European Gymnastics

EUROGYM 2026

EUROPEAN GYM FOR LIFE CHALLENGE

PISTOIA ITALY JULY 8TH-17TH

Welcome to Pistoia Gymnastics city

EUROGYM BULLETIN #2

July 12th-16th


EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8TH-17TH

INDEX

GREETINGS 4

TECHNICAL COMMITTEE 7

OUR LOC 8

WELCOME TO PISTOIA 10

WHAT IS EUROGYM 16

PROGRAM 17

VENUES 18

APPARATUS 22

GALA 24

FUN ZONE 26

FORUM 27

WORKSHOPS 28

ACCOMMODATION 36

SERVICES 40

FLASHMOB 41

REGISTRATION AND PAYMENTS 42

GREETINGS FROM EUROPEAN GYMNASTICS PRESIDENT
EGFLC & EUROGYM



Dear Gymnastics Friends,

In 2026, the heart of Tuscany – beautiful Pistoia – will beat with the vibrant energy of Gymnastics for All. For the first time, Italy will host two unique events - the 5th European Gym for Life Challenge (July 8-11), followed by the 15th EUROGYM (July 12-17).

This historic occasion opens the door not only to celebration but also to cultural richness. Participants will have the unique opportunity to experience the Renaissance spirit by visiting nearby cities steeped in history and beauty.

During the Gymnastics for All events, the feedbackers mainly consider the overall impression, originality, technique, and diversity of the performances. Yet, beyond the technical aspects, the true essence of this movement lies in coming together – sharing friendship, communication, and purposeful leisure. I can already envision the magical atmosphere which will be created by the experienced Italian Gymnastics Federation and its dedicated Local Organizing Committee. I am confident that the passionate Italian audience will warmly welcome all participants and deeply appreciate the Organizers' efforts made in close cooperation with the Technical Committee.

In a world that changes rapidly, it is not always easy to captivate audiences. However, I am proud that we are a part of the powerful community – people who can bring joy and inspiration through a simple philosophy: "Life is beautiful in action."

I wish the best of luck to all participants and stakeholders in their preparations and contributions toward the success of these unforgettable events.

Farid Gayibov
President of the EUROPEAN GYMNASTICS

GREETINGS FROM ITALIAN GYMNASTICS FEDERATION
WELCOME TO ITALY



Dear gymnast friends from all over Europe,
the ITALIAN GYMNASTICS FEDERATION (FGI) is proud to welcome you together with the Local Organizing Committee on the occasion of the 15th EUROGYM in the enchanting city of Pistoia.

Come to Italy and live a unique experience between sport, entertainment and emotions!

EUROGYM is waiting for you to let you express your passion for gymnastics in an atmosphere of celebration, friendship and growth.

Perform on extraordinary stages, share your talent with gymnasts from all over Europe and let yourself be inspired by the magic of our country.

Discover new cultures, your limits and bring home unforgettable memories.

Italy is ready to welcome you: join us and be part of this fantastic adventure!

Andrea Facci
President of the ITALIAN GYMNASTICS FEDERATION (FGI)

GREETINGS FROM EUROPEAN GYMNASTICS
EUROGYM



Dear participants,

Welcome to Tuscany for the Eurogym 2026!

Welcome to Pistoia, a city known for its beautiful natural surroundings and historical charm.

The interest in this year's event has been incredible, with registration numbers predicting one of the largest and most vibrant Eurogym editions yet. Your enthusiasm is truly inspiring, and it motivates us to create an unforgettable experience for all of you.

The Organizing Committee is working tirelessly to ensure that every aspect of this event is perfect.

We're committed to providing the best conditions possible so that you can focus on what matters most: connecting with fellow gymnasts, showcasing your skills, and making lasting memories.

This event promises to celebrate the spirit of gymnastics and friendship among gymnasts from all over Europe.

Join us for an unforgettable experience filled with exciting performances, workshops, and cultural exchanges.

Get ready for an amazing week of gymnastics, culture, and friendship. Welcome to Pistoia!

Ricardo Lima
President of the EUROPEAN GYMNASTICS TC-GFA

GREETINGS FROM
LOCAL ORGANIZING COMMITTEE (LOC)
WELCOME TO PISTOIA



With great enthusiasm and heartfelt gratitude, I welcome you to EUROGYM 2026 - the first edition ever to be hosted in Italy. This historic milestone is not only a source of pride for our country, but also a celebration of the passion, dedication and dreams that unite us all through gymnastics.

For us in Pistoia, bringing EUROGYM to life means opening our city and our hearts to Europe. Known for its warmth, hospitality, and cultural treasures, Pistoia is ready to embrace thousands of young gymnasts and create together an atmosphere of friendship, energy and joy.

The 15th EUROGYM will be more than an event: it will be a week of movement, connection, and unforgettable memories. Each performance will be a story told through gymnastics and each encounter will strengthen the bonds that make our community so special.

We look forward to sharing this journey with you. Get ready to bring your routines, your energy, and your smiles to Pistoia, Tuscany, in July 2026. Together, we will create an unforgettable edition of EUROGYM!

Alessandra Mazzatosta
President of the LOCAL ORGANIZING COMMITTEE (LOC)



EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM

A week full of memories together!

