The Moscow Times
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INDEPENDENT NEWS FROM RUSSIA

Top 4 Moscow Spots for an Ad Hoc Workout

By The Moscow Times

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Tired of being shackled to your overpriced gym membership or simply fancy trying a few workout sessions to kickstart a healthy 2016? Look no further. The following venues allow you to drop in and sample the facilities — no strings attached. A godsend if those new year's fitness resolutions already seem overambitious.

Fitness Cult



Fitness Cult

Small and friendly neighborhood gym

Fitness Cult, near Komsomolskaya metro, offers a good range of fitness classes from CrossFit to yoga. A one-visit pass for 1,100 rubles ($14) will allow you access to the training room, one exercise class and a Finnish sauna afterwards. Sadly there is no swimming pool, but if you find a buddy during your workout, you can bond over healthful green juice shots at the fitness bar afterwards. Beauty salon also on site.

+7 (495) 230 0515
fitnesscult.ru
34 Ulitsa Mashi Poryvayevoi. Metro Komsomolskaya

Moscow Olympic Center of Water Sports



Mocws.ru

World-class swimming facilities

Don't worry, you don't need to be a world-class athlete to exercise here. Situated in the northeast of the city, the complex offers cutting-edge outdoor and indoor pools. A dip will cost you 350-400 rubles ($4-5) depending on the time of day. A children's swimming pool, sauna area and various Jacuzzis mean there's something for everyone to enjoy. The more adventurous can opt for a lesson of water polo or aqua aerobics.

+7 (499) 369 4803
mocws.ru
30 Ulitsa Ibragimova. Metro Semyonovskaya

Planet Fitness



Planet Fitness

Popular gym chain

Planet fitness currently has 13 gyms across Moscow, offering modern equipment and spacious training rooms. A one-visit pass will set you back 1,200 rubles ($15), but does allow you to access the training room, swimming pool and then bask in the sauna afterwards. If you are feeling particularly energetic there are reasonably-priced personal training sessions available.

fitness.ru
Various locations

X-Fit



X-Fit

Premium gym with a price tag to match

X-Fit may not be the cheapest of Moscow gyms, but with several locations in the city boasting beautiful facilities, you can see why. A one-visit pass, 1,350 rubles ($16), allows you to work up a sweat in the training room, enjoy the sauna and, in certain branches, luxuriate in the fancy saltwater pool. All of X-Fit's gyms offer a range of children's clubs and parent-child activities — if you want to bring the family to your workout.

x-fit.ru
Various locations

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