



**Gyms in Italy require that you have an EKG (echocardiogram) test performed, looked at and signed off by a physician. Our on-call physician, can give you a reference. You will need to pay out-of-pocket for the appointment and test.**

#### **GYMS NEAR SJUROME**

**Dabliu Prati**  
Viale Giulio Cesare, 43  
Weekdays: 7AM-11PM (weekend hours vary)  
€90-€125

**Kb Gym - Fitness & Boxe Roma**  
Via Crescenzo, 21  
Weekdays:  
7AM-11PM (weekend hours vary)

**Sporting Prati**  
Via Germanico, 101a  
Weekdays: 7AM-10PM  
Saturday: 10 AM – 5 PM  
Sundays: Closed  
€80 for one month membership

**Silver Gym**  
Via Simone de  
Sant Bon, 5  
00195 Roma RM  
Weekdays:  
8AM-10PM (weekend hours vary)

The Tiber River is a short walk from campus, during the day you can go down to the base of the river and run along it without having to worry about traffic.