

GymMap – More than just a map. How to get started.

How to Use the App

The app opens automatically after downloading. Let's get started!

- Press "**Create User**" and choose a profile picture that matches your training 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 and Massage Therapists: mention your services here!**
- Read and accept the privacy policy and press **REGISTER**.

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

Find Workouts, Coaches, and Massage Therapists

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

- Open an **ORANGE** marker to see who is training or what services coaches and massage therapists are offering.
- Click on a profile name to see their training interests, PT profile, or massage therapist details.
- Click the **envelope icon** to send a private message. Use it to find a training partner or to inquire about coaching/massage services.
- **Pro tip:** Personality is key – write a message that breaks the ice!

Create Your Own Announcement (Workouts, Coaching & Massage)

1. Click on the gym you are heading to.
2. Press the **+** sign in the box that opens.
3. Select the date and time.
4. Write your message in the info field:
 - **Trainee:** E.g., "Leg day, looking for a spotter" or "Searching for a PT!"
 - **Personal Trainer:** E.g., "Slots available for coaching! Come for a technique session."
 - **Massage Therapist:** E.g., "Providing sports massages at the gym today. Message me to book a slot!"
5. Activate by pressing the green button.

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

Tools: Filter & Calendar

- **Filter:** Narrow down the map to show only the sports you are interested in (e.g., "CrossFit" or "Gym").
- **Calendar:** Time travel! Select a date from the calendar to browse past announcements or plan for the future. See at a glance who is training or what services (PT/Massage) are available on a specific day. All announcements for the selected day appear **ORANGE** on the map.

Settings & Updates

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

The Secret of the GymMap

Find new gyms and services easily:

- **Explore:** Blue markers show training locations in your area.
- **Check:** Click a marker to see the location's name and sports (e.g., Fitness, CrossFit, or Powerlifting).
- **Navigate:** 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 is missing its green website link, let them know! Tell them that trainees are looking for them in the app and ask them to contact GymMap support.

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

"Hi! I use the GymMap app to plan my workouts and noticed that your gym is already on the map, but the direct link to your website is missing. It would be awesome if you added the link so we trainees can find your prices and opening hours more easily! The link can be activated by contacting GymMap support. Check it out: www.gymmap.fi"