

1 DAY



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Earn Your Shower!



Musclomania Gym - ALMANCIL



5€



NAME:

DATE:

For further information and gym directions please visit: www.almancil-hostel.com
(downloads) OR scan the QR Code Reader above.

STAFF: _____




www.almancil-hostel.com

Musclomania Gym



GYM RULES

1. NO EGO
2. TRAIN HARD
3. LIFT HEAVY
4. STAY HUMBLE



Receipt? Please contact the gym reception!

Show your *Day Pass* at the Gym Reception please.

- 1- No **Sweat Towel**? No workout! Rent a towel at the gym if necessary!
- 2- Sauna? The Day Membership Pass **doesn't include** the usage of the **Sauna** in the gym. If you would like to use it after working out please let the reception know and pay for it in advance.
- 3- **Bottled Water**? Bring your own or buy some water at the gym!
- 4- **Workout Gear**? Suitable workout gear must be worn inside the gym. Jeans or flipflops are not allowed in the gym.
- 5- Weights must be replaced after use.
- 6- **You won't get a personal trainer but you'll get some gym staff member to help and assist you if you need.** Don't be shy, and be nice to everyone in the gym as well.

Gym Location

(Click on the link below to open **GOOGLE MAPS**!)

[GOOGLE MAPS - WALK FROM HOSTEL TO THE GYM](#)



[Musclomania Gym - Facebook](#)

