

## "Best Gyms in San Francisco"

Created by: Cityseeker

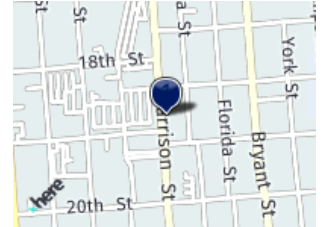
📍 6 Locations Bookmarked



### Mission Cliffs Rock Climbing Center

"Indoor Rock Climbing Gym"

The Mission Cliffs Rock Climbing Center is a cavernous indoor rock climbing gym filled with challenging formations. Climbers can choose between thousands of feet of towering walls, as well as "The Crack", "The Cave" and other unique, ingenious setups. The gym also features a full weight room. Climbers must pass a "belay test" to use the facilities. Classes for neophytes are available. The staff is helpful, friendly, and completely dedicated to the sport.



📞 +1 415 550 0515

🌐 [www.mission-cliffs.com/](http://www.mission-cliffs.com/)

✉ [contact3@mission-cliffs.com](mailto:contact3@mission-cliffs.com)

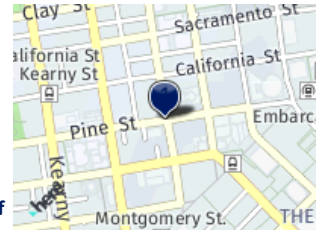
📍 2295 Harrison Street, San Francisco CA



### Equinox

"Fountain of Youth"

Combining exercise and beauty therapies of old, this spa offers Vedic therapy, Reiki, acupuncture and ancient mystical eastern methods to achieve true beauty that cosmetics cannot achieve. The principle at Equinox is to heal the body and the spirit with mystical eastern methods. If you would like to immerse yourself in the hypnotic mysticism of the East, this spa is just what you have been waiting for.



📞 +1 415 593 4000

🌐 [www.equinox.com/Clubs/ClubTour.aspx?clubID=107](http://www.equinox.com/Clubs/ClubTour.aspx?clubID=107)

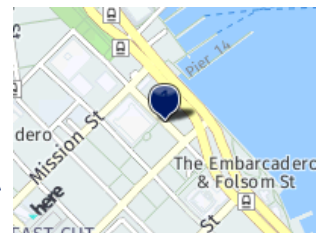
📍 301 Pine Street, San Francisco CA



### YMCA

"Impressively Complete Facilities"

The YMCA offers just about everything you could expect to find in a health club, from complete weight and aerobic training to basketball, racquetball, swimming, a running track, and even martial arts. Each YMCA is operated separately and maintains a separate website, but business travelers may want to start with the Embarcadero YMCA.



📷 by Aaron Gustafson ©

📞 +1 415 957 9622

🌐 [ymcasf.org/](http://ymcasf.org/)

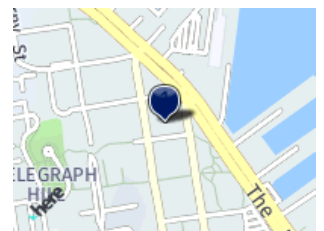
📍 169 Steuart Street, San Francisco CA



### The San Francisco Bay Club

"Luxuriant Health Club"

The Ritz of SF health clubs, The San Francisco Bay Club is both luxurious and exclusive. Both its locations are comfortable, lavishly appointed, and employ an attentive staff. The full complement of cardio and weight training equipment is on hand. For swimmers, the Greenwich Street location offers not one, but two lap pools. Knowledgeable and friendly instructors assist in getting you into shape.



📷 by Public Domain ©

📞 +1 415 433 2200

🌐 [www.sfbayclub.com/](http://www.sfbayclub.com/)

✉ [info@sfbayclub.com](mailto:info@sfbayclub.com)

📍 150 Greenwich Street, San Francisco CA




## House of Air

### "Indoor Trampoline Park"


If you're looking to have fun but also exercise, look no further. This indoor trampoline park offers exercise classes, trampoline dodgeball, caters events and of course allows you to just rent an hour of trampoline time so you can jump until your heart is content. Make sure you book a reservation!



 by houseofair 

 +1 415 806 7285

 [www.houseofairsf.com/](http://www.houseofairsf.com/)

 926 Mason Street, San Francisco CA

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