

# 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 + DOWNTOWN 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.*

### 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.*

### Novi Pilates

1508 W 34th St | 78703

*A small group reformer loft space offering Pilates classes and training.*

### Pilates on Kerbey

3701 Kerbey Ln | 78701

*A boutique Pilates studio offering a range of classes and private lessons.*

### Reform Pilates

3110 Windsor Rd A | 78703

*A centrally located facility offering Pilates classes and instruction.*

### [solidcore]

204 Colorado St | 78701

*A 50 minute high intensity, low impact pilates workout designed to transform and ignite potential.*

### 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 opportunities to meet health and fitness goals.*



### **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 focusing on improving energy levels, metabolic rate, strength, and endurance.

## **NORTH AUSTIN**

### **24 Hour Fitness**

10616 Research Blvd | 78759

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

### **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.

### **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.

### **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.

### **Rumble Boxing**

4301 W William Cannon Dr | 78749

A workout class spent exploring the skills and drills of boxing and resistance training.

## **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**

[www.heritagetitleofaustin.com](http://www.heritagetitleofaustin.com)



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