♥

EUROPEAN GYMNASTICS

GYMNASTICS FOR ALL TECHNICAL COMMITTEE



RICARDO LIMA - PRESIDENT



REGINA BEELER - VICE PRESIDENT



EMILIANA POLINI



AGNES HARTMANN



RUSLAN EYVAZOV



LASSE HAUSER

OUR LOC
LOCAL ORGANIZING COMMITTEE

EUROGYM2026 EUROPEAN GYM FOR LIFE CHALLENGE PISTOIA ITALY JULY 8TH-17TH



LOC PRESIDENT
ALESSANDRA MAZZATOSTA



EXECUTIVE DIRECTOR
SIMONE MONACO



SCHOOLS
SALVATORE CONTE



WORKSHOPS
SONIA ANGILLETTA



CEREMONIES
FABIO GAGGIOLI



EUROPEAN GYM FOR LIFE CHALLENGE
CATIA ROSI



CITY PERFORMANCES
SILVIA TECCHI



APPARATUS
GABRIELE MATTEI



ACCREDITATION
FULVIO AGRESTA



VOLUNTEERS
PIETRO NATALICCHIO



YOUNG LEADERS
LORENZO GUIDI



INCLUSION/SUSTAINABILITY
FRANCESCA BRUNELLO

EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8-17th



MEDICAL

PIERO PAOLINI



SECURITY

IVO ANTONELLI



CATERING

SILVIA NOCI



TRANSPORTATION

SANDRO TACCONI



PROTOCOL

CRISTINA CASENTINI



FORUM

ANDREA DE GIORGIO



MARKETING

SARA CONTE



SOCIAL MEDIA MARKETING

SARA RIDOLFI



FINANCE/ ADMINISTRATION

ROBERTO BRESCI



WELCOME TO PISTOIA - ITALY

- **SURFACE: 236 SQUARE KM**
- **INHABITANTS: 88.871**
- **DENSITY: 376 INHABITANTS/SQUARE KM**

About 30 kilometers from the centre of Florence (only 25 minute by train) Pistoia and its Province are located in the **heart of Tuscany**, ideal location to reach the other famous cities in the region.

Small, easy to get around, less crowded and less expensive than the more famous destinations, **Pistoia** is a quiet and welcoming city of art: the ideal destination for slow tourism away from mass tourist itineraries.

The city and its surrounding area offer interesting and prestigious artistic itineraries, nature and gastronomy.

With a day trip you can visit cities of art and villages, you can relax at the spa, you can sunbathe on the beaches of Versilia, go skiing in Abetone or trekking in the nearby hills.

HOW TO REACH PISTOIA



BY PLANE
- International Florence Airport 30 Km
- International Pisa Airport 49 km
- International Bologna Airport 110 Km

BY TRAIN
The Central Station of Pistoia is a large railway station serving the city of Pistoia and it is located on the Florence-Lucca-Viareggio line.

BY BUS/CAR main distances from:
- **Firenze** 30 Km
- **Pisa** 50 Km
- **Bologna** 100 Km
- **Genova** 195 Km
- **Milano** 315 Km
- **Roma** 310 Km

The LOC will offer to the groups, a shuttle service with Special prices to and from the airports and train station of Pisa, Florence, Bologna, Rome and Milan.





PISTOIA
GREEN CAPITAL



6.000 HECTARES OF NURSERIES
38 MILLION PLANTS PRODUCED PER YEAR
MORE THAN 1.500 COMPANIES
SPECIMENS EXPORTED ALL OVER THE WORLD

Nurserymen, landscapers and architects from all over the world come to Pistoia to see and choose plants that are placed at the entrance to the Louvre Museum as well as in the gardens of Buckingham Palace, at the Olympic stadium in Baku and at the court of the King of Jordan.

The history of Pistoia's nurseries has its roots in the 17th century, when local agriculture began to specialize in the cultivation of ornamental and garden plants. During the nineteenth century, thanks to the growing demand for trees and shrubs for aristocratic villas and gardens, the sector experienced significant expansion. However, it was in the twentieth century that Pistoia's nurseries established themselves as national excellence, with the introduction of modern cultivation techniques and a progressive orientation towards the international market. Today Pistoia is considered the Italian capital of nursery farming, with thousands of cultivated hectares and an economy based on innovation and sustainability. The Pistoia nurseries export plants all over the world, contributing to the enhancement of urban greenery and the protection of the environment.







PISTOIA
THE PLACE TO BE IN SUMMER 2026

In 2017 Pistoia was named Italian Capital of Culture, a recognition that enhanced its extraordinary historical, artistic and cultural heritage. During the year, the city hosted numerous events, exhibitions and initiatives that highlighted its identity, from medieval tradition to contemporary art.

The title has allowed us to rediscover symbolic places such as Piazza del Duomo, the Ospedale del Ceppo, the Fabroniana Library and the Pistoia Sotterranea, as well as promoting important festivals such as the Pistoia Blues and the Dialogues on Man.

The event also encouraged tourism and the valorisation of the territory, strengthening the link between culture and economic development.

Even today, the legacy of Pistoia Capital of Culture 2017 is reflected in the cultural liveliness of the city, which continues to be a point of reference for art, music and literature in Tuscany and Italy.



PISTOIA
WHAT TO SEE (MAIN ATTRACTIONS)

Pistoia offers a mix of cultural, historical and sporting attractions that make it a fascinating destination for visitors and residents.

Piazza del Duomo – The historic heart of the city, surrounded by medieval buildings such as the Cathedral of San Zeno, the Baptistery of San Giovanni in Corte and the Palazzo dei Vescovi.

Ospedale del Ceppo – Famous for the Della Robbia frieze in polychrome ceramic, which depicts scenes of hospital life.

Church of San Bartolomeo in Pantano and Church of San Giovanni Fuorcivitas – Treasures of Pistoia Romanesque art.

Fortezza Santa Barbara – Built by the Medici, today it hosts events and shows.

Civic Museum and Palazzo Fabroni – They house important art collections and contemporary exhibitions.

