



European
Gymnastics



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

Welcome to Pistoia Gymnastics city

**EUROPEAN
GYM FOR LIFE
CHALLENGE**

BULLETIN #2

July 9th-11th



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



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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 5th EUROPEAN GYM FOR LIFE CHALLENGE in the

enchanting city of Pistoia.

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

EUROPEAN GYM FOR LIFE CHALLENGE 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, explore 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 EUROPEAN GYM FOR LIFE CHALLENGE



Dear participants of the European Gym for Life Challenge,

We are delighted to welcome you to the beautiful region of Tuscany for the 2026 edition of the European Gym for Life Challenge!

The notification of interest has been truly outstanding, far exceeding our most optimistic expectations. This incredible engagement predicts a hugely successful and highly event, filled with energy, talent and passion.

The European Gym for Life Challenge has always been about more than just contest; it's about celebrating teamwork, creativity and the joy of gymnastics.

Pistoia, with its stunning natural beauty, ancient heart, and welcoming community, provides the perfect backdrop for this celebration. As you prepare for your performances, we invite you to also explore the city's hidden gems and the breathtaking landscapes of Tuscany.

The Organizing Committee is working tirelessly to ensure that every participant has an unforgettable experience, with all the conditions in place for a top-tier event. We are committed to making the European Gym for Life Challenge 2026 a resounding success for all the gymnasts who will be joining us. We look forward to welcoming you to Pistoia and creating lifelong memories together.

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 EUROPEAN GYM FOR LIFE CHALLENGE 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 EUROPEAN GYM FOR LIFE CHALLENGE 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 5th EUROPEAN GYM FOR LIFE CHALLENGE will be more than an event: it will be three days 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 EUROPEAN GYM FOR LIFE CHALLENGE!

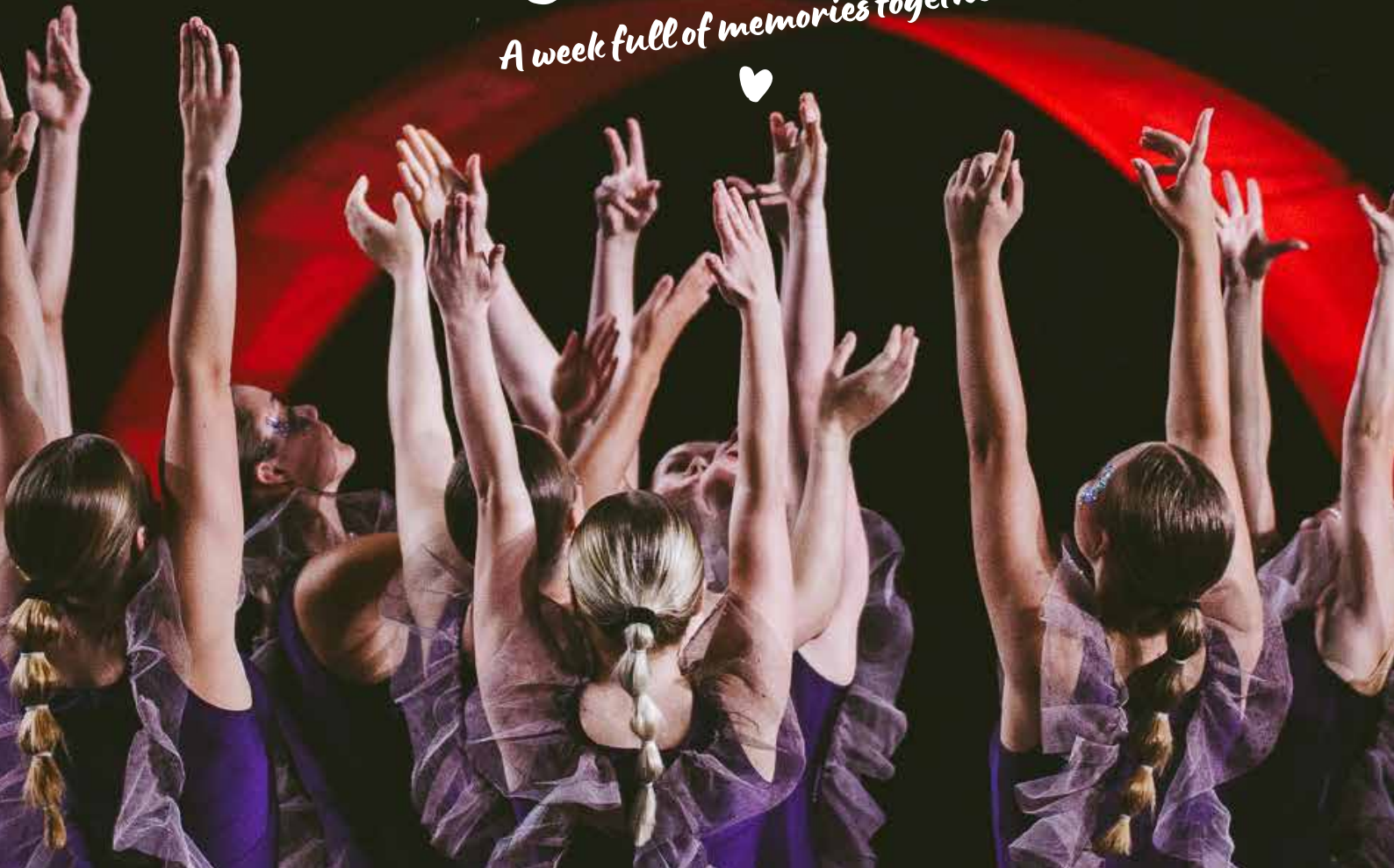
Alessandra Mazzatosta
President of the LOCAL ORGANIZING COMMITTEE (LOC)



