

"Best Gyms in Oslo"

Created by: Cityseeker

📍 5 Locations Bookmarked



📷 by Gudlyf ©

Bislet Bad og Trening

"Complete Fitness & Relaxation"

This clean and airy establishment is known through the city as a great choice for a day spa and gym. For your fitness needs, try out their fully equipped fitness facilities with all the gym machines you could want, as well as offering several different yoga and fitness classes and personal trainers. As for the aquatic facilities, Bislet has a 17 meter (55 foot) swimming pool as well as a jacuzzi and two saunas, one dry and one steam. Bislet even offers a baby swimming class various days throughout the week.

☎ +47 21 04 27 33

🌐 www.bisletbadogtrening.no/

📍 Pilestredet 60, Oslo



☎ +47 23 30 7670

SATS Schous space

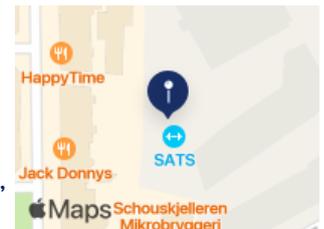
"Get Fit"

SATS is one of Oslo's most trusted and popular names when it comes to gyms and health clubs. The gym has a complete collection of fitness machines, free weights, group classes, personal trainers, yoga and Pilates, sauna, steam bath and cold plunge, among other amenities.

🌐 www.sats.no/senter/stor-oslo/schous-plant/

✉ schous@sats.no

📍 Trondheimsveien 2 d, Oslo



📷 by Usodesita ©

Elixia

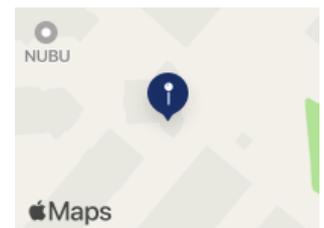
"Fully Equipped Gym"

Elixia is one of the best known and most popular chains of gyms in Oslo, and this location is highly regarded. The gym features a host of amenities like all the most state-of-the-art exercise machines, as well as the appropriate settings for all kinds of sports like basketball, hockey, badminton and soccer. They always have personal trainers available for appointments if you feel like you need a little extra help alongside all kinds of different fitness classes. Members and guests can also avail of the sauna and solarium for winding down after a good workout.

☎ +47 23 19 96 30

🌐 www.elixia.no/club.aspx?id=1031

📍 Middelthunsgate 19, Oslo

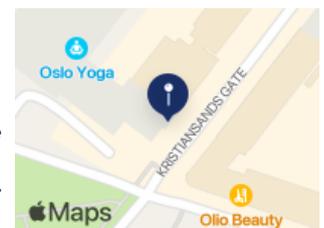


📷 by adifansnet ©

Oslo Yoga

"Flexible Greatness"

Oslo Yoga truly does have something for everyone. They offer a multitude of classes focus on varying aspects of well-being, such as strength and fitness, meditation, recovery after illness, relaxation, and body awareness. No matter what you want out of your yoga class, you can get it here. For all you expectant mothers out there that need a little relaxation to soothe the stresses of motherhood, pregnancy and maternity yoga is offered. The best outside teachers gather here on the weekends to teach workshops focused on subjects such as stress management, relaxation, and, of course, yoga. Just give them a call and Oslo Yoga will come to your office



and alleviate workplace stress for up to 25 people.

+47 41290677

www.osloyoga.no/

post@osloyoga.no

Kristiansands Gate 2, Oslo

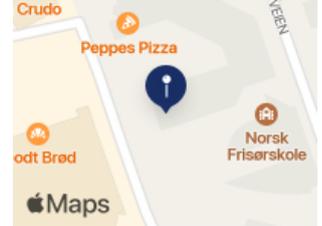


by Gabriel Porras

EVO Nydalen

"Get Fit"

No matter what your exercise regiment may be, EVO Nydalen can cater to your every need. The high-quality equipment will allow you to remain completely focused on your workout. The staff at EVO Nydalen know that all exercise, including cardio, weight-training, and more, is important. Thus, plenty of equipment and guidance is provided for every type of exercise. No one wants to exercise in a dirty setting, which is why cleanliness is a top priority at this institution. Alone or with a group, at morning or at night, you should come here to exercise.



evofitness.no/senter/nydalen/



Nydalsveien 36, Oslo

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