Pistoia Underground – A fascinating journey beneath the city that traces its history through tunnels and ancient buildings.

San Giorgio Library – One of the most modern and active libraries in Tuscany, with numerous cultural initiatives.

Cultural events – The Pistoia Blues Festival, which attracts internationally renowned artists, and the anthropology festival Dialoghi sull'Uomo.

Pistoia combines history, art and sport in a lively context, offering attractions for all tastes.



Enjoy it!



EUROGYM20
EUROPEAN GYM FOR LIFE CHALLENGE 26
PISTOIA
ITALY JULY 8TH-17TH



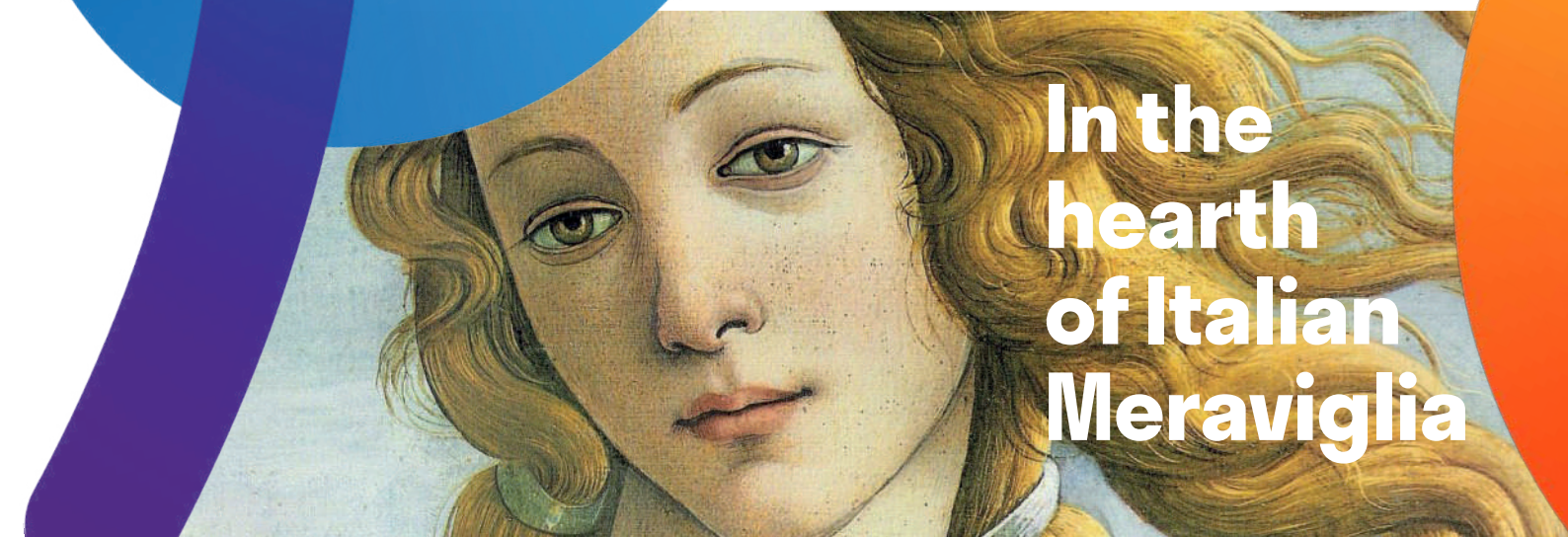
Discover Pistoia, discover Tuscany

Welcome to Pistoia Gymnastics city



Very close to Pistoia there are the most famous art towns of Italy

Love it!



In the hearth of Italian Meraviglia



Pistoia is the perfect starting point to visit all the most important and renowned resorts of our region, homeland of the Renaissance, like Florence, Pisa, Lucca, Siena and more.

Enjoy it!

Surrounded by architecture, art, wine, food, beauty and nature





WHAT IS EUROGYM?

Eurogym is an international event that brings together young gymnasts from different European countries.

It is organized by European Gymnastics and is held every two years.

Eurogym is not a competition but rather a non-competitive gymnastics festival that focuses on promoting the sport of gymnastics and fostering friendship and cultural exchange between young athletes from different countries.

The event typically includes gymnastics performances, workshops, cultural activities, and social events.

Eurogym is open to gymnasts between the ages of 12 and 18 who are members of European Gymnastics-affiliated national gymnastics federations.

The event is hosted by a different European city each time, with the host city responsible for organizing the various activities and providing accommodation and transportation for participants.

Overall, Eurogym is a great opportunity for young gymnasts to develop their skills, make new friends, and experience different cultures while promoting the sport of gymnastics at an international level.

WHO CAN ATTEND EUROGYM?

- **GYMNASTS**
- **COACHES**
- **GROUP LEADERS**
- **HEAD OF DELEGATION**

EUROGYM is open to young people aged 12 to 18 years old.

A group that has 10 participants (or more) can include younger participants (10 and/or 11 years old) and older participants (19 and/or 20 years old) according to the table below.

Coaches may not take part in a performance as gymnasts.

People without accreditation are not allowed in the schools.

PARTICIPANTS PER GROUP		# PARTICIPANTS ALLOWED THAT ARE YOUNGER AND/OR OLDER
FROM	UNTIL	
6	9	0
10	15	1
16	25	2
26	35	3
36	45	4
46	55	5
56	+ 56	6

INCLUSION

We are committed to prioritizing the inclusion of all gymnasts, regardless of ability or level of function. To support this, we are actively working to accommodate athletes with special needs.

