



European
Gymnastics



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

Welcome to Pistoia Gymnastics city

**EUROGYM
BULLETIN #1**

July 12th-16th

GREETINGS FROM EUROPEAN GYMNASTICS EUROGYM



Dear participants,

We are thrilled to welcome you to the beautiful city of Pistoia, Italy, for EUROGYM 2026!

This event promises to celebrate the spirit of gymnastics and friendship among gymnasts from all over Europe.

Join us for an unforgettable experience filled with exciting performances, workshops, and cultural exchanges.

Enjoy the Art, the Nature, the History and the beauty of Tuscany, alongside with the sport that you love, GYMNASTICS.

Let's make incredible memories together and showcase the talents and dedication that define gymnastics in Europe!

Welcome to Pistoia and to the EUROGYM 2026!

Ricardo Lima

President of the EUROPEAN GYMNASTICS TC-GFA

GREETINGS FROM THE LOCAL ORGANIZING COMMITTEE (LOC) WELCOME TO PISTOIA



Dear gymnastics friends from across Europe, it is with immense pride and joy that I serve as President of the Local Organizing Committee for EUROGYM 2026, an event that will mark a historic first experience for Italy.

Hosting Europe's premier "Gymnastics for All" event is not only an honor but the realization of a dream born from years of dedication, training, and organizing competitions and exhibitions.

To me and to all the members of the local organizing committee it represents the fulfillment of a dream and of a very long work that lasted years spent in the gym following the training and organizing

competitions and exhibitions.

Pistoia is a city of warmth, hospitality, and vibrant culture.

Its people are looking forward to welcoming young gymnasts from all over Europe and sharing a week of celebration, unity and unforgettable experiences.

I can hardly contain my excitement to welcome each and every one of you to the 15th EUROGYM.

So, mark your calendars, perfect your routines, and get ready for an extraordinary journey in Pistoia, Tuscany, Italy, in July 2026, a gymnastics experience like no other!

Alessandra Mazzatosta

President of the LOCAL ORGANIZING COMMITTEE (LOC)

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 15th EUROGYM in the enchanting city of Pistoia.

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

EUROGYM 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, overcome 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)



Enjoy it!



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

WHAT IS EUROGYM?

Eurogym is an international event that brings together young gymnasts from different European countries.

It is organized by European Gymnastics and is held every two years.

Eurogym is not a competition but rather a non-competitive gymnastics festival that focuses on promoting the sport of gymnastics and fostering friendship and cultural exchange between young athletes from different countries.

The event typically includes gymnastics performances, workshops, cultural activities, and social events.

Eurogym is open to gymnasts between the ages of 12 and 18 who are members of European Gymnastics-affiliated national gymnastics federations.

The event is hosted by a different European city each time, with the host city responsible for organizing the various activities and providing accommodation and transportation for participants.

Overall, Eurogym is a great opportunity for young gymnasts to develop their skills, make new friends, and experience different cultures while promoting the sport of gymnastics at an international level.

WHO CAN ATTEND EUROGYM?

- **Participants**
- **Coaches**
- **Group leaders**
- **Head of delegation**

EUROGYM is open to young people aged 12 to 18 years old.

A group that has 10 participants (or more) can include younger participants (10 and/or 11 years old) and older participants (19 and/or 20 years old) according to the table below.

Coaches may not take part in a performance as gymnasts.

Guests that don't have an accreditation are not allowed in the schools.

| PARTICIPANTS PER GROUP | | # PARTICIPANTS ALLOWED THAT ARE YOUNGER AND/OR OLDER |
|------------------------|-------|--|
| FROM | UNTIL | |
| 6 | 9 | 0 |
| 10 | 15 | 1 |
| 16 | 25 | 2 |
| 26 | 35 | 3 |
| 36 | 45 | 4 |
| 46 | 55 | 5 |
| 56 | 56 | 6 |

