

HEAVY METAL ATHLETIC :: FERRUM, ARGENTUM, and AURUM at a glance

CREATON DATE: 12 AUGUST 2025

HEAVY METAL	FERRUM	ARGENTUM	AURUM	AURUM ^{PLUS}	
Access Hours	24/7/365	24/7/365	24/7/365	24/7/365	
Staffed Hours	Monday to Friday: 4pm-9pm Sa 1pm-6pm Su: 10am-3pm	M-F: 8a-11p Sa+Su 10a-6p	Mo-Su 6am-Midnight	24/7	
Contact to Gym	Online App	Phone, Fax, in Person, Online	Phone, Fax, in Person, Online	Phone, Fax, in Person, Online	
Regular Share	100%	200%	300%	400%	
Minimum Age	21	21	21 / 18	21 / 18	
Upper Age Limit	✗	✗	✗	✗	
Supervised Workout	Mandatory for Minors	Recommended	Recommended	Recommended	
Squat Station(s)	Olympic standard	Olympic standard	Olympic standard	Olympic standard	
Bench Press	Olympic standard	Olympic standard	Olympic standard	Olympic standard	
Deadlift Station(s)	Olympic standard	Olympic standard	Olympic standard	Olympic standard	
Power Rack	✓	✓	✓	✓	
50mm Discs	✓ 1¼, 2½, 5, 10, 15, 20, 25kg	✓ 1¼, 2½, 5, 10, 15, 20, 25kg	✓ 1¼, 2½, 5, 10, 15, 20, 25kg	✓ 1¼, 2½, 5, 10, 15, 20, 25kg	
50mm Mini Discs	✗	✓ 50, 100, 250, 500, 1000g	✓ 50, 100, 250, 500, 1000g	✓ 50, 100, 250, 500, 1000g	
30mm disks	✗	✗	✓ 1¼, 2½, 5, 10, 15, 20kg	✓ 1¼, 2½, 5, 10, 15, 20kg	
Plate loading Machines	✓	✓	✓	✓	
Weight Stack Machines	✗	Partial	✓	✓	
Dumbbells [max. kgs]	60 in 2(½) kg increments	60 in 2(½) kg increments	65 in 2(½) kg increments	70 in 2(½) kg increments	
Kettlebells	36 in 4 kg increments	36 in 4 kg increments	50 in 2 kg increments	50 in 2 kg increments	
Powerlifting (IPF)	✗	✓	✓	✓	
Nautilus ® Machines	✗	✗	✓	✓	
Milon ® Circuit	✗	Strenght Training	Full Training	Full Training	
Cardio Workout	Bicycles	Selection	Full Equipment	Full Equipment	
Women's Area	✗	Partial	Cardio and Gym	Cardio and Gym	
Rehab Equipment	✗	Basics	Partial	Partial	
EMS	✗	✗	Face2face 8am-10pm	Face2face 24/7	
EMS Age Limit	No EMS (>150)	No EMS (>150)	WB: 55 Partial: 70	WB: 55 Partial: 70	
Sauna Hours	✗	M-F: 10a-10p Sa+Su 12p-4p	Mo-Su 8am-10pm	24/7	
Sauna M F	✗	Regular sized Sauna for Men Extra Sauna for Women	Both Genders have Own Space	Both Genders have Own Space	
Tepidarium	✗	M-F: 10a-10p Sa+Su 12p-4p	Mo-Su 8am-10pm	24/7	
Steam Bath (Hamмам)	✗	M-F: 10a-10p Sa+Su 12p-4p	Mo-Su 8am-10pm	24/7	
Tanning	✗	✗	✗	✗	
Sun Deck	Partial	✓	✓	✓	
Waterbed Massage	✗	One device	✓	✓	
Real Aerobics	✗	M-F: 10a-10p Sa+Su 12p-4p	Mo-Su 6am-11pm	Mo-Su 5am-2am	
Cyber Aerobics	Partial	M-F: 8a-11p Sa+Su 10a-6p	Mo-Su 4am-Midnight	24/7	
Swimming Pool	✗	✗	Partial	Partial	
Boxing	✗	Partial	✓	✓	
Front Desk Service	Basics	Standard service	Full service	Complete service	
Gym can be reached by	Car, Bike, Bus, Tram	Car, Bike, Bus, Tram	Car, Bike, Bus, Tram	Car, Bike, Bus, Tram	
Contracts	All Variants	All Variants	All Variants	All Variants	
Grace Time to cancel	One week	Two weeks	Three weeks	Four weeks	
Cancel Contract with...	4 week notice	4 week notice	2 week notice	2 week notice	
Interrupt contract up to...	12 calendar months	12 months	53 weeks	366 days	
Locker Room(s)	✓	✓	✓	✓	
Restroom(s) M F	1 2	2 3	3 4	4 5	
Shower(s) M F	3 3	4 4	5 5	6 6	
Hot Drinks	✗	Coffee / Tea	Coffee, Tea, Hot Chocolate	Wide Selection	
Cold Electrolyte Drinks	Mineral Water Fountain	Cherry, Lemon	Several (5+) Flavors	Wide Selection (9+)	
Protein Shakes	✗	Vanilla, Chocolate	Several (5+) Flavors	Wide Selection (9+)	
Amenities	The Good Feeling after a great Workout	Towel Service	Phone Calls and Text	Locker for Rent	
Gyms included in contract	1	2	Same ZIP code area	Same ZIP and City	
Mr(s). Metal (Robot)	Planned from 2090	Planned from 2070	Planned from 2050	Planned from 2030	
WiFi TV E-M@IL	✓ ✗ ✗	✓ ✗ ✗	✓ ✓ ✓	✓ ✓ ✓	
Medical Doctor on Site	✗	✗	Independent Doctor nearby	In House 8am - 4pm	
Smoking in the Gym	<u>Never</u> (indoors and outdoors)	<u>Never</u> (indoors and outdoors)	<u>Never</u> (indoors and outdoors)	<u>Never</u> (indoors and outdoors)	
DFB2000	✓	✓	✓	✓	
MMX MMX ^{PLUS} MML	✓ ✓ ✗ MML from 2045	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	
Barrier-Free	✓	✓	✓	✓	
Extra Easy Access for Handicapped Persons	Partial	✓	✓ certified	✓ certified	
Heavy Kwanzaa	✓	✓	✓	✓	
Pets allowed in Gym	✗	✗	✗	✗	
Chapel on Site	✗	✗	✗	Small Cabinet	
Languages spoken	Local (some English)	Local, English, Spanish	Western; Arab, Mandarin	Western; Arab, Mandarin	
Private Locker Room	✗	✗	3	5	
Centurio Status	The day (s)he turns 100	The Month (s)he turns 100	The year (s)he turns 100	The day (s)he turns 99	
Air Condition	Partial	✓	✓	✓	
Inclusions	✗	Ferrum	Argentum	Aurum (1)	
Chart works for ... as well	BASIC / partly REGULAR IRON / partly BRONCE	partly REGULAR V.I.P. partly ROYAL partly BRONCE SILVER partly GOLD	partly ROYAL DIAMOND partly GOLD PLATINUM	partly ROYAL DIAMOND partly GOLD PLATINUM	also valid for REHAB Gyms