Quiet rooms will be available in areas where large crowds or long waits are expected, providing a calm and comfortable environment when needed.

In addition, we can assist with alternative accommodation options and arrange volunteers to help with logistics, ensuring that every participant has the support needed to fully enjoy the event.

Do not hesitate to contact us with any questions regarding inclusion and facilitation.
inclusion@eurogym2026.com



EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA ITALY JULY 8TH-17TH

PROVISIONAL PROGRAM EUROGYM

	July 11th SATURDAY	July 12th SUNDAY	July 13th MONDAY	July 14th TUESDAY	July 15th WEDNESDAY	July 16th THURSDAY	July 17th FRIDAY
	NO BREAKFAST	BREAKFAST AT SCHOOLS					
Morning 7-12 am	Arrivals	Arrivals	Head of delegation Meeting ------- Workshops	Head of delegation Meeting ------- Workshops	Head of delegation Meeting ------- Workshops	Head of delegation Meeting ------- Workshops	Departures
	NO LUNCH	LUNCH					NO LUNCH
Afternoon 12 am - 6 pm	Arrivals	Orientation Meeting for HOD, Group Leaders and Gala coaches EUROGYM	City performances	City performances	City performances	Gala rehearsal	Departures
	NO DINNER	DINNER					NO DINNER
Evening 6 pm - 11 pm	Arrivals	Parade and Opening Ceremony ------- EUROGYM WELCOME PARTY	EUROGYM PARTY	Educational Forum ------- EUROGYM PARTY	EUROGYM PARTY	Gala and Closing Ceremony ------- GOODBYE PARTY	Departures

EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA ITALY JULY 8TH-17TH

MAIN VENUES
EUROGYM 2026

HEADQUARTER EXHIBITION CENTRE LA CATTEDRALE
The Main Venue will be in EXHIBITION CENTRE LA CATTEDRALE. This will be the accreditation centre and info-desk.
This will be also the catering area.

EUROGYM GALA
EUROGYM Gala will take place in STADIO MARCELLO MELANI on July 16th. The performance area will be 20x20 m.

OPENING AND CLOSING CEREMONY
The parade for the Opening Ceremony will be through the streets of Pistoia, and will end at STADIO MARCELLO MELANI with an exceptional Opening Ceremony for EUROGYM 2026.

The Closing Ceremony will be held in the STADIO MARCELLO MELANI, and will be followed by a unforgettable farewell party.

CITY PERFORMANCES - GROUPS EXHIBITION
The city performances will take place at four different stages in the main squares of Pistoia's city centre, and give the groups the opportunity to show what they have prepared at home.

All performance levels are acceptable and everybody can participate.

Each group will present their performance twice during the week.

A group has to consist of minimum 6 gymnasts, and each performance can last a maximum of 5 minutes, excluding preparation of the venue and entry and exit are not included.

Participants can visit the stages in the morning, but there will be no opportunity for rehearsals on stages before the city performances.

Stage 1: (performance area: 20 x 20 meters)
Stage 2: (performance area: 14 x 14 meters)
Stage 3: (performance area: 14 x 14 meters)
Stage 4: (performance area: 14 x 14 meters)


CITY PERFORMANCES
1. STADIO MARCELLO MELANI
2. PIAZZA DUOMO
3. PARCO MONTEOLIVETO
4. PIAZZA DELLA RESISTENZA
WORKSHOPS AREAS
1. PARCO VILLONE PUCCINI
2. PARCO DELLA RANA
HEADQUARTER
EXHIBITION CENTRE LA CATTEDRALE

VENUES

HEADQUARTER EXHIBITION CENTRE LA CATTEDRALE



PIAZZA DUOMO



STADIO MARCELLO MELANI



PARCO VILLONE PUCCINI



PARCO MONTEOLIVETO



PARCO DELLA RANA



NEW

APPARATUS AVAILABLE
AT THE DIFFERENT STAGES

APPARATUS	SIZE	QUANTITY	PICTURES
Performance area with 7 rollable mats (red) placed the same way as in the photo	14 x 14 m (7 mats)	2	
Performance area with 10 rollable mats (red) placed the same way as in the photo	14 x 20 m (10 mats)	1	
Trampette	114 x 114 cm Front Height 31/34 cm Rear Height 36.5/55 cm	4	
Trampette Open End	60x70 cm height adjustable	3	
Trapezium Foam	100 x 40 cm 100 x 80 cm	1	
Trapezium wood	140 x 75 cm H 111 cm	1	
Springboard	60 x 120 cm H 22 cm	4	
Parallel bars	Certified by the FGI	2	

Airtrack	15 x 2,8 m (30 cm thick)	1	
Airtrack	15 x 2 m (20 cm thick)	2	
Airtrack	12 x 2 m (20 cm thick)	2	
Airtrack	12 x 1,5 m (8 cm thick)	2	
Safety mats	3 x 2 m (20 cm thick)	4	
Safety mats	3 x 2 m (10 cm thick)	4	
Safety mats	2 x 2 m (10 cm thick)	4	
Landing mats	4 x 2 m (20 cm thick)	4	
School mats	2 x 1 m	12	

NEW

GALA
EUROGYM 2026

EUROGYM Gala will take place in STADIO MARCELLO MELANI on July 16th.

The performance area will be 20x20 m.

GALA THEME
The theme for the Gala Show is "The Italian Meraviglia". "Meraviglia" means wonder or awe: a feeling of amazement and admiration that arises before something extraordinary, awakening joy, curiosity, and a renewed sense of beauty.

Italy is one of the world's richest countries in terms of culture, art and beauty.

Immerse yourself in the Italian Meraviglia with us!