EUROPEAN GYMNASTICS

GYMNASTICS FOR ALL TECHNICAL COMMITTEE



RICARDO LIMA - PRESIDENT



REGINA BEELER - VICE PRESIDENT



EMILIANA POLINI



AGNES HARTMANN



RUSLAN EYVAZOV



LASSE HAUSER

THE LOC LOCAL ORGANIZING COMMITTEE

EUROGYM2017
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA
ITALY JULY 8th-17th

LOC PRESIDENT

ALESSANDRA MAZZATOSTA

EXECUTIVE DIRECTOR

SIMONE MONACO

CEREMONIES

FABIO GAGGIOLI

GYM FOR LIFE CHALLENGE

CATIA ROSI

WORKSHOPS

SONIA ANGILLETTA

CITY PERFORMANCES

SILVIA TECCHI

APPARATUS

GABRIELE MATTEI

VOLUNTEERS

PIETRO NATALICCHIO

FUNZONE

FEDERICO OGGIONI

CATERING

SILVIA NOCI

SCHOOLS

SALVATORE CONTE

SECURITY/MEDICAL

IVO ANTONELLI

ACCREDITATION

FULVIO AGRESTA

FORUM

ANDREA DE GIORGIO

MARKETING

SARA CONTE

SOCIAL MEDIA MARKETING

SARA RIDOLFI

FINANCE/ ADMINISTRATION

ROBERTO BRESCI

INCLUSION/SUSTAINABILITY

FRANCESCA BRUNELLO

TRANSPORTATION

SANDRO TACCONI

EUROGYM2026 EUROPEAN GYM FOR LIFE CHALLENGE PISTOIA

15th EDITION

WELCOME TO PISTOIA-ITALY

- SURFACE: 236 SQUARE KM
- INHABITANTS: 88.871
- DENSITY: 376 INHABITANTS/SQUARE KM

About 30 kilometers from the center 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

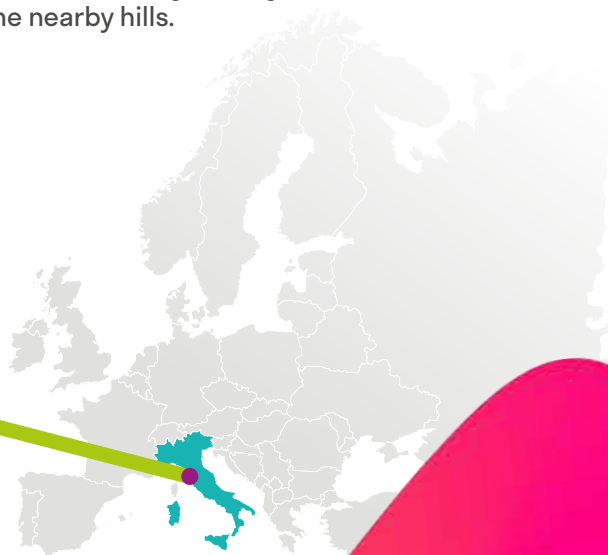
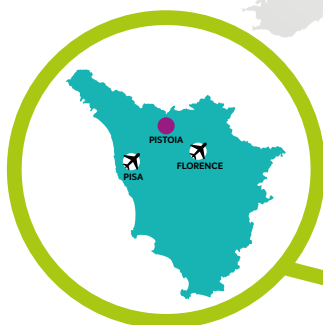
BY TRAIN

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/AUTO 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.

However, it was in the 20th 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.



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





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 valorization of the territory, strengthening the link between culture and economic development.

Even today, the legacy of Pistoia Capital of Culture 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.

