains loud speakers, so you can plug in your mobile phone etc., if you want to play some music.

- The duration for practice is one hour (except there is another arrangement).
- Opening hours are every day between 08:00 a.m. and 10:00 p.m.
- We work with a flying splice so you can pass on the key for the Gym to the next user.
- If you are the first user of the day, you will be told where to find the key, via Facebook.
- The Training in both rooms is on your own risk. The GHB Gym Team takes no accountability for any damages to property or persons.

- In addition to the two Gyms, there is also a **ping pong room**⁴. It's located in the entrance area of GHB 4. It can be used at any time without any appointment. Table tennis rackets and balls have to be brought by yourself.

Rules of the Gym

The following rules of the gym, were made up, to make the usage of the two rooms as ideal as possible.

- Make sure to use a **towel** during practice at any time.
- Please practice only in pairs
- Please keep with the time you have arranged and don't practice any longer.
- **IMPORTANT: Please make sure to leave the room clean and neat! Put the equipment back in place, just as it were when you entered the room and put the weight plates back on the rack (please note the photo, how the plates are put back on the rack). The bars, grips etc. can be put on the shelf.**
- Please make sure to close the windows after practice, especially during the winter.

Equipment

A list of the equipment for both rooms can be found on the Facebook-page under notes.

⁴ Annotation: The ping pong room is considered for athletic activities only. Any games that contain alcohol are strictly prohibited (e. g.: beer pong). Any violation to this rule will lead to an immediate closure of the room, for at least the rest of the semester (it wouldn't be the first time).

How to schedule an appointment

Generally the scheduling can be done through the Facebook-page **GHBGym** (<https://www.facebook.com/GHBGym>):

1. Please check the schedule for a free appointment. The schedule can be found on the Facebook-page under the tab *Schedule*. Alternatively you can find the schedule for the weight room [here](#)⁵ and for the boxing room [here](#)⁶ (the abbreviation used in the schedule consists of two letters from the first name and two letters from the surname).
2. If you want to make an appointment for a certain time, please write a message at the GHBGym Facebook-page. The following information is important to book the appointment: Which room shall be reserved, on which day and to which time (the rooms can only be booked for one hour, always starting at a full hour).
3. Now you have to wait for the answer.
4. If you want to make an appointment for the following day the deadline is at 08:00 p.m. All requests that come in after 08:00 p.m. can't be considered for the room planning for the next day. The same can be said for requests that come in on the same day.
5. Everyone who wants an appointment for one of the rooms has to check the schedule if someone is using the room previously and/or afterwards. So the key can be passed on from one to another.
6. Please cancel your appointments, if possible, until 08:00 p.m.

For those who don't use Facebook:

Please send us an e-mail at gym@ghb.hs-furtwangen.de. That way we can find a solution for the scheduling. You can check the schedules even without Facebook. Just visit the two links below.

IMPORTANT: You can have maximal five appointments per week and book your appointments for maximal two weeks ahead. There will definitely be no bookings for the whole semester.

If you have to cancel an appointment for whatever reason, please let us know. This way others have the chance to practice.

Miscellaneous

- The GHB Gym is for the use of GHB inhabitants only. Externals won't get any appointments for the rooms. So please be prepared to tell us your full name and room number, if you contact us for the first time. That way we can verify you as an inhabitant of the GHB.
- If you have any suggestions, commendations and constructive criticism please let us know via Facebook or e-mail.

Enjoy your practice in the Gym

Yours sincerely
The GHB Gym Team

⁵ URL of the schedule for the weight room:

<https://calendar.google.com/calendar/embed?src=1jetqj2bajusciknbsktp3t0%40group.calendar.google.com&mode=week&ctz=Europe%2FBerlin>

⁶ URL of the schedule for the boxing room:

<https://calendar.google.com/calendar/embed?src=bgbcscd94l79hm12902lsevgk0%40group.calendar.google.com&mode=week&ctz=Europe/Berlin>