

# WELLNESS & FITNESS

Gyms in Italy require that you have an EKG (echocardiogram) test performed, looked at and signed off by a physician.

You will need to pay out-of-pocket for the appointment and test.

## OTHER OPTIONS TO STAY FIT

Running surrounded by nature in one of the amazing roman Villas, check out:

- Villa Borghese
- Villa Pamphili
- The Acqueducts park

Check out Gym supplies:

- Basketballs
- Soccer balls
- Yoga mats

Free Basketball courts:

- Parco del Colle Oppio (Colosseum Playground)



DISCOUNTS FOR  
**SJU**  
STUDENTS AND  
CLIENT PROGRAMS



# DABLIU GYM MEMBERSHIP

## Why Join our Membership?


Invest in yourself and achieve your fitness goals with our effective gym membership packages. Unlock your fitness potential and get fit while receiving a discount.

## BENEFITS YOU CAN GAIN WITH US

- Member Discounts
- Fitness Classes
- Wellness Area
- Personal Locker
- Modern Equipment
- Shower Facilities

1 week €79, 6 weeks €150, 12 weeks €280, 18 weeks €350  
All subscriptions require a one-time €10 annual fee.

## DABLIU PRATI FITNESS CENTER

 Viale Giulio Cesare, 43, 00192 Roma RM

 <https://www.instagram.com/dabliufitnessclub/>



ONE STREET AWAY  
FROM CAMPUS

 **MORE INFORMATION**  
<https://www.dabliu.com/>

 **WHATSAPP**  
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