PROVISIONAL PROGRAM EUROGYM

| | July 11 th SATURDAY | July 12 th SUNDAY | July 13 th MONDAY | July 14 th TUESDAY | July 15 th WEDNESDAY | July 16 th THURSDAY | July 17 th FRIDAY |
|---------------------------|-----------------------------------|--|--|--|--|--|---------------------------------|
| Morning 7-12 am | NO BREAKFAST | BREAKFAST AT SCHOOLS | | | | | |
| | Arrivals | Arrivals | Head of delegation Meeting ----- Workshops | Head of delegation Meeting ----- Workshops | Head of delegation Meeting ----- Workshops | Head of delegation Meeting ----- Workshops | Departures |
| | NO LUNCH | LUNCH | | | | | NO LUNCH |
| Afternoon 12 am - 6 pm | Arrivals | Orientation Meeting for HOD, Group Leaders and Gala coaches EUROGYM | City performances | City performances | City performances | EG Gala rehearsal | Departures |
| Evening 6 pm - 11 pm | NO DINNER | DINNER | | | | | NO DINNER |
| | Arrivals | Parade and Opening Ceremony ----- EUROGYM WELCOME PARTY | EUROGYM PARTY | Educational Forum ----- EUROGYM PARTY | EUROGYM PARTY | EG Gala and Closing Ceremony ----- GOODBYE PARTY | Departures |

VENUES

HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE

The Main Venue will be in EXHIBITION CENTER LA CATTEDRALE. This will be the arena for accreditation and info-desk.

This will be also the catering area.

EUROGYM GALA

EUROGYM Gala will take place in MARCELLO MELANI STADIUM on July 16th. The performance area will be 20x20m, and the roller mats will be 14x20m.

We will announce the theme for the Gala in the Bulletin #2.

OPENING AND CLOSING CEREMONY

The parade for the Opening Ceremony will be through the streets of Pistoia, and will end at MARCELLO MELANI STADIUM with an exceptional Opening Ceremony for EUROGYM 2026.

The Closing Ceremony will be held in the MARCELLO MELANI STADIUM, and will be followed by a unforgettable farewell party.

CITY PERFORMANCES - GROUPS EXHIBITION

The city performances will take place at three different stages in the main squares of Pistoia's city center, and give the groups the opportunity to show what they have prepared at home.

All performance levels are acceptable and everybody can participate.

Each group will present their performance twice during the week.

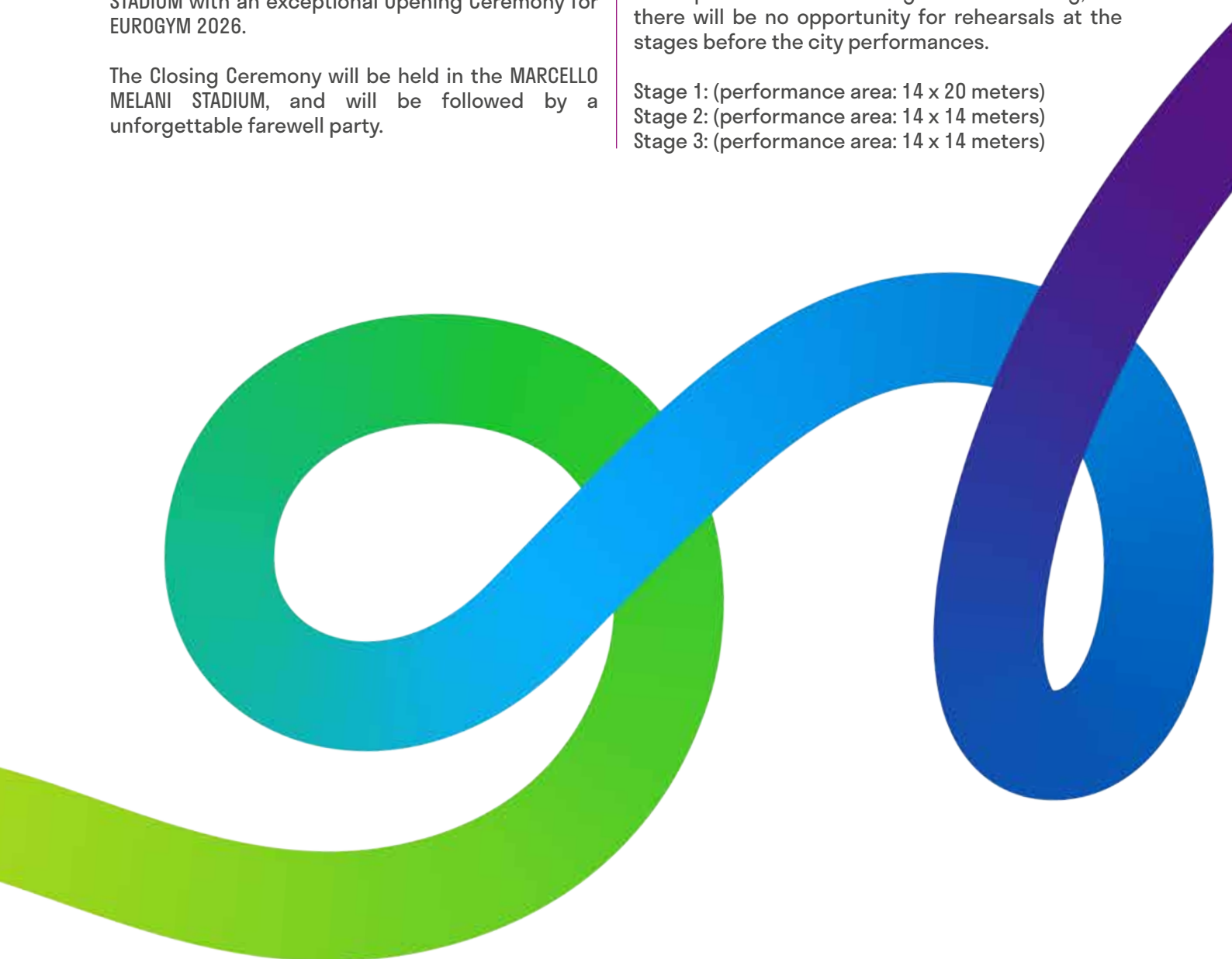
A group has to consist of minimum 6 gymnasts, and each performance can last a maximum of 5 minutes, excluding preparation of the venue and marching in and out.