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

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



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



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

EUROGYM2026

EUROPEAN GYM FOR LIFE CHALLENGE

PISTOIA

2026



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

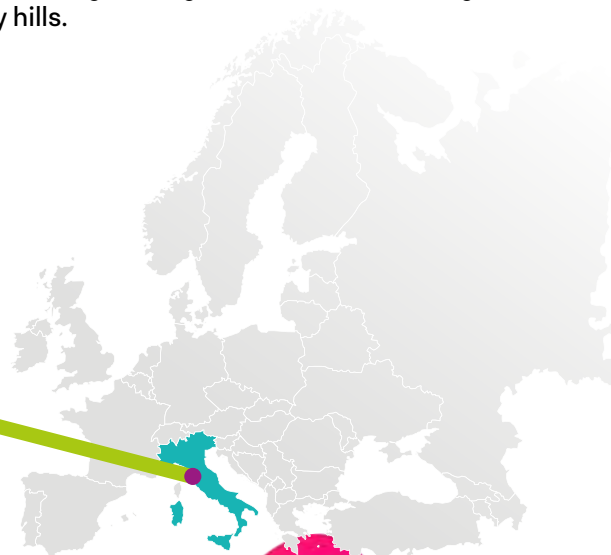
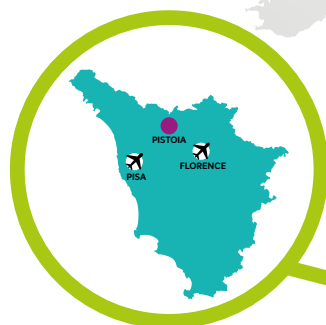
BY TRAIN

