

"Best Gyms in Detroit"

Created by: Cityseeker

📍 5 Locations Bookmarked



📷 by Public Domain (cc)

📞 +1 313 285 8033

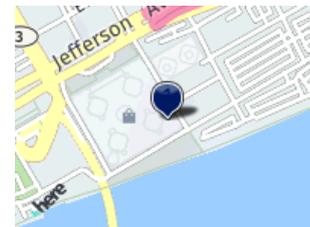
RenCen Fitness

"Multitude of Classes"

Conveniently located in the Renaissance Center, RenCen Fitness caters mostly to busy office workers. A perk is the wide variety of fitness classes that are offered, ranging across pilates, Studio Cycling, Total Body Workout, zumba, Core, Vinyas, yoga, spinning, cross training and boot camp. You can choose your method of shedding those extra pounds, either through a rigorous regime or a relaxing technique like yoga.

🌐 www.rencenfitness.com/

✉ rebecca.mazur@midtownhealth.com



📍 300 Renaissance Center, Suite A305, Detroit MI



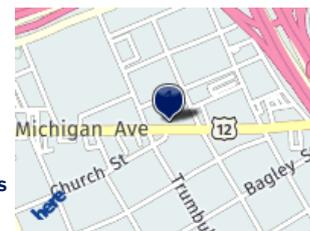
📷 by LouisBauer (cc)

📍 1438 Michigan Avenue, Detroit MI

True Body Fitness

"Fitness Classes and Personal Training"

True Body Fitness offers a variety of group fitness classes as well as personal training, all in a supportive atmosphere. Stop by for Zumba, yoga, Pilates, or spin classes to get your heart pumping. They offer classes throughout the day for people at every fitness level. If you're looking for more personalized attention, check out their one-on-one personal training services.



Royal Oak Gym

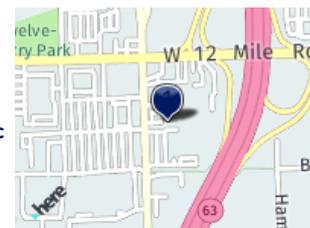
"Get Your Fitness On!"

Tucked away in a suburb of Detroit, the Royal Oak Gym offers all the basic necessities for a good workout. Perfect for both fitness enthusiasts to beginners, this gym comes fully equipped with a free weight area, treadmills, ellipticals, stationary bikes, locker rooms with dry saunas and even a tanning booth. Whether you're looking for a workout regimen or just get in some daily physical activity, the Royal Oak Gym has you covered.

📷 by Usodesita (cc)

📞 +1 248 543 4840

📍 1600 North Stephenson Highway, Royal Oak MI

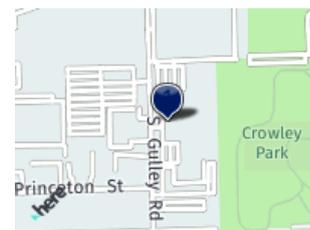


📷 by Pexels (cc)

Dearborn Racquet & Health Club

"Fitness for the Whole Family"

Located just half an hour from the city center of Detroit, the Dearborn Racquet & Health Club covers all your fitness needs. This state-of-the-art center features top-notch workout equipment, indoor tennis and racquet ball courts, an olympic size swimming pool, indoor track and much more! Parents needn't worry about finding time to go to the gym as kids are welcomed at the DRHC, whether it's one of the many activities on offer for them or in the supervised playroom. Group fitness classes can also be found here, ranging from spin, yoga and karate to mat pilates, circuit training and zumba.

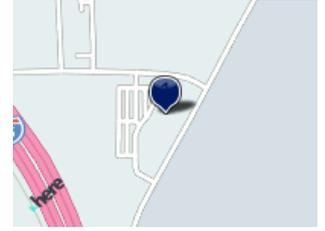




Romulus Athletic Center

"Get Fit"

The Romulus Athletic Center offers many different avenues to achieve a healthy lifestyle. With a gymnasium, indoor pool, and climbing wall, this is a great venue for any active person, and especially for those who get bored doing the same workouts every day. Call or see the website for more information.



by Usodesita

+1 734 942 2223

www.romulusathleticcenter.com/

35765 Northline Road, Romulus MI

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