

How do I register to visit the weight rooms?

The registration takes place exclusively online via our [booking system](#). A distinction is made between the categories FIRST USER and RENEWAL.

Please make sure to attend your briefing appointment! Bring your participant ticket and your valid student / employee ID with you to this appointment.

No access authorization can be granted without instruction!

Can I train directly after booking online?

As a FIRST USER, you have to book a specific appointment and then attend the on-site briefing appointment once. In the case of an EXTENSION, all you have to do is show the booking confirmation to the instructor on duty on the first visit after booking.

Am I also a FIRST USER if I have already trained in another gym?

Yes, even then you have to register under the category FIRST USER and attend the briefing appointment on site.

What happens during the instruction appointment?

After checking the booking and the status, the technical registration (finger scan), a short instruction and an initial instruction on the device take place.

For how long is the booked period of use valid?

The period of use applies to the current semester and the subsequent semester break and must then be extended at the beginning of the new semester.

The deadline is always April 15th. or October 15th of the year.

What happens to my fingerscan if I do not extend the period of use?

The data will be deleted a few days after the reference date.

By the way: The entire entry system of the weight rooms runs offline for reasons of personal data protection.

If I have suspended one or more semesters of training, can I still use the EXTENSION category?

In principle YES! Your name should be stored in the computer system for some time, but the finger scan must be carried out again on site.

Can I automatically visit both weight rooms?

No, you either have to choose one weight room or pay the semester fee for both weight rooms.

Can I also only register for the semester break? And then does it cost less?

Yes, at least in the interim semester in winter (semester break program), this is also possible in both weight rooms.

Is there always a trainer on site?

Yes, there is always a trainer for training advice and solving access problems on site.

How will I be looked after?

Our support comprises different levels: First, a group introduction with theory and exemplary practice.

For the first training session, you should then contact a trainer on the training area. They support, help and advise on the exercises to be performed and discuss the training plan with you.

After four weeks at the latest, you should make an appointment for a consultation with a trainer on site. He will then work with you to modify the new training plan, taking your goals and parameters into account.

Can I also train on the weekends?

Yes, our weight rooms are also open on weekends and on all public holidays. Please find out more online or on the relevant notices.

How often can I train?

In principle, there are no restrictions here. The relationship between the training stimulus and the necessary regeneration should of course be maintained.

[More information on strength training](#)

What do I have to bring to training?

You should wear comfortable sportswear and you should also bring a towel with you, which is placed on the equipment. You should also bring clean sports shoes that you will only put on in the weight room. Please understand that we cannot let you train with shoes that you wore on your way or to warm up on the track.

I forgot my towel. Can I still exercise?

Yes, but then please place a dry, clean T-shirt or sweater as a pad on the devices. Training is not allowed without any surface protection.

Can I officially take my own drinks with me to training?

Yes but the bottles you have brought with you must not be made of glass and have no place in the training area.

Can I store my things safely?

You can leave your bags and valuables in the lockers. You will need your own padlock for this. Please do not take any bags with you to the training area.