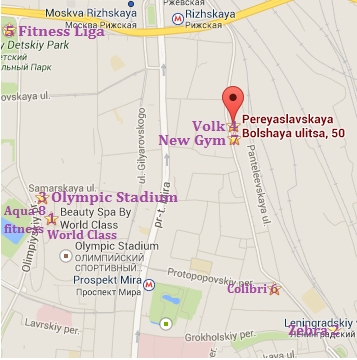
**Gyms around HSE Guesthouse Buildings**

**HSE Guesthouse at Bolshaya Pereyaslavskaya Ulitsa**

|  |  |  |  |
| --- | --- | --- | --- |
| **Gym** | **Address** | **Features** | **Price Category** |
| **Olimpiyskiy** | Olimpiyskiy prospekt 16, building 1 and 2  Prospekt Mira metro station  [http://www.olimpik.ru/](http://www.olimpik.ru/content/sport/adults/) | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Dance classes  Pilates  Tennis  Swimming  Aqua Fitness  Swimming classes for kids | \*\* |
| **Fitness Liga** | Sushchevskiy Val Ulitsa 56  Rizhskaya metro station  <http://fitnessliga.ru/> | Training Area  Personal Training  Cardio Equipment  Cycle  Free-weights & Machines  Boxing  Group Exercise Classes  Yoga  Pilates  Curling  Kid's Club  Dance classes  Football  Volleyball  Tennis  Basketball | \*\* |
| **New Gym** | Bolshaya Pereyaslavskaya Ulitsa 46, building 2  Prospekt Mira metro station  <http://www.new-gym.ru/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Group Exercise Classes  Yoga  Step | \* |
| **Zebra** | Kalanchevskaya Ulitsa 16  Komsomolskaya metro station  <http://fitnes.ru/komsomolskaya> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Yoga  Pilates  Kid's Club  Dance classes  Tennis  Fence  Indoor Pool  Sauna  Turkish bath  Spa | \* |
| **World Class** | Olimpiyskiy Prospect 16, building 2  Prospekt Mira metro station  <http://www.worldclass.ru/clubs/olimpiyskiy/detail/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Group Exercise Classes  Yoga  Pilates  Kid's Club  Dance classes  Indoor Pool  Water Polo  Sauna  Turkish bath  **Outdoor programs:**  Marathon school  Running  Jogging  Nordic Walking  Football  Roller Skating | \*\*\*\*\* |
| **Volk** | Bolshaya Pereyaslavskaya Ulitsa 46, building 2  Prospekt Mira metro station  <http://sportzal-1.ru/about.html> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Sambo  Kickboxing | \*\* |
| **Colibri Women's Fitness Club** | Protopopovskiy Pereulok 40  Prospekt Mira metro station  <http://www.kolibrifit.ru/> | Training Area  Personal Training  Cardio Equipment  Machines  Yoga  Pilates  Dance classes  Tennis  Turkish bath | \* |
| **Skalatoria** | Letnikovskaya Ulitsa4, building 2  Paveletskaya metro station  <http://www.skalatoria.ru/> | Bouldering  Moonboard  Training Area  Yoga | \*\* |



**HSE Guesthouse at Ulitsa Vavilova**

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| --- | --- | --- | --- |
| **Gym** | **Address** | **Features** | **Price Category** |
| **Zebra**  **Opening in December!** | Gubkina Ulitsa 6, building 1  Leninskiy Prospekt metro station  <http://fitnes.ru/content/ru/leninskyprospekt.tml> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Yoga  Dance classes  Kid's Club  Indoor Pool  Sauna  Turkish bath | \* |
| **Alliance Gym** | Kaluzhskaya Ploshchad' 1, building 2  Oktyabrskaya metro station  <http://www.yell.ru/go?cid=9764467> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Yoga, Aero Yoga  Pilates | \* |
| **Point Fitness** | Konnyy Pereulok 4  Shabolovskaya metro station  <http://www.pointfitness.ru/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Group Training  Dance classes  Yoga  Pilates  Kid's Club  Indoor Pool  Sauna  Turkish bath | \*\* |
| **BIOSPHERE** | Malaya Kaluzhskaya Ulitsa 15, building 4  Shabolovskaya metro station  <http://biosfera-club.ru/english/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Group Exercise Classes  Yoga  Pilates  Indoor Pool  Sauna  Turkish bath  Spa | \*\*\* |
| **Dr. LODER** | Dmitriya Ulyanova Ulitsa 31  Akademicheskaya metro station  <http://loder.ru/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Group Exercise Classes  Yoga  Pilates  Kid's Club  Dance classes  Indoor Pool  Sauna, Spa  Turkish bath | \*\*\* |
| **World Class** | Zhitnaya Ulitsa 14, building 2  Oktyabrskaya metro station  <http://www.worldclass.ru/clubs/zhitnaya/detail/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Group Exercise Classes  Yoga, Antigravity Yoga  Pilates  Kid's Club  Dance classes  Indoor Pool  Water Polo  Sauna  Turkish bath  **Outdoor programs:**  Marathon school  Running  Jogging  Nordic Walking  Football  Basketball  Volleyball  Roller Skating | \*\*\* |
| **Fitness Planet** | Varshavskoe shosse 14, building 1  Nagatinskaya metro station  <http://www.fitness.ru/> | Training Area  Personal Training  Cardio Equipment  Free-weights & Machines  Boxing  Group Exercise Classes  Yoga  Pilates  Dance classes  Indoor Pool  Sauna | \*\* |
| **Pioneer Swimming Pool** | Fotiyevoy Ulitsa 16/2  Leninskiy Prospekt metro station  <http://www.sportobzor.ru/pool/view/5731.html> | Swimming  Aqua fitness | \* |
| **Leader** | Leninskiy Prospect 89  Leninskiy Prospekt metro station  <http://www.fitness-lider.ru/> | Training Area  Free-weights & Machines  Boxing  Yoga | \* |
| **Energy** | Shukhova Ulitsa 18  Shabolovskaya metro station | Training Area  Personal Training  Free-weights & Machines  Boxing | \*\* |
| **Plusty Plus Women's Fitness** | Shabolovka Ulitsa 54  Shabolovskaya metro station  <http://www.plusty-plus.ru/> | Group Exercise Classes  Pilates  Dance classes | \*\* |
| **Skalatoria** | Letnikovskaya Ulitsa4, building 2  Paveletskaya metro station  <http://www.skalatoria.ru/> | Bouldering  Moonboard  Training Area  Yoga | \*\* |

