

## "Best Gyms in Rio de Janeiro"

Created by: Cityseeker

📍 4 Locations Bookmarked



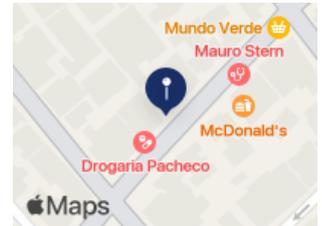
📷 by "Hernan Irastorza" ©

📞 +55 21 3648 1973

### Academia Orlando Cani

#### "Complete Well-Being"

Founded by Orlando Cani, a specialist in hatha yoga, Academia Orlando Cani presents a path to fitness that doesn't involve hours of repetitive workouts. The focus here is on holistic well-being, and the benefits include, apart from physical aspects, improved will power and self awareness as well as stress relief. Numerous workshops and courses are also conducted.



📍 Avenida Nossa Senhora de Copacabana 690, Rio de Janeiro



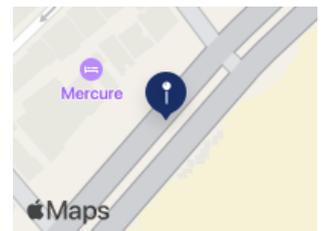
📷 by nnoeki ©

📞 +55 21 2545 6530

### Mirante Health Club

#### "Rest & Relaxation"

After a day out in the scorching sun at Copacabana Beach, the JW Marriott Hotel Rio de Janeiro's Mirante Health Club is the place to head to for some rest and relaxation. The facials and massages are wonderfully soothing, and the foot baths are perfect remedies for aching feet. Mirante Health Club offers fitness classes, and fitness counseling is also available. Appointments are required.



🌐 [www.marriott.com/hotels/hotel-information/fitness-spa-services/riomc-jw-marriott-hotel-rio-de-janeiro/](http://www.marriott.com/hotels/hotel-information/fitness-spa-services/riomc-jw-marriott-hotel-rio-de-janeiro/)

📍 Avenida Atlântica 2600, JW Marriott Hotel Rio de Janeiro, Rio de Janeiro



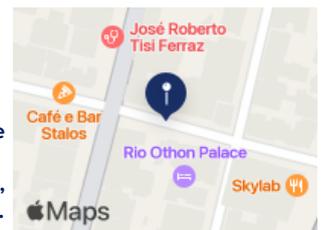
📷 by jerryonlife ©

📞 +55 21 2287 5040

### Balance Fitness

#### "A Well-Balanced Life"

All the equipment that you could possibly require to get you started on the path to good health is available at Balance Fitness. Situated in Copacabana, this health club features an indoor bike room, a pilates room, two rooms for aerobics, a stretching room, medical room, sauna and more. In addition, a bar stocked with fresh juices and healthy food is on site. A boutique and cyber cafe ensure that there is something to do post-workout as well.



📍 Rua Xavier da Silveira 23, Rio de Janeiro



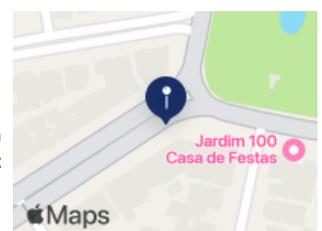
📷 by "Gabriel Porras" ©

📞 +55 21 2494 4028

### Body Tech

#### "The Art of Fitness"

If holistic fitness is what you're looking to achieve, it would be a good idea to enroll yourself at Bodytech, where there is a focus on achieving not just physical, but also spiritual and mental fitness. State-of-the-art equipments ensure that members are able to get the best possible workout, and the knowledgeable trainers are on hand for supervision.



🌐 [www.bodytech.com.br/](http://www.bodytech.com.br/)

📍 Avenida Érico Veríssimo 400, Rio de Janeiro

**JOIN US AT:**  
[cityseeker.com](https://cityseeker.com)

[TERMS & CONDITIONS](#) | [PRIVACY POLICY](#) | [API](#) | [CONTACT US](#) | Copyright (C) 2024 CITYSEEKER