APPLICATION TO PERFORM AT THE EUROGYM GALA 2026
The EUROGYM GALA is a great colorful show that gives expression to the variety existing in Gymnastics for All (GfA) with the focus on creativity, entertainment and originality!

We are looking forward to celebrating an enthusiastic EUROGYM GALA with all of you! For this edition, the theme is The Italian Meraviglia.

Our goal for the EUROGYM GALA 2026 in Pistoia is to have many groups from different federations.

National Federations will receive a letter from European Gymnastics outlining the conditions for applying to register groups for the Gala.

GALA TICKETS
For now, it's still uncertain whether tickets for the Gala will be available for sale.

If they are, this will be announced in the Event Guide, as it depends on the number of participants.

The key point is that all participants are guaranteed a seat.

If there's additional space, we'll open it to the public.

EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8TH-17TH


THE ITALIAN
MERAVIGLIA

FUN ZONE
EVENING PARTY

Every night there will be a Fun Zone, organized by EUROGYM 2026's young leaders, with music, dj set and shows ensuring non-stop fun.

Different theme parties will take place each evening and we want to provide activities for every taste and activity level. Updates on the parties will be published in the EVENT GUIDE.

There will be an Italian corner with snacks, where you will get to an Italian culture more.

EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8TH-17TH



NEW

EDUCATIONAL FORUM

FROM SHAPE TO MEANING: THE BODY AS A TOOL FOR EMOTIONAL AND RELATIONAL COMMUNICATION.

The Educational Forum will be a dynamic and engaging learning experience, where coaches will exchange ideas and interact through fun motor-play activities and moments of shared reflection.

A unique opportunity to grow together while having fun, exploring the connections between body, mind, and the educational relationship.

We will invite some experts to address these issues in a dynamic way hoping to match your interest.

The Forum will have both a theoretical and a practical part.
The Forum will be led by Professor Andrea De Giorgio, kinesiologist and sport psychologist, and will focus on the use of the body as a tool to evoke emotions, making them conscious and manageable.

The Forum will take place in The City Hall and will offer an opportunity to return to that stage of life when we could only use our bodies to communicate with others.





NEW

WORKSHOPS

We will offer a wide variety of workshops throughout the week. Each group will take part in four different workshops: two assigned by the LOC and two chosen by the groups.

The workshops will take place in and around Pistoia and will include both gymnastics-related sessions and other sports and activities.

There will also be some Paralympic disciplines open to everyone, promoting an inclusive vision of sport.

Please note that changes may be made to the full list before workshop registration begins.

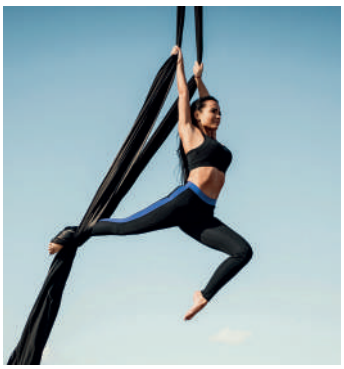
ACROBATIC GYMNASTICS

Basic elements of Acrobatic Gymnastics: static and dynamic work, with activities adapted to the participants' level.



AERIAL ACROBATICS

Silks, hoops, and trapeze for an art form that blends strength and elegant movement.



AEROBIC

Classic Aerobic Gymnastics creating varied and enjoyable routines.



ARCHERY

Develop concentration, control and stability through focused archery practice, while improving precision and coordination.



ARMOCROMIA

Activity dedicated to the relationship between sounds and colours to develop artistic sensitivity and multisensory perception.



ART OF GYMNASTICS

A basic gymnastics class that combines technique and creativity on some artistic gymnastics apparatus.



ATHLETICS

Run, jump and throw, experience the most classic of all sports disciplines.



BAREFOOT

A training session based on barefoot walking through Pistoia's parks, improving balance, body awareness and a natural connection with the ground.



BASIC ACROBATICS AND SAFE SPOTTING

Basic floor acrobatics, including exercises and activities in pairs and small groups, helps develop trust and confidence.



BASKET

Experience the excitement of basketball. Fast-paced and dynamic, this classic game combines skill, strategy and fun-filled challenges for all participants.



BLIND BASEBALL

An accessible version of baseball for visually impaired players, where the game relies on sound cues, teamwork and mutual trust.



BREAK DANCE

An acrobatic urban dance style full of floorwork, power moves and creativity, symbolizing hip-hop culture.



CALISTHENICS

Get fit, balanced, and agile with a dynamic workout emphasizing strength, control and movement.



MAJORETTE

A high-energy sport that combines baton twirling, dance, and coordinated choreography.



CHOREOGRAPHY

Creation of a choreographic sequence, particularly suitable for artistic gymnastics routines.



CLASSICAL DANCE

A workshop experience based on technique, interpretation, and expressive body language, including barre, centre, floor work and short choreographies.



CONTEMPORARY DANCE

An expressive dance style blending classical and modern elements, focused on freedom of movement and personal interpretation.



COUNTRY DANCE

Group dancing to country music, featuring rhythmic steps, smiles and a strong sense of community.



CROSS TRAINING

Varied functional movement performed at high intensity, constantly challenging time, load and body.



FIELD HOCKEY

A team sport played on grass with sticks and a ball, developing coordination, speed and a competitive spirit.



FITBALL

Throws, rolls, bounces, dribbles, above, below and with the Fit-Ball.



FLAG POLE

An acrobatic discipline performed on a vertical pole, combining strength, control and creativity in suspended positions.



FLAG WAVING

The traditional art of flag handling, with rhythmic movements that unite technical skill and a sense of timing.



