

## "Best Gyms in Tokyo"

Created by: Cityseeker

 3 Locations Bookmarked



 by Gabriel Porras 

### Reebok CrossFit Heart & Beauty

"Shape Up!"

Say good bye to the unnecessary fat as you workout at the Reebok CrossFit Heart & Beauty. This gym, as the name suggests, specializes in CrossFit training which is a high-intensity workout that features Olympic style weight-lifts, gymnastics, Calisthenics and others. The gym is spacious and well-facilitated with the required equipment. The expert trainers guide you with the ideal exercises for your body type and encourage you to get that fit body. So, take a break from your regular schedule and invest some time in getting fit by enrolling yourself at Reebok CrossFit Heart & Beauty.



 +81 3 5785 2365

 [www.reebokcrossfit-heartandbeauty.com/](http://www.reebokcrossfit-heartandbeauty.com/)

 3 Chome-13-3, Nishiazabu, Kasutaria Hiroo B 1 Floor, Tokyo



 by jerryonlife 

### Tokyu Sports Oasis

"Tokyu Sports Oasis"

The Shinjuku outlet of Tokyu Sports Oasis is one of the largest gyms around. Not only is the gym spread over three floors, but it also covers an area of (16145.87 square feet). The health club comes complete with a swimming pool, a jacuzzi, bike studio and even amenities to facilitate hot yoga sessions. The club also houses a tanning center, a spa, a sauna, a gym and a sauna among other amenities. Offering patrons the complete health, wellness and fitness package, Tokyu Sports Oasis is where you should be headed for any mental relaxation or physical fitness needs.



 +81 3 3200 0109

 [www.sportsoasis.co.jp/sh53/](http://www.sportsoasis.co.jp/sh53/)

 2-44-1 Kabukicho, Tokyo Metropolitan Health Plaza, Tokyo



 by alantankenghoe 

### Tip X

"Quality Health Club"

Set in a spacious venue, the Tip X health club is spread over three floors. It comes complete with a lounge, Dedicated Spinning Studio, shower, powder and locker rooms, a swimming pool, gym and even a whirlpool massage pool. Apart from availing the services of the quality gym equipment, patrons can also ask for personal guidance and planning training sessions. The gym also hosts yoga and Pilates classes aqua workouts and aerobics classes among others. People who opt for private training also enjoy the luxury of their own private training rooms along with a personal trainer. If you are looking for body fitness, head to Tip X to achieve the same in style.



 +81 3 3770 3531

 16-4 Udagawacho, Tokyo

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