

Austin Gyms + Workout Studios



There are many great workout studios and gyms in Austin, Texas, catering to a wide range of fitness preferences and goals. Here are some of the best.



CENTRAL AUSTIN

Barry's Austin

408 W 2nd St | 78701

Burn up to 1,000 calories in the Red Room with high intensity interval training.

Castle Hill Fitness

1112 N Lamar Blvd | 78703

A multi-level gym with an extensive range of classes and personal training options.

DG Fit Studios

1717 W 6th St Bldg 2 Ste 110R | 78703

A cycle studio creating a supportive community and providing a transformative and unconventional exercise experience.

Life Time Fitness

907 W 5th St | 78703

A high-end gym with top-of-the-line equipment and a wide range of fitness classes and amenities.

[solidcore]

204 Colorado St | 78701

A 50 minute high intensity, low impact pilates workout designed to break down muscles to failure.

SoulCycle

401 Congress Ave | 78701

A nationally-recognized indoor cycling studio that provides a full-body workout with upbeat music and motivational coaching.

EAST AUSTIN

Athletic Outcomes

2301-A E. Riverside Dr, Ste 50 | 78741

A high-end fitness studio that offers personalized training and performance-based programs.

Central Athlete

1023 Springdale Rd building 9b | 78721

One-on-one onsite coaching, providing feedback, and ensuring a safe, fun environment for clients.

East Austin Athletic Club

4909 E Cesar Chavez St, Suite C | 78702

A variety of workouts with a customized feel to focus on your fitness goals.

F45 Training South Shore

1604 E Riverside Dr | 78741

A functional full-body high intensity interval training workout while improving energy levels, metabolic rate, strength, and endurance.



NORTH AUSTIN

Austin Simply Fit

4912 Burnet Rd | 78756

A community-oriented gym that focuses on strength training and personal coaching.

Atomic Outpost

9805 Beck Cir | 78758

A 4,000 square-foot training facility that specializes in programming daily training sessions.

Gold's Gym

9101 Research Blvd | 78758

A well-known gym chain that offers a variety of workout options and amenities.

Orangetheory Fitness

4601 N. Lamar Blvd., #508 | 78751

A national chain that offers high-intensity interval training workouts in a group setting.

SOUTH AUSTIN

Atomic Athlete

3907 Warehouse Row | 78704

A gym offering strength-training programs & private coaching in a no-nonsense warehouse.

Barre3

5700 W Slaughter Ln | 78749

A studio that combines ballet, yoga, and Pilates to create a full-body workout.

mōtiv FITNESS

809 S Lamar Blvd Suite K | 78704

A studio that combines Barre, Cycle, Rebound, Dance Cardio, and Circuit classes, and incorporates strength, cardio, and toning.

Pure Pilates Austin

4601 N. Lamar Blvd., #508 | 78751

A boutique fitness studio that features 45-minute full body sculpt sessions.

WEST AUSTIN

Pure Barre

3267 Bee Caves Rd Suite 120 | 78746

Group class full-body workouts that focus on low-impact, small movements that strengthen and tone.

Ride Indoor Cycling

3201 Bee Caves Rd STE 105 | 78746

A studio that offers upbeat, cardio spin classes on stationary bikes.

Train 4 The Game

3201 Bee Caves Rd #121 | 78746

A 12,000 square foot training facility utilizing a huge parking lot and sophisticated movement tools.

Wild Heart YOGA

5604 Bee Cave Rd | 78746

A yoga studio that utilizes an indoor studio as well as an outdoor covered deck.



AUSTIN, TEXAS

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