

"Best Gyms in Venice"

Realizzata per : Cityseeker

📍 5 Posizioni indicati



📷 by jerryonlife ©

A.S.D. Novafit

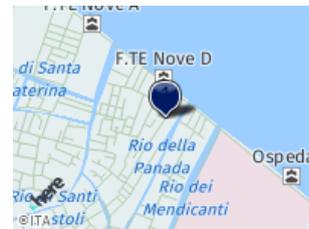
"Una palestra per tutte le necessita"

A.S.D. Novafit è una palestra nota per la sua flessibilità, perché' conduce una vasta gamma di attività, quattro tipi di programmi di fitness come il free fitness e fitness personalizzati e vari stili codificati in base a colori a seconda dei quali si frequentano classi tematiche. Si può scegliere l'approccio convenzionale e tonificare il proprio corpo utilizzando una combinazione di allenamento di resistenza e esercizi cardio o partecipare a una delle miriadi sessioni di attività. Ci sono lezioni di bilanciamento di corpo, salsa portoricana, lezioni di equilibrio posturale, tonificazione, ginnastica dolce, zumba, karate e pilates. Essa offre anche sessioni di allenamento speciale per i bambini, gli anziani, le donne incinte e le persone con infortuni specifici.

☎ +39 3472290213

🌐 www.palestranovafit.com/ ✉ novafit@libero.it

📍 Sestiere Cannaregio 5356, Venezia



📷 by Gabriel Porras ©

Club Delfino

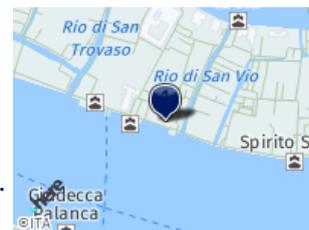
"Training To Be Fit"

Opened in 1996, Club Delfino is a popular gym in Dorsoduro. This waterfront gym offers programs to tone your body through combat exercises and workouts, zumba, dancing classes and adaptive gymnastics. These versatile courses will make sure that you never get monotonous while gymming. You can also avail of rejuvenating massages once the sessions are over.

☎ +39 041 523 2763

🌐 www.palestraclubdelfino.com/ ✉ delfino@palestraclubdelfino.com

📍 Fondamenta Zattere Ai Gesuati 788/A, Venezia



📷 by alantankenghoe ©

Eutonia Club

"Activities for the Entire Family"

Eutonia Club is a good fitness club for working people as it has programs for exercising just twice in a week. Of course, members can also avail of monthly or annual memberships, which are available at slightly reduces rates. It also offers packages for mini classes, personal training and thematic courses. Patrons can choose from a variety of activities including yoga and pilates and avail of massages for relaxation of the mind and body. The specialty of this gym is that it conducts special educational sessions for children, which comprise of fitness, personal hygiene, reading, drawing and craft created by recycling materials.

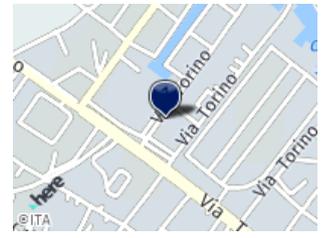
☎ +39 041 522 8618

✉ mail@eutoniaclub.it

📍 Calle Renier, Dorsoduro 3656, Venezia







Palestra Newline Fitness Center

"Fitness Rules"

Palestra Newline Fitness Center is a state-of-the-art gym offering various programs to get fit. Opened in 1989, you can choose to do cardio, yoga, zumba, dance, pilates, boxing and kick-boxing. Martial arts enthusiasts can try their Tai Chi, Mua Thai and Kraw Maga classes. Those into body building can avail of their trainers to achieve your goal. They also have three squash courts and lessons are provided for those who love this sport.

+39 041 531 6290

www.newlinepalestra.com info@newlinefc.com

Via Torino 107/A, Venezia



by Gabriel Porras

Palestra Santamonica

"Fitness Zone"

Whether it is to build your body, get fit or learn self-defense, Palestra Santamonica offers programs for all of these. From Pilates, Fit-Box (a combination of aerobics and martial arts), Zumba, Fit and Ton (a mixture of boxing, kick boxing, Muay Thai and aerobics) to Metabolic Exercise Training and High Intensity Interval Training. They also have courses for Krav Maga. All these classes are conducted by highly skilled trainers in a safe and friendly environment.



+39 041 93 0269

www.palestrasantamonica.it/

Via Fratelli Bandiera 29, Marghera, Venezia

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