

GymMap – More than just a map. Here's how to get started.

How to use the app

Once downloaded, the app opens automatically. Let's get moving!

- Press "**Create User**" and choose a profile picture that reflects your workout vibe.
- Enter your email address and create a password.
- **Select your training style:** Sports you practice or want to try (e.g., CrossFit, powerlifting).
- Write a short description of yourself and your goals. PTs: mention your services here!
- Read and accept the privacy policy and press **REGISTER USER**.

Your profile is now ready! It is only visible to others at the locations where you create an announcement.

Find workouts and coaches

The map features **BLUE** markers (gyms). When a marker is **ORANGE**, someone has made an announcement at that location.

- Open the **ORANGE** marker to see who is training or what services coaches are offering.
- Click on a profile name to view their training interests or PT profile.
- Click the **envelope icon** to send a private message.
- Tip: Personality counts – write a message that breaks the ice!

Create your own announcement (Workouts & Coaching)

1. Click on the gym where you are heading.
2. Press the + sign in the box that opens.
3. Select the day and time for your session.
4. Write your message in the info field:
 - **Trainee:** E.g., "*Leg day, looking for a spotter*" or "*Looking for a PT!*"
 - **Personal Trainer:** E.g., "*Available slots for coaching! Come try a technique session.*"
5. Activate by pressing the **green button**.

The blue marker will turn **ORANGE** on the map. If your plans change, you can delete the announcement from your profile by clicking it. Use the red "**Delete event**" button to remove it.

Master the tools: Filter & Calendar

- **Filter:** Narrow down the map to show only the sports that interest you (e.g., "CrossFit" or "Gym").

- **Calendar:** Travel in time! Select your desired date from the calendar to browse past announcements or plan for the future. You can see the availability at your home gym or travel destination at a glance for the selected day. You can create announcements in advance or view those made by others. All announcements for the selected day appear as **ORANGE** on the map.

Settings & Updates

Update your info, new sports, or your profile picture in the Settings menu. Keep your gym identity fresh and up to date!

GymMap – The secret of the map

Discover new gyms and services easily:

- **Explore:** Blue markers show nearby training locations.
- **Check:** Click a marker to see the name of the place and available sports (e.g., Fitness, CrossFit, or Powerlifting).
- **Go direct:** Click the name to visit the gym's website via the **green link**. The fastest way to check prices and opening hours!

Be an active GymMap Influencer!

If a gym's green link is missing, give the gym a tip! Tell them that trainees are looking for them in the app and ask them to contact GymMap support.

Ready-to-use message (Copy & Send):

"Hi! I'm using the GymMap app to plan my workouts and coaching. I noticed your gym is on the map, but the link to your website is missing. It would be awesome to have it there so we users can find your services more easily! You can activate the link by contacting support: www.gymmap.fi"