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

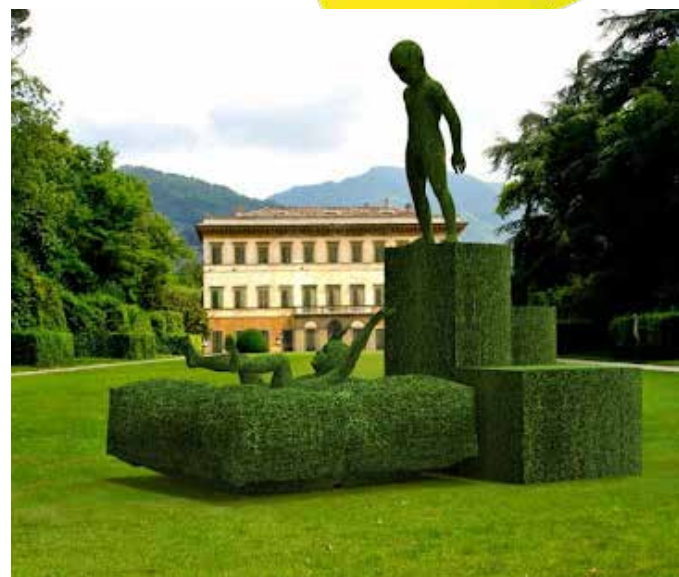
GREEN CAPITAL

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!



EUROGYM20TH
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA ITALY JULY 8-17

Discover Pistoia, discover Tuscany



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

Welcome to Pistoia Gymnastics city



Love it!

**In the
heart
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



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

WHAT IS EUROPEAN GYM FOR LIFE CHALLENGE 5TH EDITION

The EUROPEAN GYM FOR LIFE CHALLENGE is organized by European Gymnastics and is held every two years the days before Eurogym.

The EUROPEAN GYM FOR LIFE CHALLENGE will last for 1-3 days, depending on the number of groups. The Challenge is open for everyone from 12 years old and older.

Because of the high numbers of groups in the notification of interest, it was decided to plan with 3 days for Pistoia 2026 - rehearsal and contest days: Thursday 9 July, Friday 10 July and Saturday 11 July.

The TC-GFA and the LOC can take a random test during the event, and if there are participants younger than 12 years old, the group can be disqualified.

Groups consisting of a minimum of 6 gymnasts can participate in this gymnastics for all event and have their program evaluated.

The aim is to improve the quality of group performances by giving an evaluation and feedback,

including advice on how to improve.

The duration of the performance can be max. 5 minutes.

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography.

Feedback will be given directly to the coach by a skilled choreographer.

You will find more information in the EUROPEAN GYM FOR LIFE CHALLENGE Regulations at the link below:

<https://www.europeangymnastics.com/page/rules>





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

PROVISIONAL PROGRAM EUROPEAN GYM FOR LIFE CHALLENGE

	July 8 th WEDNESDAY	July 9 th THURSDAY	July 10 th FRIDAY	July 11 th SATURDAY	July 12 th SUNDAY
Morning 7-12 am	NO BREAKFAST	BREAKFAST AT SCHOOLS			
	Arrivals	HOD AND GROUP LEADERS MEETING ----- EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	Departures
Afternoon 12 am - 6 pm	NO LUNCH	LUNCH			NO LUNCH
	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	Departures
Evening 6 pm - 11 pm	NO DINNER	DINNER			NO DINNER
	Arrivals	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE	EUROPEAN GYM FOR LIFE CHALLENGE ----- EUROPEAN GYM FOR LIFE CHALLENGE PARTY	

ABOUT THE EUROPEAN GYM FOR LIFE CHALLENGE PERFORMANCES

The groups present a performance of a maximum of 5 minutes. This is the maximum performance time, entry and exit is not included. The music must not exceed 5:00 mins.

If large apparatus are used, the group may use one minute for placing and removing the equipment.

This minute is to be without music and is used ONLY for moving the equipment/apparatus. It is not considered part of the performance.

The music must be delivered to the LOC two months in advance in order to be checked for quality and duration.

All groups will get rehearsal time. The rehearsal time for each group depends on the number of groups taking part.

The Contest will take place indoor with a performance area of 20 x 30 meters in total.

CATEGORIES

The main objective of the EUROPEAN GYM FOR LIFE CHALLENGE is to improve the quality of performances.

The TC-GFA focuses on the “show effect” which means attractiveness for the spectators.

The number of categories depends on the number

of groups participants to EUROPEAN GYM FOR LIFE CHALLENGE.

The TC-GFA can change the format of categories depending on the number of registrations (e.g. large groups/small groups, etc. with or without apparatus).

EVALUATION

Each performance will be evaluated according to the following criteria:

- Entertainment value and overall impression
- Innovation and originality
- Technique, quality and safety
- Variety and diversity

All parts have equal value, up to 5 points per criteria.