FUTSAL

An indoor version of football fast, technical, and requiring quick reflexes and strong teamwork.



GAG

A fitness workout focused on toning and strengthening the lower body: legs, abs and glutes.



HIKING

A brisk hike through nature, ideal for improving physical endurance and mental well-being.



HIP HOP

An energetic and stylized urban dance born as a form of free and creative self-expression in metropolitan cultures.



ITALIAN TRADITIONAL DANCE

A folkloric dance that celebrates regional Italian traditions through music, rhythm and social connection.



JAZZ DANCE

A lively and dynamic dance that combines technique, musicality and personal interpretation on jazz and pop rhythms.



JAZZ GYMNASTICS

A harmonious activity using pop music, alternating isolation and coordination exercises, spatial movements and a short final choreography.



JUDO

A Japanese martial art teaching discipline and respect through techniques of leverage, balance and controlled falls.



JUGGLING

Juggling practice that develops concentration, rhythm, and coordination using balls, clubs or rings in motion.



KARATE

A Japanese martial art based on precise strikes and self-control, strengthening body, mind and spirit.



LAUGHTER YOGA

A practice combining yogic breathing, guided laughter, and playful actions such as singing, playing, and dancing to promote well-being, energy and joy.



MAKE UP AND MOVE UP

Useful technical suggestions for creating makeup to enrich the scenographic aspects of choreography.



MODERN DANCE

Dancing as a way to explore new forms of free and personal expression.



MOUNTAIN BIKE

Cycling through the natural trails around Pistoia combining adventure, endurance, and connection with nature.



MOVE PLAY GROOVE

Discover how your body is the instrument, exploring rhythm, body percussion, and expressive motion in an explosion of energy and connection.



MOVEMENT AND EXPRESSIVENESS

An innovative workshop to create expressive and interpretative choreography with live music.



MUSICAL JAZZ DANCE

Inspired by Broadway and London musicals, participants will create choreographies to the tunes of Grease, Mamma Mia, Dirty Dancing and Cats.



NORDIC WALKING

A tour through the city of Pistoia to explore hidden corners, squares, and monuments. An activity that combines light-hearted exercise with cultural discovery.



ORIENTEERING

Discover Pistoia! Armed with a map, and engaging both mind and body, explore the city that will host Eurogym 2026!



PADEL

A doubles racket sport that combines technique, speed and fun in an enclosed court.



PARKOUR

An urban discipline teaching how to overcome obstacles with agility, strength, and fluidity, turning space into a dynamic playground.



PASITOS

"Pasitos" in male and female style, creating a short choreography focused on body expression.



POSTURAL PILATES

A gentle workout to strengthen the core, improve posture, balance and deep breathing.



RHYTHMIC GYMNASTICS

Basic elements of Rhythmic Gymnastics, performed both freehand and with apparatus.



RUGBY

An intense and strategic team sport that combines physical strength, teamwork and respect for the opponent.



SITTING VOLLEY

An inclusive seated version of volleyball that celebrates ability, teamwork, and connection, proving that sport has no limits.



SKATEBOARD

An urban sport based on balance and creativity, featuring tricks and evolutions performed on a wheeled board.



SKATING

Roller skating in its most classic form, focusing on balance, coordination and the joy of movement on wheels.



SLACKLINE

A balance activity performed on a flat webbing suspended between two points, designed to improve focus, stability and control.



SPECIAL CHOREOGRAPHY

Would you like instant feedback on your choreography? This workshop is for you! Perform your group choreography and receive tips and new suggestions.



STRENGTH AND POWER TRAINING

Functional training through the development of interval training with active recovery using bodyweight exercises and small equipment.



TAEKWONDO

A Korean martial art based on spectacular kicks and mental discipline, strengthening both body and character.



TENNIS

One of the most classic sports, practiced individually, in pairs or small groups.



ULTIMATE FRISBEE

A team game with a flying disc (Frisbee), combining running, precise throws, and fair play in a dynamic and friendly environment.



URBAN DANCE

Urban dances arise from the soul and cultural environment of people, representing a powerful artistic expression. Among them: hip-hop, afro dance, dancehall, voguing, waacking and many more.



URBAN WALKING

A tour through the city of Pistoia to explore hidden corners, squares, and monuments. An activity that combines light-hearted exercise with cultural discovery.



VOLLEY

Enjoy the timeless sport of volleyball through exciting and engaging matches that encourage teamwork, energy and friendly competition.



WHEELCHAIR BASKET

Wheelchair basketball is a spectacular team sport that requires skill, intelligence and speed. It requires considerable physical effort.



ZUMBA

One of the most fun and engaging group activities, combining body and mind in a festive and energetic atmosphere.



ACCOMMODATION
SCHOOLS

The participants will be accommodated in schools near or in the city centre, from which they can easily reach all the event venues.

Even though Pistoia is a very safe city, all the schools will have 24 hour security.

The schools will be cleaned every day.

Each Head of Delegation is responsible for the conditions of the school where their groups stay.

It is forbidden to consume alcohol and drugs in schools grounds.

Not following the rules will have consequences.

The accreditation card will be withdrawn and the Head of Delegation is then responsible for finding a hotel room or the first flight home for the person not following the rules.

There will be clear information at the schools regarding safety and routines, and there will be an information meeting with the group leaders from each group as soon as everyone has arrived.

All participants must bring their own sleeping mattress and sleeping bag.

It will be possible to buy mattresses, blankets and pillows. More information on the next pages.

ACCOMMODATION
HOTELS



Official Hotel for EUROGYM 2026 is Hotel Villa Cappugi.
It will be possible to book hotel accommodation via the LOC on the registration platform.