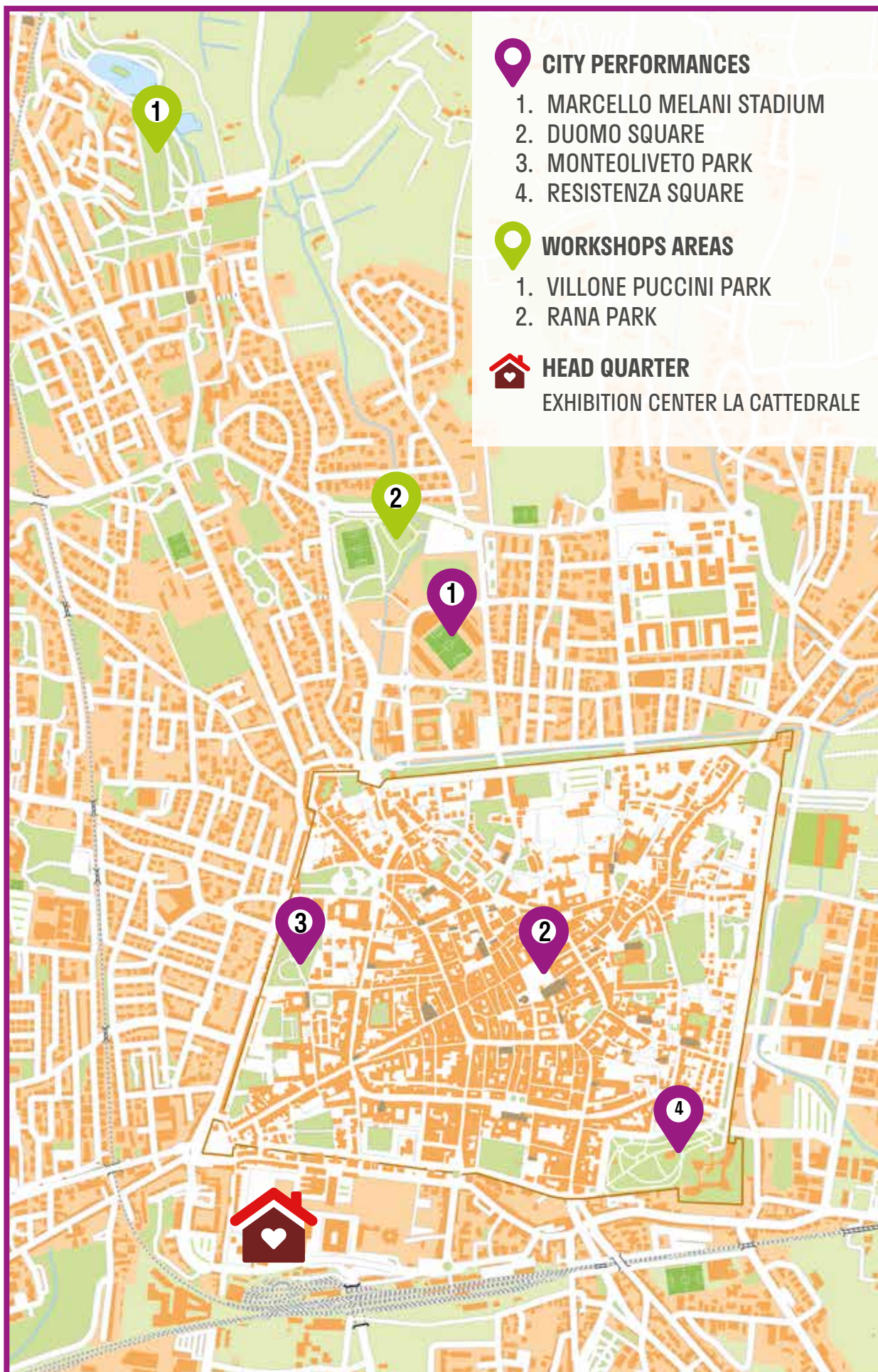
Participants can visit the stages in the morning, but there will be no opportunity for rehearsals at the stages before the city performances.

