cityseeker

"Best Gyms in Boston"

Erstellt von : **Cityseeker**

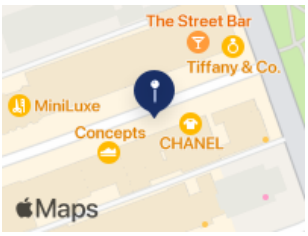
3 Vorgemerkte Orte

by Robert Bejil Photography

Boston Body Pilates

"Upscale Gym Facility"

Boston Body is an urban health club located just a few yards from the Boston Common and Newbury Street. It attracts an interesting mix of clients—students, professionals, doctors and even models, who are regulars at this club. Boston Body prides itself in being one of the best Pilates and Barre training centers. With personal trainers to assist you reach your goal and state-of-the-art equipments, this is one of the popular choices of the health conscious.



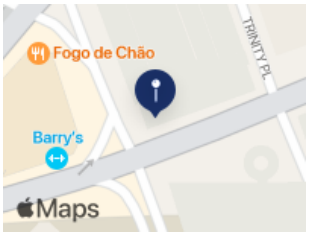
+1 617 262 3333 | www.bostonbody.com/ | info@bostonbody.com | 8 Newbury Street, 2nd Floor, Boston MA

by Pexels

Healthworks Fitness Center

"Work it out, Ladies!"

If 'no space to work out' has always been your excuse, then head towards this 35,000 square feet (3251.61 square meters) fitness club exclusively for women. If you have kids you can't leave behind, bring them along - they'll be in good hands at the in-house nursery. Attend the equipment orientation to figure out what's best for your body. There are four studios featuring Pilates, boxing and other fitness programs such as aerobics, weight-training, cardiovascular workouts and more. Conclude your day with a visit to the sauna or a dip in the jacuzzi.



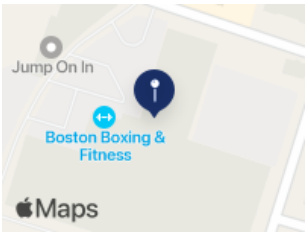
+1 617 859 7700 | healthworksfitness.com/back-bay/ | healthworks@healthworksfitness.com | 441 Stuart Street, Boston MA

by Gudlyf

Boston Boxing & Fitness

"Box It Out"

Routine exercises at the gym can get boring and the best way to shed those extra pounds is by indulging in a sport. Nestled in Boston's Brighton neighborhood, Boston Boxing & Fitness offers you just that. The courses conducted here help participants develop stamina and strength as well as condition the body. The instructors are well qualified, so safety should not be of any concern. Sparring matches with a local audience are regularly organized here. Sharpen your moves and grab that trophy!



+1 617 987 0142 | www.bostonboxing.com/ | boxingandfitness@aol.com | 100 Holton Street, Boston MA

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