For any further information:
accommodation@eurogym2026.com

Official Hotel for EUROGYM 2026

hotel
VILLA CAPPUGI
Centro Congressi Città di Pistoia



VILLA CAPPUGI

Centro Congressi Città di Pistoia



Hotel Villa Cappugi Pistoia

The new venue in Tuscany





Hotel Villa Cappugi Pistoia

The new venue in Tuscany

Hotel Villa Cappugi, thanks to its strategic location in the heart of Tuscany, is easily reachable both from the motorway A11 (Firenze Mare) and at the same time it is well connected with the airports of Firenze and Pisa. In addition, it is just 5 minutes driving from Pistoia railway station (it is possible to book free of charge the shuttle bus from/to the hotel/Pistoia railway station from 8.00 a.m. to 8.00 p.m.: service on request).

Villa Cappugi is located just outside Pistoia, at the bottom of the hills, close to downtown (only 2 km) in a position that allows guests to comfortably reach both the city's historic heart and the fantastic surrounding areas of Pistoia's Tuscan countryside.

Distances: Firenze 40 km - Lucca 45 Km - Pisa 70 km - Siena 105 km



The hotel Villa Cappugi is a new and elegant building in Tuscan style that offers wide and refined rooms with elegant and comfortable furniture. The care for details reflects our attitude towards guests: both guests and rooms are the centre of our attention. Our service will offer a relaxing and elegant atmosphere and our care will make your stay unforgettable.

hotel
VILLA CAPPUGI
Centro Congressi Città di Pistoia

We have

- 70 rooms in the hotel (classic, deluxe, junior suite) all with balcony or patio
- 4 Suites e 3 Deluxe rooms in the ancient Villa (just in front of the hotel)
- 4 rooms well equipped for people on wheelchair and reserved parking in front of the hotel
- "Collegigliato" restaurant available for lunch and dinner
- large parking for coach and cars
- big garden, outdoor pool open from June to September
- tennis court, soccer pitch, well-equipped gym
- 4 sunny lighted meeting rooms

New! From April 2025 we will have 16 brand new apartments with kitchenette and living room, that can host up to 4 people each.

Via Collegigliato, 45 – Pistoia – Italy
+39 0573-450297 • www.hotelvillacappugi.com • info@hotelvillacappugi.com

TRANSPORT
GREEN EDITION



Pistoia is a compact city and most of the venues are at walking distance from the city centre.

Transportation to the venues and schools during the event is included in the participant card.

Shuttle from/to the airport can be booked in the registration process for an additional charge (for more information and prices see additional costs page).

The Municipality of Pistoia has decided to welcome Eurogym participants arriving by bus by offering **FREE DEDICATED PARKING** for their vehicles.

Moreover you don't have to pay any check-in to go in Pistoia.

CATERING

Breakfast will be served in the schools.

Lunch and dinner will be served in HEAD QUARTER EXHIBITION CENTRE LA CATTEDRALE.

We will serve nutritious and tasty italian food and of course, there will be a vegetarian option upon request.

Please remember to check the boxes for allergies in the registration form.



SOCIALS

We are present on TikTok, Instagram and Facebook. Please follow us for regular updates and inspiration from Pistoia.

eurogym2026

NEW

FLASHMOB “ALLA SALUTE”

As always, the EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM event will have its own flashmob dance.

“Alla Salute” is an energetic and uplifting song by Italian artist Jovanotti and its title translates to “To Your Health”, a common toast in Italian culture. But the song goes beyond a simple cheer.

It’s a celebration of life, resilience, and positivity, even in the face of challenges. With its lively rhythm and joyful lyrics, Jovanotti invites us to embrace every moment, appreciate what we have, and raise a glass to the journey-whatever it brings.

The message is clear: no matter what life throws at you, choose joy, dance, and keep moving forward. It’s the perfect anthem for an event like EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM 2026, where movement, unity and celebration come together.



FOLLOW THE TUTORIAL AND LEARN THE STEPS!

www.eurogym2026.com/flash-mob

REGISTRATION

To receive further information about prices and the registration process, please contact the national gymnastics federation in your country, at the link below:

https://www.europeangymnastics.com/page/member-federations

NEW

REGISTRATION DEADLINES EUROGYM 2026

PROVISIONAL REGISTRATION JULY 13TH – NOVEMBER 13TH 2025

For the provisional registration we will ask how many groups will attend from each Federation, and how many participants there will be in each group. 10% of the participation card should be paid by December 13th, this is non-refundable.

DEFINITIVE REGISTRATION NOVEMBER 13TH 2025 – MARCH 13TH 2026

For the definitive registration the LOC will ask for a lot of details about the participants (personal but not sensitive information), travel plans, special food, diet, etc.



PAYMENTS

- **10% OF THE PARTICIPATION CARD SHOULD BE PAID BY DECEMBER 13TH, THIS IS NON-REFUNDABLE.**
- **THE REMAINING 90% FOR THE PARTICIPATION SHOULD BE FULLY PAID BY APRIL 13TH 2026.**
- **50% REFUNDABLE UNTIL MAY 13TH, 2026.**

INSURANCE

The Host Federation (FGI), the LOC and European Gymnastics shall not be held responsible for any liability in the event of accidents, illness, repatriation, or similar occurrences.

All participating groups are required to arrange their own valid insurance coverage for illness, accidents, repatriation, and any related risks for all members of their delegation. The LOC will verify proof of insurance upon accreditation.

The Head of Delegation is responsible for ensuring that each group can present either an insurance certificate or a photocopy of a valid policy. Delegates without proof of insurance coverage will not be allowed to participate in the EGFLC.