The evaluation will be carried out by a panel of 4 experts who are experienced in the fields of performance, artistry, technique and choreography.

This panel is invited by the TC-GFA.

The Evaluators will be directed by a supervisor before, during and after the event.

The supervisor is appointed by the TC-GFA. Each Evaluator has a total of 20 points, 5 per criteria.

After each performance the Evaluators give the 4 scores/criteria and the total score.

All scores are given independently. The 4 scores are added (max. score is therefore 80).

FEEDBACK

The Contest will have a minimum of 3 Feedbackers, who must be experienced in choreography.

The experts giving feedback will be appointed by the TC- GfA.

The feedback includes positive points from the performance and recommendations on how the performance can be improved.

The feedback will only be given to a coach or a choreographer.

Each coach/choreographer will meet the Feedbacker in a place indicated at the Coaches/ Head of Delegation meeting.

RESULTS

The scores will be used to establish an internal ranking list which will not be distributed.

All groups receive a trophy, all gymnasts receive a medal and a diploma.

European Gymnastics will also hand out some special diplomas.

The results will be announced and the prizes will be handed out after the Contest.

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

EUROPEAN GYM FOR LIFE CHALLENGE VENUES



HEADQUARTER

EXHIBITION CENTRE LA CATTEDRALE

HEADQUARTER EXHIBITION CENTRE LA CATTEDRALE

The Head Quarter will be in EXHIBITION CENTRE LA CATTEDRALE.

This will be the accreditation centre and info-desk. This will be also the main catering area.

EUROPEAN GYM FOR LIFE CHALLENGE VENUE

The European Gym for Life Challenge will take place in PALA CARRARA (performance area 20 x 30 m, floor of oak, the ceiling is arched, 21,50 m high in the centre, 17 m high at the outer sides).

PLEASE NOTE FOR YOUR COREOGRAPHY:

Passageway to access the gym floor is 2.37 m wide x 2.30 m high.

Passageway (opening door) to access the facility from outside: 3.00 m wide x 2.95 m high.



SPORT FACILITY

PALA CARRARA SPORT HALL

REHEARSAL

The rehearsal for all groups will be in PALA CARRARA SPORT HALL.

Registered groups will be notified after the registration how many minutes the training will be, since this depends on how many groups will participate.

WARM-UP

The warm-up for the contest will be held at PALA CARRARA SPORT HALL.

Roller mats will be provided but no other equipment. There will also be toilets and mirrors available.

PALA CARRARA SPORT HALL



HEADQUARTER EXHIBITION CENTRE LA CATTEDRALE





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	

FUN ZONE

EVENING PARTY & CO.

For the first time there will be a Fun Zone for the EUROPEAN GYM FOR LIFE CHALLENGE participants, organized on Saturday 11th by EUROGYM 2026's young leaders, with music, dj set and shows.

During the EUROPEAN GYM FOR LIFE CHALLENGE there will be also some free workshops and entertaining activities to have fun.

EUROGYM 20th 17th
EUROPEAN GYM FOR
LIFE CHALLENGE 26 JULY 8th
PISTOIA ITALY





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.

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

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.

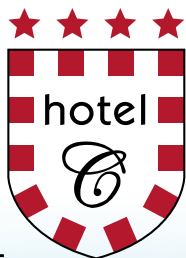
For any further information:

