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

CRFEATION DATE 2026-10-26 | UPDATED VERSION

HEAVY METAL	FERRUM	ARGENTUM	AURUM
ACCESS HOURS	**24/7**	**24/7**	**24/7**
STAFFED HOURS	Monday to Friday: 4pm-9pm Sa 1pm-6pm Su: 10am-3pm	M-F: 8a-11p | Sa+Su 10a-6p	42 ... 168 hours/week depending on AURUM 25 ... 100
AURUM VARIANTS	n/a	n/a	AURUM 25 | 30 | 35 | 40 | 45 |50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100
CONTACT TO GYM	Online | App	Phone, Fax, in Person, Online	Phone, Fax, in Person, Online
REGULAR SHARE	100%	200%	400%
MINIMUM AGE	21	21	21 | 18
UPPER AGE LIMIT	✘	✘	✘
SUPERVISED WORKOUT	Mandatory for Minors	Recommended	Recommended
SQUAT STATION(S)	Olympic standard	Olympic standard	Olympic standard
BENCH PRESS	Olympic standard	Olympic standard	Olympic standard
DEADLIFT STATION(S)	Olympic standard	Olympic standard	Olympic standard
POWER RACK	Olympic standard	Olympic standard	Olympic standard
HVPC HGH VERSATILITY POWER CAGE	✘	✔	✔
MVPC MAXIMUM VERSATILITY POWER CAGE	✘	✔	✔
50mm DISKS	✔ 1¼, 2½, 5, 10, 15, 20, 25kg	✔ 1¼, 2½, 5, 10, 15, 20, 25kg	✔ 1¼, 2½, 5, 10, 15, 20, 25kg
50mm MINI DISKS	✘	✔ 50, 100, 250, 500, 1000g	✔ 50, 100, 250, 500, 1000g
PLATE LOADED MACHINES	✔	✔	✔
WEIGHT STACK MACHINES	✘	Partial	✔
DUMBBELLS [kg]	**70** in 2(½) kg increments	**70** in 2(½) kg increments	**70** in 2(½) kg increments
KETTLEBELLS	**36** in 4 kg increments	**50** in 4 kg increments	**50** in 2 kg increments
POWERLIFTING (IPF)	✘	✔	✔
NAUTILUS ® MACHINES	✘	✘	✔
MILON ® CIRCIUT	✘	Strength Training	Full Training
CARDIO WORKOUT	Bicycles and Treadmill	Selection	Full Equipment
CARDIO DEPARTMENT	✘	✘	✔
WOMEN'S AREA	✘	Partial	Cardio and Gym
REHAB DEPARTMENT	✘	✘	✔
REHAB EQUIPMENT	✘	Selection	Full Equipment
PRESCRIPTION ACCEPTED	✘	✔	✔
MEDICAL DOCTOR ON SITE	✘	Independent Doctor nearby	✔
EMS	✘	✘	Face2Face
EMS AGE LIMIT	n/a	✘	Whole Body EMS: 65 Partial EMS appl.: 80
SAUNA HOURS	✘	M-F: 10a-10p | Sa+Su 12p-4p	During Service Hours, up to 24/7
SAUNA M | F	✘	Regular sized Sauna for Men Extra Sauna for Women	Both Genders have Own Space
TEPIDARIUM	✘	M-F: 10a-10p | Sa+Su 12p-4p	During Service Hours, up to 24/7
STEAM BATH (HAMMAM)	✘	M-F: 10a-10p | Sa+Su 12p-4p	During Service Hours, up to 24/7
TANNING ON SITE	✘	✘	✘
EXTERNAL TANNING STUDIO	(see yellow pages)	Often nearby; independent	Often nearby; independent
SUN DECK	Partial	✔	✔
WATERBED MASSAGE	✘	1 device	✔
REAL AEROBICS	✘	M-F: 10a-10p | Sa+Su 12p-4p	During Service Hours, up to 24/7
CYBER AEROBICS	Partial	6a-10p	24/7
SWIMMING POOL	✘	6a-10p	During Service Hours, up to 24/7
BOXING	✘	Partial	✔
FRONT DESK SERVICE	Basic Service	Standard Service	Complete service
GYM CAN BE REACHED BY	Car, Bike, Bus, Tram	Car, Bike, Bus, Tram	Car, Bike, Bus, Tram
STANDARD CONTRACT	1 Month	1 Month	1 Month
INITIAL CONTRACT TERMS	1 / 3 / 6 / 12 / 18 / 24 Months	1 / 3 / 6 / 12 / 18 / 24 Months	1 / 3 / 6 / 12 / 18 / 24 Months
CONTRACT OPTIONS	Mandatory Variants	All Variants	All Variants
GRACE TIME TO CANCEL	1 week	2 weeks	4 weeks
CANCEL CONTRACT	4 week notice (on auto-renewal)	2 week notice (on auto-renewal)	1 week notice (on auto-renewal)
INTERRUPT CONTRACT	Up to 12 Calendar Months	Up to 12 Months	Up to 366 days
TIME CARDS	✔	✔	✔
LOCKER ROOMS	✔	✔	✔
PRIVATE LOCKER ROOMS	✘	✘	✔
RESTROOMS M | F	✔	✔	✔
SHOWERS M | F	✔	✔	✔
WATER FOUNTAIN	✔	✔	✔
HOT DRINKS	✘	Coffee / Tea	Coffee / Tea / Hot Chocolate
COLD ELECTROLYTE DRINKS	✘	Cherry; Lemon	Wide Selection
PROTEIN SHAKES	✘	Vanilla; Chocolate	Wide Selection
AMENITIES	The good feeling after a great workout	Towel Service and Phone calls	Towel Service and Phone calls/text
MERCHANDISES	✘	✘	✔
SUPPLEMENT SHOP	✘	✔	✔
ONLINE SHOP	✘	✔	✔
GYMS INCLUDED IN CONTRACT	1 plus optional Twin Gym	Same ZIP	Same ZIP and City
Mr(s). Metal (Robot)	Planned from 2080	Planned from 2060	Planned from 2040
WI-FI	✔	✔	✔
AURACAST	✔	✔	✔
TV + E-M@IL	✘	✘	✔
SMOKING IN THE GYM	**Never** (indoors and outdoors)	**Never** (indoors and outdoors)	**Never** (indoors and outdoors)
DFB-2000	✔	✔	✔
MMX | MMX^{PLUS} | MML	✔ | ✔ | ✔ MML from 2045	✔ | ✔ | ✔	✔ | ✔ | ✔
BARRIER-FREE	✔	✔	✔
EXTRA EASY ACCESS FOR HANDICAPPED PERSONS	✔	✔	✔ Certified!
HEAVY KWANZAA	✔	✔	✔
PETS ALLOWED IN GYM	✘	✘	✘
CHAPEL ON SITE	✘	✘	Small Cabinet
LANGUAGES SPOKEN	Local, some English	Local, English, Spanish	Western; Arab, Mandarin
CENTURIO STATUS	The Day (s)he turns 100	The Month (s)he turns 100	The Year (s)he turns 100
AIR CONDITION	✔	✔	✔
INCLUSIONS	n/a	FERRUM	ARGENTUM
MMA (Mixed Martial Arts)	✘	✘	✔
HYROX	✘	✘	✔
FUNCTIONAL TRAINING	✘	✔	✔
OUTDOOR GYM	✘	✔	✔
CHART ALSO WORKS FOR	BASIC + REGULAR IRON + BRONCE	V.I.P. + ROYAL SILVER + GOLD	WHITE DIAMOND + RED DIAMOND PLATINUM + IRIDIUM