

## "Best Gyms in Austin"

Realizado por : Cityseeker

📍 4 Ubicaciones indicadas

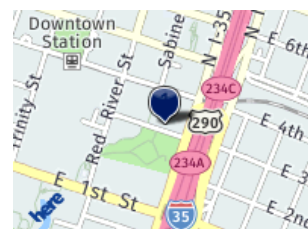


📷 by jerryonlife ©

### CrossFit Central Downtown

#### "Stay Fit"

CrossFit Central has just one aim, and that is to create a healthier Austin community. Located in the heart of the city, CrossFit Central Downtown offers a little more than one acre (0.4 hectare) of space, where participants can indulge in fitness regime. Modern equipment and qualified trainers will help you attain your weight-loss goal. Attention will be paid to your diet as well, ensuring that you get the right nutrition. Workshops and talks on fitness are also conducted here. At CrossFit Central Downtown the focus is not just on shaping the body, but overall well being too.



☎ +1 512 469 1724

🌐 [crossfitcentral.com/central-downtown](http://crossfitcentral.com/central-downtown) ✉ [info@crossfitcentral.com](mailto:info@crossfitcentral.com)

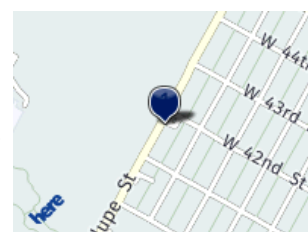
📍 702 East 3rd Street, Austin TX



### Hyde Park Gym

#### "Early Morning Workout Headquarters"

Need to pump some iron before you head off to your job or your first class at the nearby University of Texas campus? Look no further than this fitness facility in Hyde Park neighborhood. The weight facilities, power lifting equipment and treadmills more than meet your exercise needs, and the 20 staff members on hand can answer your questions about proper nutrition and balanced exercise regimens. Hyde Park Gym even offers personalized training. See their website for membership information.



☎ +1 512 459 9174

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

📍 4125 Guadalupe Street, Austin TX

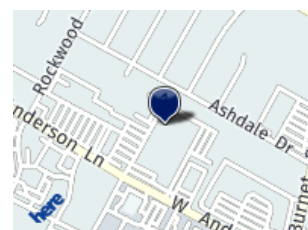


📷 by Pexels ©

### BodyBusiness Health Club & Spa

#### "Health and Fitness Club"

BodyBusiness Health Club & Spa offers programs and classes for people of all fitness levels. Aerobics, yoga, zumba, circuit classes, indoor cycling classes, aqua aerobics and water exercise classes are available; they will also create a fitness program designed for your needs. The staff is eager, well trained and ready to help you with stress management, weight loss, proper nutrition, self-defense and back problems. Childcare is available while you exercise or enjoy the steam room.



☎ +1 512 459 9424

🌐 [bodybusiness.com/homec28.php](http://bodybusiness.com/homec28.php) ✉ [infoanderson@bodybusiness.com](mailto:infoanderson@bodybusiness.com)

📍 2700 West Anderson Lane, Across from Alamo Draffhouse Cinema, Austin TX

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[cityseeker.com](http://cityseeker.com)