

## "Best Gyms in Munich"

Created by: Cityseeker

 8 Locations Bookmarked

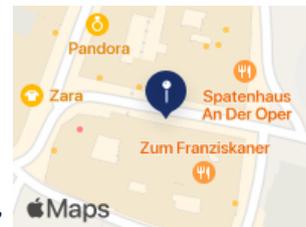


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### Aiyasha Medical Spa

"Transporting Experience"

AIYASHA Medical Skin Care & Spa is the wonderful concept of dermatologists Dr Hans-Peter Schoppelrey, Dr Stefan Duve and Dr Wolfgang Niederdorfer. It is the ideal blend of East meets West where you will just soak in the luxurious environment created by the rich dark woods, Balinese candles, natural stone, real gold and exotic flowers. The soft lighting gives it a serene aura and is soothing, giving a glimpse of what is to come. Feel pampered by the welcoming traditional Balinese beauty ritual - a foot bath with fresh flower petals and a lovely cup of specialty tea from the spa. Be ready for a transporting experience once you are in one of the five luxuriously designed treatment rooms. Besides the traditional Asian massage, yoga and detox, the spa has a range of progressive medical procedures including anti-cellulite therapy, skin checks and aesthetic beauty aids.



 +49 89 2102 4550  
(Reservations)

 [www.aiyasha-spa.de/](http://www.aiyasha-spa.de/)

 [info@aiyashaspa.de](mailto:info@aiyashaspa.de)

 Perusastrasse 5, Munich

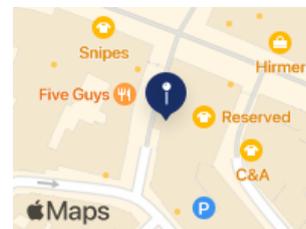


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### Fitness First

"Get Fit"

Conveniently located near Marienplatz, Fitness First's Black Label Club offers clients excellent and impressive services and offers. With state-of-the-art equipment, professional trainers and their exclusive range of fitness programs and classes, you can achieve your fitness goals. Programs include a selection of activities like Energy Cycling, Yoga, FitBio, Athletic Cycling and more at the 1100 square foot(335 square meters), two-storied property. They even offer free towels and a fruit and breakfast menu.



 +49 89 238 8840

 [www.fitnessfirst.de/clubs/muenchen-innenstadt-am-marienplatz](http://www.fitnessfirst.de/clubs/muenchen-innenstadt-am-marienplatz)

 Kaufingerstrasse 17, Munich

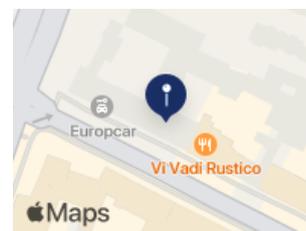


 by AberroCreative 

### Clever Fit München

"A Disciplined Fitness Regime"

Part of a chain of budget gyms, Clever Fit München Mitte offers clients a great variety of fitness options, at affordable prices. The well-equipped gym has facilities for cardio training, massage therapy with their proprietary cleverRelax, cleverVibe quick workouts, personal training sessions, sun tanning and more. Shower stalls, free Internet access, and magazines are some of the additional services provided by them. Open till late, it is perfect for post-office workouts.



 +49 89 5444 4960

 [studio@muenchen-mitte.clever-fit.com](mailto:studio@muenchen-mitte.clever-fit.com)

 Marsstrasse 20, Munich

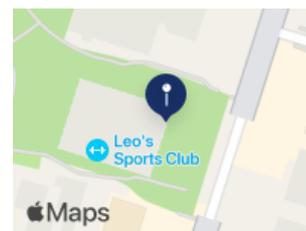


by Gudlyf

## Leo's Sports Club

"High-End Fitness Club"

A healthy mind houses a healthy body, and Leo's Sports Club seems to follow this adage to the T. With a focus on spiritual well-being as well as physical fitness, this particular gym is set up with state-of-the-art fitness equipment, a high-end work-out studio, trained professionals, steam rooms, sauna and even an I-pod plug on each of the treadmills! The clientele here is mostly rich and famous. Leo's Sports Club is an American-style gym in Munich, which may make you shell out more than usual, but with the facilities around, it provides good value for money.



