

"Best Gyms in Rome"

Created By: Cityseeker

📍 6 Locations Bookmarked



📷 by "Gabriel Porras" ©

📞 +39 06 3211 0158

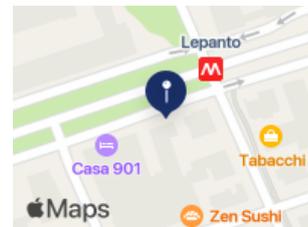
💻 www.dabliu.info/

📍 Viale Giulio Cesare 43, Rome

Dabliu

"Fitness First"

Stay fit and toned at Dabliu's gym, which houses a state-of-the-art gymnasium to boost not just your fitness but also your confidence. Get rid of those extra pounds in this health center which is equipped with sleek machines for cardiovascular exercising along with an aerobic and pilates studio. A boxing ring and a customized fitness suite also features on Dabliu's premises.



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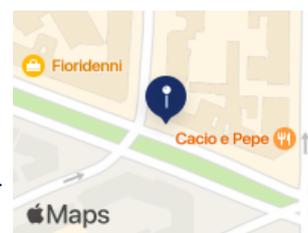
✉ info@palestrapushup.com

📍 Via Ruffini 2, Rome

Push Up Fitness

"Gain Fitness Eliminate Stress"

Push Up, as the name suggests, is a neighborhood health club which focuses on physical well-being through various disciplines such as gymnastics, exercising, hip-hop and other dance forms. This fitness center is not just a venue to gain stamina but also acts as a great stress-buster. The decor of the place is quite simplistic and will put you into a relaxed zone as soon as you enter.



📷 by Pexels ©

📞 +39 06 370 1479

💻 www.palestrapрати.it/la-palestra

✉ silvergym@fastwebnet.it

📍 Via Simone de Saint Bon 5, Rome

Silver Gym Palestra

"Tone Down!"

Silver Gym Palestra is a center that offers some of the best activities and treatments if you want to loose weight or keep fit. The sports activities include boxing and swimming. Some of the other kinds of workout include Tai Chi, killer circuit, postural gymnastics, floor exercises, rehabilitation exercises, stretch tone, athletic training and much more. They also provide corrective and rehabilitative measures to tone your postures. To know more about all their activities in detail, visit their website or call ahead.



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📞 +39 06 4173 4601

💻 www.italianafitness.it/

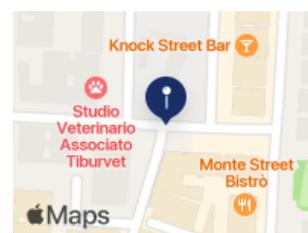
✉ info@italianafitness.it

📍 Largo Mattei Gentili 30, Rome

Italiana Fitness

"A Good Life!"

Italiana Fitness is the place if you are looking forward to stay fit as well as enjoy the workouts that you do. This chain offers many activities to choose from. From swimming, lessons on dance and martial arts, rejuvenating and relaxing the body, innovative body treatments and massages, posture and weight training, as well as organizing fun health events, they have it all. To know more about all their activities and schedules, check out the website or call ahead.



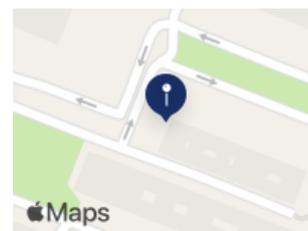


by Gudlyf

Eur Gym

"Slim, Trim, Fit!"

If looking fit and taking care of your health is on your mind, Eur Gym is the place to be at. The number of sports, body care treatments and gym activities offered here gives you loads of options to choose from what you could do best. Some of the activities on the list would be swimming, karate, pumping, pilates, kickboxing, aqua bikes, spinning, and lots more. You will be trained under a personal trainer with what best suits your body type and they will also keep a timely check on the improvement. The weight lifting and body building gyms are well equipped with all the modern equipments. To know more about the events, schedules and information, check out the website or call ahead.



+39 06 591 6446

www.eurgymcenter.it/

info@eurgym.it

Quadrato Della Concordi
2/A, Rome

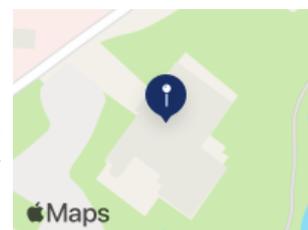


by alantankenghoe

Virgin Active Italia

"Train & Gain!"

If you are a health freak and in need of a perfect way to train and maintain your fitness, Virgin Active Italia is an ideal spot. The activities offered here are innumerable; you can choose workouts that you enjoy and best suited for your body. Some of them are swimming, the gyms for body building and weight training, aerobics, running track, spinning, pilates, sauna, steam rooms, sunbeds, and lots more on the list. The personal trainers are extremely warm and friendly and keep regular checks on improvement and diets of their clients. For more information on the events, call ahead.



+39 06 5636 1362

www.virginactive.it/club/roma/roma-ostia

Via Mar dei Sargassi 32, Rome

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