

# Rates



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| <b>Training year</b>        | 3 900 kr |
| Student · youth · pensioner | 3 450 kr |
| Daytime                     | 2 700 kr |

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| <b>Swim access add-on*</b> | 250 kr/month |
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Access to Fyrishov/Gottsundabadet

Requires valid Subscription, Training year, Training 6 months (including Daytime/Student/Pensioner)

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| <b>Training Sweden</b>      | 5 988 kr |
| Student · youth · pensioner | 4 790 kr |

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| <b>Children and Youth supplement*</b> | 400 kr |
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Children 10–12 years old, who train together with an adult.

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| <b>Training Sweden subscription</b> | 499 kr/month |
| Student · youth · pensioner         | 399 kr/month |

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| <b>Family Pass*</b> | 400 kr |
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Personal for 1 child at Familjejympa 2–6 years and Familjefys 6–12 years. Up to 2 accompanying adults.

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| <b>Training 6 months</b>    | 2 900 kr |
| Student · youth · pensioner | 2 600 kr |
| Daytime                     | 2 150 kr |

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| <b>Seniorklubben 6 months*</b> | 650 kr |
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Softer training, pleasant company.

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| <b>Training 3 months*</b> | 1 650 kr |
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| <b>Christmas Pass*</b> | 400 kr |
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December 14, 2026–January 10, 2027.

Can be bought from from mid-November.

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| <b>Training 1 month</b> | 800 kr |
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| <b>Subscription</b>         | 330 kr/month |
| Student · youth · pensioner | 295 kr/month |
| Daytime                     | 230 kr/month |

## One-off Rates

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| Group Workout · Spinning · Gym | 135 kr |
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| Training with Daytime pass after 3.00 PM | 75 kr |
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| Gym instruction (non-member) | 150 kr |
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| Intellectual impairments (Enkel) | 50 kr |
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| Guest with valid training pass in other F&S association | 75 kr |
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| <b>Flexible subscription</b> | 465 kr/month |
| Student · youth · pensioner  | 400 kr/month |
| Daytime                      | 365 kr/month |

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| <b>Try for a week</b> (membership fee) | 100 kr |
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| <b>Training Enkel*</b>                                   | 600 kr |
| Six months pass for those with intellectual impairments. |        |

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| <b>Membership fee</b> | 100 kr/calendar year |
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You must be a member to purchase a Training Pass.

\*Purchased at the reception

**Pass rates** are binding for the period of validity.

**Training year** Valid 1 year from purchase and can be frozen on one occasion for a maximum of 60 days for SEK 100.

**Training Sweden** Valid at all Friskis&Svette clubs throughout Sweden one year from purchase.

**Training 6 months and Seniorklubben** Valid 6 months from purchase.

**Training 3 months.** Valid 3 months from purchase.

**Training 1 month.** Valid 1 month from purchase.

**Daytime Pass** Valid for all forms of exercise and types of classes that begin at the latest 3:00 pm.

**Enkelkort** Halfyear Pass regarding Enkeljympa/Enkelspin/Enkelgym.

**Subscription** (automatic payment service). Valid until further notice. Binding for 12 months with price guarantee. Payment for the first month upon purchase. If you are under 18 your parent/guardian must take out the subscription for you.  
*Can be frozen on one occasion/year for a maximum of 60 days.*

**Flexible subscription** (automatic payment service). Valid until further notice. You can cancel after 2 months. If you are under 18 your parent/guardian must take out the subscription for you.

**Family Pass** Personal for 1 child and valid for *Familjejympa*, 2–6 years and *Familjefys*, 6–12 years. 2 adults can accompany the child at the same time. Valid for 6 months from purchase.

**A parent or guardian** must be present at the purchase and signing of exercise passes for persons under 16 years of age.