+49 89 383 8990

leos.tv/

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Leopoldstrasse 11, Munich

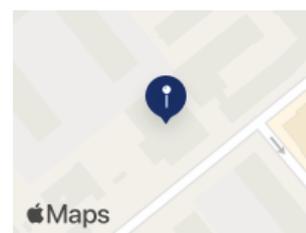


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## MUNICHGYM

"A Multi-faceted Fitness Club"

MUNICHGYM is not your run-of-the-mill gym, in fact, it is a fitness club with a multi-faceted character. The proficient trainers here guide you into following your personalized program which is based on your fitness goals and underlying problem areas. Flexible rates, a high-end work-out studio equipped with advanced treadmills, ellipticals, exercise bikes and rowers feature on the gym landscape. The focus on fitness at MUNICHGYM is not just physical, as it also stresses the importance of inner well-being through yoga. Other alternate work-outs Zumba keeps your work-out regime far from being a boring chore. Men and women are both welcome to work-out throughout the day. An on-premises spa, sauna, and steam rooms give a variety of options to relax after a rigorous exercising session.



+49 89 1273 7746

www.munichgym.de/

mail@munichgym.de

Kathi-Kobus-Strasse 11, München

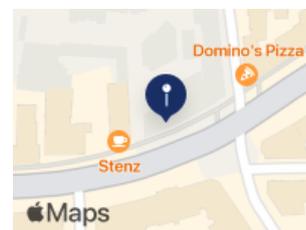


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## SPORTS & HEALTH Fitness-Club

"Rejuvenate Your Soul!"

If you are looking for a perfect relaxing workout and beauty treatments, SPORTS & HEALTH Fitness-Club is the place to be at. The extensive health routines consist of weight training, toning, outdoor activities, nutrition tips and much more. Another way to unwind and rejuvenate would be, to be at their special sauna rooms that offer light and aromatherapy. To learn more about all their courses and packages, call ahead.

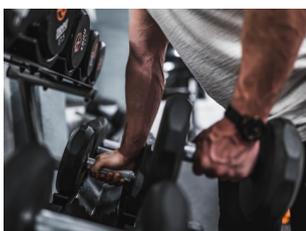


+49 7474 7190

www.sports-and-health.de/

info@sports-and-health.de

Lindwurmstrasse 114, Munich

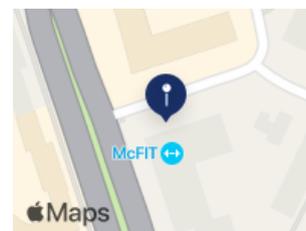


by Anastase Maragos on Unsplash

## McFit Munchen-Obergiesing

"24hr Gym"

McFit is a chain of affordable gyms that has centers across Europe. Mc Fit Munchen-Obergiesing is open 24hrs and offers customers a variety of services from access to state of the art equipment, Free weights, Express workouts, Boxing workouts, Virtual Cybertraining, Step Workout, Body Fight Work out and more. All the facilities are available at a membership of Euro 19.90/Month. You'll have access to all the centers once a member. For more information, and a gym near you; look up the website.



+49 89 6203 0453

www.mcfite.com/de/fitness-studios/studiosuche/studio-details/studio/muenchen-obergiesing/

info.mcbikefit@gmail.com

Weissenseestrasse 101, Munich



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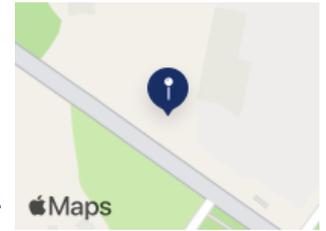
## A.J.'s Fitness

"Fitness to Rejuvenate!"

Once you enter A.J.'s Health & Fitness, you will forget about all your worries. This center offers you the programs related to weight training, cardio, body toning, yoga and meditation, beauty tips, nutrition and much more. The sauna and steam room will truly rejuvenate your senses. All the programs are designed by qualified trainers and are highly effective. For detailed information on all their packages, call ahead.

 [www.ajs.de/index\\_web.htm](http://www.ajs.de/index_web.htm)

 [info@ajs.de](mailto:info@ajs.de)



 Allacher Straße 80, Munich

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