Stage 1: (performance area: 14 x 20 meters)

Stage 2: (performance area: 14 x 14 meters)

Stage 3: (performance area: 14 x 14 meters)





CITY PERFORMANCES

1. MARCELLO MELANI STADIUM
2. DUOMO SQUARE
3. MONTEOLIVETO PARK
4. RESISTENZA SQUARE



WORKSHOPS AREAS

1. VILLONE PUCCINI PARK
2. RANA PARK



HEAD QUARTER

EXHIBITION CENTER LA CATTEDRALE

VENUES

HEAD QUARTER EXHIBITION CENTER LA CATTEDRALE



DUOMO SQUARE



MARCELLO MELANI STADIUM



VILLONE PUCCINI PARK



MONTEOLIVETO PARK



RANA PARK



APPARATUS PROVISIONAL LIST

Following apparatus will be available at the stages.



- AIRTRACK
- FLOOR MATS - ROLL UP
- TRACKS
- LANDING AREA TEAMGYM
- LANDING MATS
- PEGASUS

- ROLLER MATS
- SAFETY MATS
- SPRINGBOARD
- TRAMPETTE – OPEN INCL
REAR GUARD

- TRAMPETTE – TEAMGYM
INCL. REAR GUARD
- TRAPEZIUM – FOAM
- VAULT RUNWAY



More information and pictures of all the apparatus will be provided in Bulletin #2.
If you have any questions or special needs regarding apparatus, please don't hesitate to contact us.

mail to: info@eurogym2026.com

WORKSHOPS

PROVISIONAL LIST

We will provide a lots of different workshops during the week, and all groups will be provided with four different workshops. This is the provisional list with workshops that we want to provide. Changes might be done to the complete list before the registration for workshops begins.