Insurance may be arranged through the participating federation's own provider or purchased in advance - or upon arrival - by the LOC at a cost of € 90,00 per person.

ORIENTATION MEETING
FOR ALL HEADS OF DELEGATION, GROUP LEADERS AND GALA COACHES

SUNDAY JULY 12TH 2026

The LOC and European Gymnastics provide important information during this meeting.

It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of € 500,00 payable to European Gymnastics.

The meeting will take place on Sunday July 12th.

DAILY MEETING
WITH THE HEADS OF DELEGATION

The participation of the Heads of Delegation is mandatory.

Unjustified failure to attend will result in a sanction against the federation of a fine of € 250,00 per meeting payable to European Gymnastics.

The daily meetings will take place at Hotel Villa Cappugi.

Are you a partner, relative or friend of an EUROGYM participant?

EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8-17TH



Looking for a place to stay?

We've got you covered!

WRITE TO
accommodation@eurogym2026.com
AND WE'LL HELP YOU FIND THE PERFECT STAY IN PISTOIA DURING THE EVENT!



EUROGYM2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8TH-17TH

NEW

PRICES

WITH SCHOOLS ACCOMMODATION



	FEE €
EGFLC	230,00
EUROGYM	320,00
EGFLC + EUROGYM	480,00

Included in the EUROGYM participation card:
- School accommodation from Saturday to Friday (6 nights)
- Breakfast from Sunday to Friday
- Lunch and dinner from Sunday to Thursday
- Entry to all ceremonies
- Participation in 4 workshops
- Two performances per team
- Fun Zone

PRICES

WITH HOTELS ACCOMMODATION



	FEE €
EGFLC	180,00 + Hotel cost
EUROGYM	250,00 + Hotel cost
EGFLC + EUROGYM	380,00 + Hotel cost

Included in the EUROGYM participation card with hotels accommodation:
- Lunch and dinner from Thursday to Saturday
- Entry to all ceremonies
- Participation in 4 workshops
- Two performances per team
- Fun Zone

Hotel cost per person in B&B treatment (daily city tax included):

CATEGORY	ROOM	EUROGYM (6 NIGHTS B&B) €	EGFLC + EUROGYM (9 NIGHTS B&B) €	EXTRA NIGHT €
3 stars HOTEL	single	513,00	769,50	85,50
	double	369,00	553,50	61,50
	triple	309,00	463,50	51,50
4 stars HOTEL	single	780,00	1170,00	130,00
	double	552,00	828,00	92,00
	triple	540,00	810,00	90,00


READY
TO LIGHT UP
PISTOIA?
Eurogym 2026
is coming!

ADDITIONAL COSTS EUROGYM 2026

DAY IN JULY	BREAKFAST	LUNCH	DINNER	ACCOMMODATION	AIRPORT TRANSFER	LOCAL TRANSPORTATION
Saturday 11th	Extra	Extra	Extra	Included	Extra	Included
Sunday 12th	Included	Included	Included	Included	Extra	Included
Monday 13th	Included	Included	Included	Included	Extra	Included
Tuesday 14th	Included	Included	Included	Included	Extra	Included
Wednesday 15th	Included	Included	Included	Included	Extra	Included
Thursday 16th	Included	Included	Included	Included	Extra	Included
Friday 17th	Included	Extra	Extra	Extra	Extra	Extra

ADDITIONAL COSTS EGFLC+EUROGYM 2026

DAY IN JULY	BREAKFAST	LUNCH	DINNER	ACCOMMODATION	AIRPORT TRANSFER	LOCAL TRANSPORTATION
Wednesday 8th	Extra	Extra	Extra	Included	Extra	Included
Thursday 9th	Included	Included	Included	Included	Extra	Included
Friday 10th	Included	Included	Included	Included	Extra	Included
Saturday 11th	Included	Included	Included	Included	Extra	Included
Sunday 12th	Included	Included	Included	Included	Extra	Included
Monday 13th	Included	Included	Included	Included	Extra	Included
Tuesday 14th	Included	Included	Included	Included	Extra	Included
Wednesday 15th	Included	Included	Included	Included	Extra	Included
Thursday 16th	Included	Included	Included	Included	Extra	Included
Friday 17th	Included	Extra	Extra	Extra	Extra	Extra

NEW

ADDITIONAL COSTS
ACCOMMODATION AND CATERING

PRICES FOR EXTRA SERVICES (UPON REQUEST):
- Extra breakfast is € 8,00 per person per day
- Extra lunch is € 14,00 per person per day
- Extra dinner is € 14,00 per person per day
- Extra night at school is € 20,00 per person per night
- Insurance provided by the LOC € 90,00 per person

SLEEPING PACKAGE is € 55,00:



Mattress: € 23,00



Cotton Blanket: € 21,00



Pillow: € 11,00

ADDITIONAL COSTS
TRANSPORTATION

SHARED SHUTTLE SERVICE from the airports listed below to and from Pistoia. Prices per person, round trip.

- Florence Airport € 40,00
- Pisa Airport € 40.00
- Bologna Airport € 50.00
- Malpensa Airport € 100.00
- Bergamo Airport € 100.00
- Fiumicino Airport € 100.00
- Genoa Airport € 68.00
- Other options on request, write to **accommodation@eurogym2026.com**

EUROGYM 2026
EUROPEAN GYM FOR LIFE CHALLENGE
PISTOIA
ITALY JULY 8TH-17TH

EUROGYM
BULLETIN #2

CONTACT

info@eurogym2026.com

eurogym2026.com

eurogym2026