accommodation@eurogym2026.com



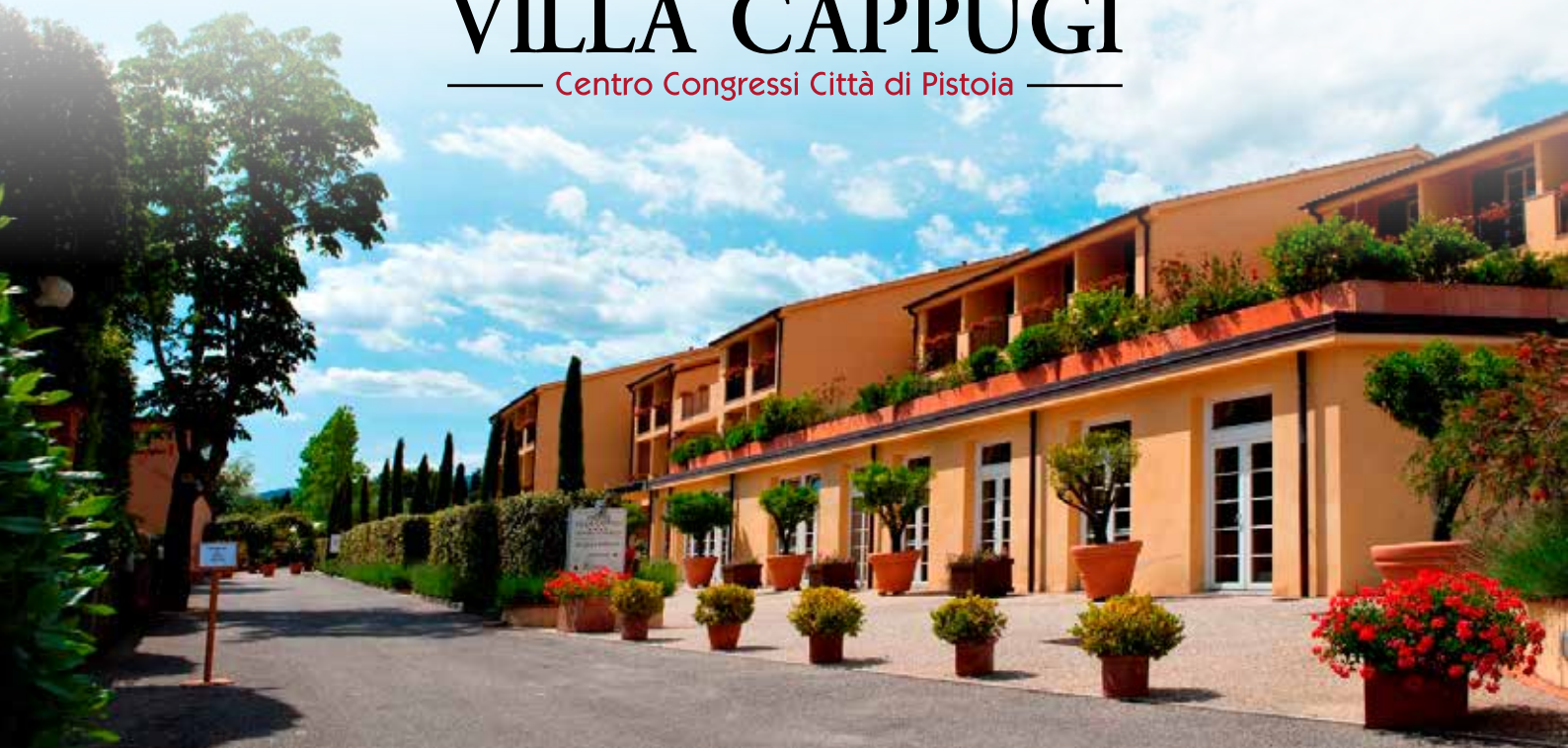
Official Hotel for EUROGYM 2026





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.



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 HEADQUARTER 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



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



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA
ITALY JULY 8-17



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>





REGISTRATION DEADLINES EUROPEAN GYM FOR LIFE CHALLENGE 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 EUROPEAN GYM FOR LIFE CHALLENGE.

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 EUROPEAN GYM FOR LIFE CHALLENGE

WEDNESDAY JULY 8TH 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 Wednesday July 8th.



**GYMNASTICS
WILL BE
EVERYWHERE!**

*Are you a partner,
relative or friend of an
EUROPEAN GYM
FOR LIFE CHALLENGE
participant?*



*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!



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



READY
TO LIGHT UP
PISTOIA?



European Gym for
Life Challenge
2026
is coming!



ADDITIONAL COSTS EGFLC 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	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

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 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

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

**EUROPEAN GYM FOR
LIFE CHALLENGE
BULLETIN #2**

CONTACT

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eurogym2026.com



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