DANCE

AERIAL DANCE
BODY PERCUSSIONS
BREAK DANCE
CHEERLEADING
COUNTRY DANCE
FLAG POLE
HIP HOP
ITALIAN TRADITIONAL DANCE
JAZZ GYMNASTICS
MODERN DANCE
ZUMBA

MARTIAL ARTS

KARATE
JUDO
TAEKWONDO

GYMNASTICS

ACROBATIC GYMNASTICS
ARTISTIC GYMNASTICS
PARKOUR
RHYTHMIC GYMNASTICS
SPECIAL COREOGRAPHY
TEAM GYM
TRAMPOLINE

EXPRESSIVE ACTIVITIES

FLAG WAVING
HAIR AND MAKE UP

NATURAL SPORT

ARCHERY
HIKING
MOUNTAIN BIKE
NORDIC WALKING
ORIENTEERING
ULTIMATE FRISBEE

SPORT GAMES

AEROBIC
ATHLETICS
BASKET
BUBBLE FOOTBALL
CALISTHENICS
CROSS-FIT
FIELD HOCKEY
FITBALL
FUNCTIONAL TRAINING
FUTSAL
GAG
JUGGLING
LAUGHT YOGA
PADEL
PILATES
RUGBY
SKATING
SLACKLINE
TENNIS
VOLLEY



FUNZONE

EVENING PARTIES

Every night there will be a FunZone, organized by EUROGYM 2026's young leaders.

Different theme parties will happen each evening, and we want to provide activities for every taste and activity level.

There will be a Italian corner with snacks, where you will get to know the Italian culture more.

More informations on Bulletin #2.



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



EDUCATIONAL FORUM

The LOC is working on some challenging topic suggestions for the FORUM.

These are some topics we would like to propose for:

- **GYMNASTICS PSYCHOLOGY AND MENTAL PERFORMANCE COACHING.**
- **EMOTIONAL MANAGEMENT IN GYMNASTICS, TECHNIQUES AND STRATEGIES FOR GYMNASTS AND COACHES.**

We will invite some experts to address these issues in a dynamic way hoping to match your interest.

The FORUM will have both a theoretical and a practical part.

More informations on Bulletin #2.



ACCOMMODATION SCHOOLS

The participants will be accommodated in schools near or in the city center, 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.

It will be possible to buy mattresses (more infos and prices will be provided in Bulletin #2).

Each HoD 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.

EUROGYM20
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PISTOIA ITALY JULY 8-17th

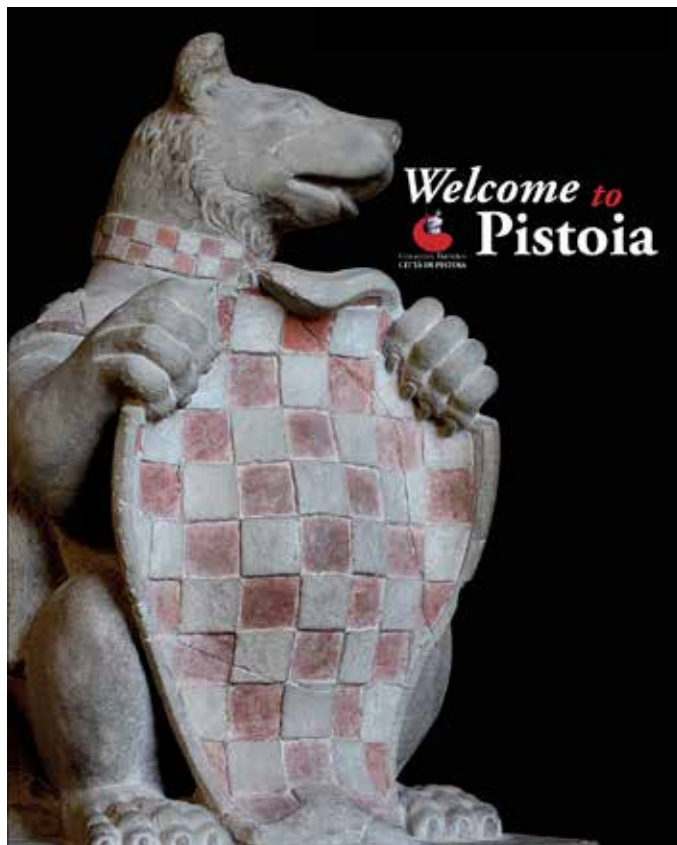
- **WALKING DISTANCE FOR WORKSHOPS AND EXHIBITION AREAS**
- **10/15 PEOPLE PER CLASSROOM, WITH SANITARY FACILITIES**
- **BREAKFAST SERVED AT EACH SCHOOL**
- **24 HOUR VIGILANCE SECURITY SERVICE AT SCHOOL**
- **ALL SCHOOLS ARE INSPECTED BY THE FIRE AUTHORITIES**
- **ALL PARTICIPANTS MUST BRING THEIR OWN SLEEPING MATTRESS AND SLEEPING BAG**

