**Gyms around HSE Guesthouse Buildings**

**HSE Guesthouse at Bolshaya Pereyaslavskaya Ulitsa**

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| --- | --- | --- | --- |
| **Gym** | **Address** | **Features** | **Price Category** |
| **Olimpiyskiy** | Olimpiyskiy prospekt 16, building 1 and 2Prospekt Mira metro station[http://www.olimpik.ru/](http://www.olimpik.ru/content/sport/adults/) | Training AreaPersonal TrainingCardio EquipmentFree-weights & MachinesDance classesPilatesTennisSwimmingAqua FitnessSwimming classes for kids | \*\* |
| **Fitness Liga** | Sushchevskiy Val Ulitsa 56 Rizhskaya metro station<http://fitnessliga.ru/> | Training AreaPersonal TrainingCardio EquipmentCycleFree-weights & MachinesBoxingGroup Exercise ClassesYogaPilatesCurlingKid's ClubDance classesFootballVolleyballTennisBasketball | \*\* |
| **New Gym** | Bolshaya Pereyaslavskaya Ulitsa 46, building 2 Prospekt Mira metro station<http://www.new-gym.ru/> | Training AreaPersonal TrainingCardio EquipmentFree-weights & MachinesGroup Exercise ClassesYogaStep | \* |
| **Zebra** | Kalanchevskaya Ulitsa 16Komsomolskaya metro station<http://fitnes.ru/komsomolskaya> | Training AreaPersonal TrainingCardio EquipmentFree-weights & MachinesBoxingYogaPilatesKid's ClubDance classesTennisFenceIndoor PoolSaunaTurkish bathSpa | \* |
| **World Class** | Olimpiyskiy Prospect 16, building 2Prospekt Mira metro station<http://www.worldclass.ru/clubs/olimpiyskiy/detail/> | Training AreaPersonal TrainingCardio EquipmentFree-weights & MachinesBoxingGroup Exercise ClassesYogaPilatesKid's ClubDance classesIndoor PoolWater PoloSaunaTurkish bath**Outdoor programs:**Marathon schoolRunningJoggingNordic WalkingFootballRoller Skating | \*\*\*\*\* |
| **Volk** | Bolshaya Pereyaslavskaya Ulitsa 46, building 2Prospekt Mira metro station<http://sportzal-1.ru/about.html> | Training AreaPersonal TrainingCardio EquipmentFree-weights & MachinesBoxingSamboKickboxing | \*\* |
| **Colibri Women's Fitness Club** | Protopopovskiy Pereulok 40Prospekt Mira metro station<http://www.kolibrifit.ru/> | Training AreaPersonal TrainingCardio EquipmentMachinesYogaPilatesDance classesTennisTurkish bath | \* |
| **Skalatoria** | Letnikovskaya Ulitsa4, building 2Paveletskaya metro station<http://www.skalatoria.ru/> | BoulderingMoonboardTraining AreaYoga | \*\* |



**HSE Guesthouse at Ulitsa Vavilova**

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| **Gym** | **Address** | **Features** | **Price Category** |
| **Zebra****Opening in December!** | Gubkina Ulitsa 6, building 1Leninskiy Prospekt metro station<http://fitnes.ru/content/ru/leninskyprospekt.tml> | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingYogaDance classes Kid's ClubIndoor PoolSaunaTurkish bath  | \* |
| **Alliance Gym** | Kaluzhskaya Ploshchad' 1, building 2Oktyabrskaya metro station<http://www.yell.ru/go?cid=9764467> | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingYoga, Aero YogaPilates | \* |
| **Point Fitness** | Konnyy Pereulok 4 Shabolovskaya metro station<http://www.pointfitness.ru/> | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingGroup TrainingDance classes YogaPilatesKid's ClubIndoor PoolSaunaTurkish bath | \*\* |
| **BIOSPHERE** | Malaya Kaluzhskaya Ulitsa 15, building 4Shabolovskaya metro station<http://biosfera-club.ru/english/>  | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingGroup Exercise ClassesYogaPilatesIndoor PoolSaunaTurkish bathSpa | \*\*\* |
| **Dr. LODER** | Dmitriya Ulyanova Ulitsa 31 Akademicheskaya metro station<http://loder.ru/>  | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingGroup Exercise ClassesYogaPilatesKid's ClubDance classes Indoor PoolSauna, SpaTurkish bath  | \*\*\* |
| **World Class** | Zhitnaya Ulitsa 14, building 2Oktyabrskaya metro station<http://www.worldclass.ru/clubs/zhitnaya/detail/> | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingGroup Exercise ClassesYoga, Antigravity YogaPilatesKid's ClubDance classes Indoor PoolWater PoloSaunaTurkish bath **Outdoor programs:**Marathon schoolRunningJoggingNordic WalkingFootballBasketballVolleyballRoller Skating | \*\*\* |
| **Fitness Planet** | Varshavskoe shosse 14, building 1Nagatinskaya metro station<http://www.fitness.ru/>  | Training Area Personal Training Cardio Equipment Free-weights & MachinesBoxingGroup Exercise ClassesYogaPilatesDance classes Indoor PoolSauna | \*\* |
| **Pioneer Swimming Pool** | Fotiyevoy Ulitsa 16/2Leninskiy Prospekt metro station<http://www.sportobzor.ru/pool/view/5731.html> | Swimming Aqua fitness | \* |
| **Leader**  | Leninskiy Prospect 89Leninskiy Prospekt metro station<http://www.fitness-lider.ru/> | Training Area Free-weights & MachinesBoxingYoga | \* |
| **Energy** | Shukhova Ulitsa 18Shabolovskaya metro station | Training Area Personal Training Free-weights & MachinesBoxing | \*\* |
| **Plusty Plus Women's Fitness**  | Shabolovka Ulitsa 54 Shabolovskaya metro station<http://www.plusty-plus.ru/> | Group Exercise ClassesPilatesDance classes | \*\* |
| **Skalatoria** | Letnikovskaya Ulitsa4, building 2Paveletskaya metro station<http://www.skalatoria.ru/> | BoulderingMoonboardTraining AreaYoga | \*\* |

