

"Best Gyms in Johannesburg"

Erstellt von : Cityseeker

📍 5 Vorgemerkte Orte

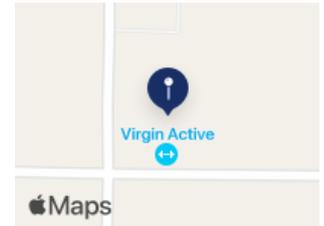


📷 by Gudlyf ©

Virgin Active Mount Old Eds

"Health & Lifestyle"

Burn away the extra calories as you enjoy a workout session at Virgin Active Mount Old Eds. A part of the Virgin Active franchise, this gym is well-facilitated with the necessary gym equipment, machinery and trainers. Besides, this club houses a squash room, where you can enjoy a game of squash and indoor and outdoor pools for the water-babies. In addition to the personal fitness trainers, Virgin Active Mount Old Eds also provides swimming lessons for kids. You can come here to exercise with your little ones and a carefree attitude as the gym features child-care services with lot many fun activities planned for the kids.



☎ +27 11 483 1298

🌐 www.virginactive.co.za/

✉ hashem.noormahomed@virginactive.co.za

📍 11 9th Avenue, Johannesburg

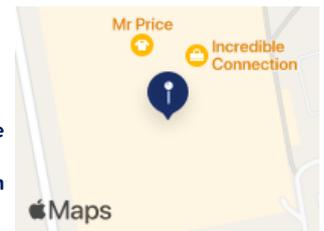


📷 by "Gabriel Porras" ©

Planet Fitness

"Say Hello To Healthy Life"

If you love working out and burning that extra fat, Planet Fitness is a place to be at. A part of the Planet Fitness franchise, this gym is well-facilitated with gym equipment, expert trainers and more. If you are not very keen on the regular cardio and weight workouts, you can try some peaceful yoga or opt for the aerobics sessions available here. In addition to this, Planet Fitness has special boxing programs for the enthusiasts and is equipped with steam rooms used for improving blood circulation.



☎ +27 11 243 2700

🌐 www.planetfitness.co.za/rosebank-gauteng/

✉ cgm.rosebank@planetfitness.co.za

📍 50 Bath Avenue, The Mall of Rosebank, Johannesburg

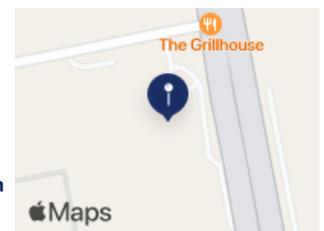


📷 by Pexels ©

Phumula Spa and Fitness Centre

"Relax & Rejuvenate"

Housed inside the luxurious hotel Hyatt Regency, Phumula Spa and Fitness Centre takes you on a journey of healthy lifestyle. This fitness center is equipped with a well-facilitated gym equipment, in case you wish to burn away the extra calories. Phumula, in the native language literally means rest, and hence, it combines the modern spa treatment with the African heritage and gives you a unique spa experience. The fitness center features space for the signature hydro-therapy that is known for ultimate relaxation and improves blood circulation. Besides this, Phumula Spa and Fitness Centre has Yoga mats and DVDs for the yoga enthusiasts. It is recommended to make reservations prior to planning your visit here.



☎ +27 11 280 1234

✉ johannesburg.regency@hyatt.com

📍 191 Oxford Road, Hyatt Regency, Johannesburg

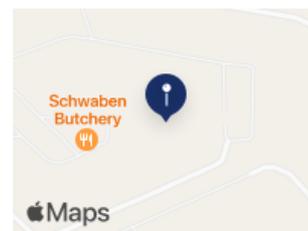


by "By Nicholas_T" ©

CrossFit Jozi

"Fitness for All"

You don't have to be an athlete to keep up with CrossFit Jozi's intense and rewarding workout programs. CrossFit Jozi is the perfect choice for those who hope to achieve general fitness, as opposed to simply bulking up - an approach that has little practical value for most. Through functional movements and exercises like skipping, rowing, running, kettlebells and weightlifting, CrossFit Jozi helps you strengthen your core and achieve general fitness, the plentiful rewards of which can be seen in your day to day life. Opt for a free trial to see what the CrossFit philosophy is all about. If you choose to stay on, you will first be put through a short, two-week program for beginners to help you get up to speed. After that, you are free to choose the class timings that suit you best. While CrossFit is a challenging choice, it is also a rewarding one. The CrossFit community is a lively and interactive one, with members of every age and walk of life.



+27 11 454 3348

www.cfjllifestylefitness.co.za/

info@crossfitjozi.co.za

Hyperama Link Street,
Meadowdale Value Centre,
Johannesburg

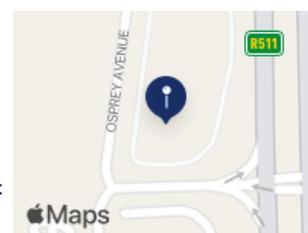


by "Stig Nygaard" ©

Base Fit

"For the Sports Fiend"

Sport is more than just a hobby, or even a passion; it is a way of life for many. If this is what your sport means to you, then Base Fit is sure to prove itself the perfect partner in your quest for excellence. While Base Fit does offers a range of exercise and fitness programs for general well-being, they are best known for their specialized and carefully-formulated sports training programs. Base Fit's training programs not only help increase endurance and core strength, but also hone your ability to concentrate for prolonged periods, making it possible for you to take your performance on the field to a whole new level. Base Fit offers personal, group and online training programs for passionate sports men and the casual fitness enthusiast as well. Even if you aren't a sports fiend, Base Fit's easy to follow, challenging and rewarding workout programs will help you achieve balance, core strength and general fitness.



+27 824611443

www.basefit.co.za

mandy@basefit.co.za

3505 William Nicol, Osprey
Road, Fourways Extension
48, Junxion Centre,
Johannesburg

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cityseeker.com