ACCOMMODATION

HOTELS

Some of the Hotels selected for the event:

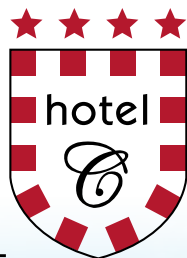
HOTEL VILLA CAPPUGI
HOTEL VILLA GIORGIA
HOTEL VILLA LE PANCHE
HOTEL PALAZZO 42
HOTEL BATTISTERO
HOTEL AGRITURISMO SAN ROCCO
HOTEL PATRIA
HOTEL AGRITURISMO TORREGHIOTTA
HOTEL BORGO ANTICO CASALBOSCO
HOTEL & SUITES PALAZZO 42
HOTEL VILLA PARRI
HOTEL FRANCESCHI
HOTEL MILANO
HOTEL VILLA PUCCINI



VILLA CAPPUGI
— Centro Congressi Città di Pistoia —

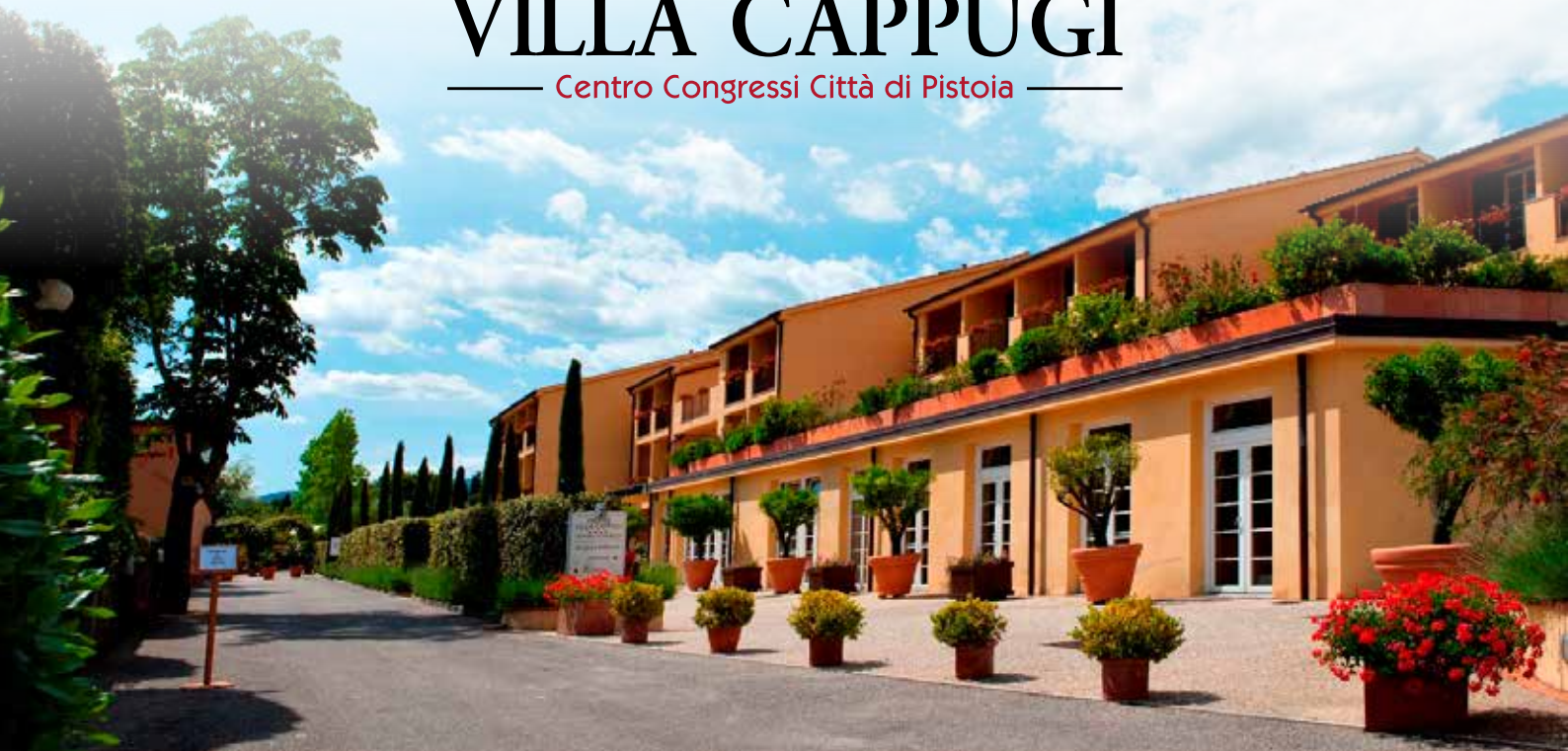
**Official Hotel for
EUROGYM 2026**





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 in walking distance from the city center.

Transportation to the venues, workshops and schools during the event is included in the participant card.

