

Good to know before you start:

Classic gyms are organized in five equipment levels (Iron, Bronze, Silver, Gold, Platinum) and five service levels (Basic, Regular, V.I.P., Royal, Diamond). Classic gyms do not offer 24/7/365 access.

Next Generation Gyms (NGG) are organized in and and gyms. See the MENU area for more information. The gyms open 24/7/365. Next Generation Gyms are the regular MMX^{PLUS} standard.

Tanning is not available. No more tanning beds in the gyms after 2011.

The regular minimum age is 21 years. Your share includes access to one (1) gym on a monthly base any time you want. The is the regular amount a regular member pays with regular service and regular access. The individual share can be lower or higher depending on options you include or exclude. Consult a medical doctor if you start for the first time or after a long break or if you are 55 or older. No smoking indoors and outdoors. No alcoholic drinks. Zero drugs.

HEAVY METAL ATHLETIC offers an ultra wide variety of options. Not every option is available in every gym. Gyms can be visited and used for free 12/24 thru 1/1 each year.