

"Best Gyms in Houston"

Realizzata per : Cityseeker

📍 3 Posizioni indicati



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Washington Gym

"Top-Notch Gym"

Appreciation by credible sources like Houston Chronicle and Men's Journal reflects the sheer excellence of Washington Gym, which provides an open space for high-intensity group workouts and private one-on-one sessions. The dependability of Washington Gym lies in its significant results, which is the major driving force of patrons joining this gym. Along with excellent equipment and efficient trainers, it also offers nutritional advice for different body types and prepares a disciplined workout regime for you while traveling so that you don't fall back to old habits.

☎ +1 713 493 2566

🌐 [washington-gym.com/](http://www.washington-gym.com/)

📍 1925 Washington Avenue, Houston TX



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Fit Athletic Club

"Effective Fitness Center"

Finding a good and dependable gym for your workout regime can be difficult but Fit Athletic Club has you covered. Located in the neighborhood of River Oaks, patrons swear by this first-class gym, where clients have the choice of joining in on a class or partaking in one-on-one training. With efficient and highly skilled trainers, Fit Athletic Club offers a fully personalized workout for your individual needs. You have an access to top-notch and well-maintained equipment and you can also relax in their lounge area after a rigorous workout.

☎ +1 713 782 9348

🌐 www.fithouston.com/river-oaks/

✉ memberservices@fithouston.com

📍 1532 West Gray Street, Houston TX



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The GYM

"Work it Out"

With state-of-the-art equipment and highly knowledgeable trainers, The GYM works tirelessly towards achieving your fitness goal. Whether you are a fitness buff or a beginner, the trainers will cater to your needs and motivate you to get fit. Their equipment includes a variety of modern cardiovascular and resistance machines for those who want to lose weight and a large free weights area for people looking to build some muscle.

☎ +1 713 527 8000

🌐 www.the-g-y-m.com/

✉ info@the-g-y-m.com

📍 1950 West Gray Street, Suite 6, Houston TX



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