Shuttle from/to the airport will be possible to order in the registration process for an additional charge.



CATERING

The breakfast will be served in the schools.

Lunch and dinner will be served in HEAD QUARTER EXHIBITION CENTER 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, Italy.



eurogym2026



eurogym2026



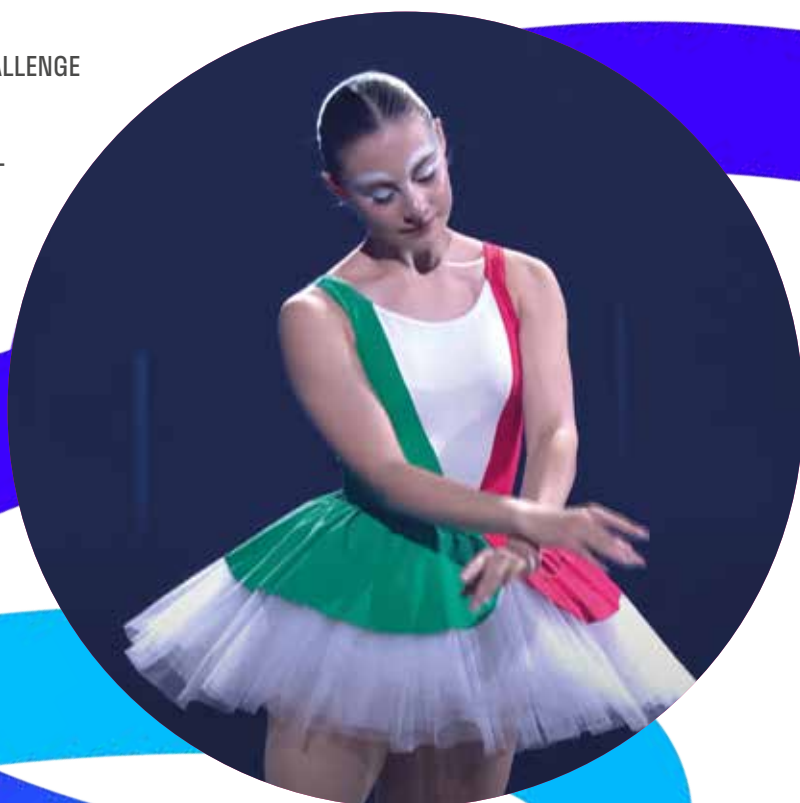
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FLASHMOB

As always, the EUROGYM & EUROPEAN GYM FOR LIFE CHALLENGE event will have it's own flashmob dance.

The flashmob will be released on July 10th 2025 - one year before the event.

So stay tuned in all of our channels!



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

**EUROGYM
BULLETIN #1**

CONTACT

info@eurogym2026.com

eurogym2026.com



[eurogym2026](https://www.tiktok.com/@eurogym2026)