

5 WORKOUTS WITH A VIEW

**A GYM IS MORE THAN A PLACE TO WORKOUT;
IT'S A REFUGE FOR BOTH PHYSICAL AND MENTAL WELLNESS.**

By Samantha Myers

These gyms are luxurious spaces specifically designed with views to enhance your health and fitness experience, such as a tranquil seascape to provide solace in between reps or an invigorating cityscape to give you that workout motivation.

Oceana Bal Harbour — Bal Harbour, Florida



Oceana Bal Harbour

Bal Harbour, Florida

Image Courtesy Oceana Bal Harbour

The gym at **Oceana Bal Harbour** features luxury at its finest, with pool-facing views of both the Atlantic Ocean and a multimillion-dollar **Jeff Koons' sculpture** that rests in the courtyard. The fitness center has a pavilion for yoga, meditation and Pilates, fitness-instruction classes, a sauna room, and is located parallel to the residence's world-class spa and residents-only restaurant Ballerina (named after the sculpture), all of which operate in synergy and provide an oasis of 5-star wellness.

Privé at Island Estates — Aventura, Florida



IMAGE COURTESY ARX SOLUTIONS

Privé at Island Estates
Aventura, Florida

Anchored in the waters of the Intracoastal on the last buildable 8-acre island in all of South Florida, **this dual luxury tower** has fitness centers in each tower that are glass-enclosed and have unobstructed, 360-degree views of the bay waters. Boasting 10,000 square feet each, the centers are equipped with aerobic and cardiovascular equipment and provide expansive fitness and wellness spaces such as a spa/sauna and marathon-running paths that outline the exclusive island.

The Ritz-Carlton Residences, Miami Beach — Mid Beach, Miami Beach, Florida

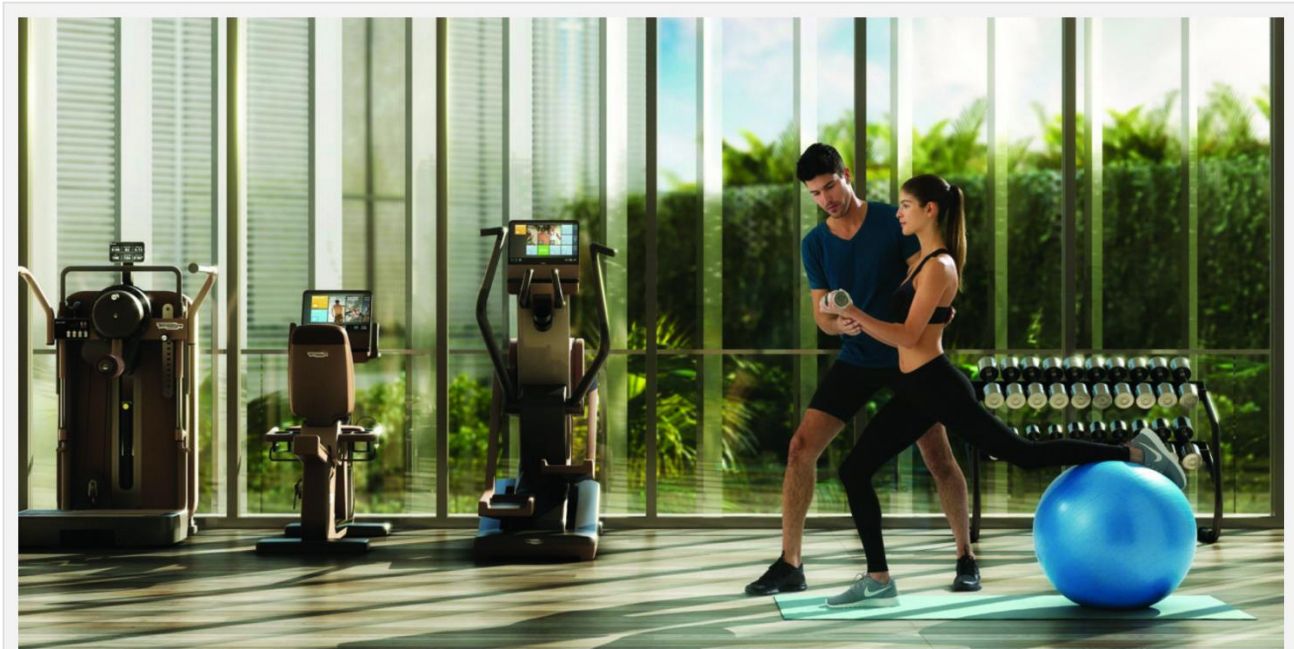


PHOTO ©DBOX

The Ritz-Carlton Residences, Miami Beach
Mid Beach, Miami Beach, Florida

Equipped with cutting-edge **Technogym** equipment, the gym at the **Ritz-Carlton Residences, Miami Beach** offers both city and landscape views of Miami Beach, downtown Miami and Biscayne Bay. For a complete fitness experience, the development has a private jogging/walking path that circumnavigates 7.2 acres of property, an indoor/outdoor yoga studio, a Zen garden and a co-ed sauna. Designed to promote all aspects of wellness, the gym is connected to an expanse of tropical landscape and rooftop pool deck.

Fifty Third & Eighth — Hell's Kitchen, NYC



PHOTO WATSON & CO.
Fifty Third & Eighth
Hell's Kitchen, NYC

Adjacent to an outdoor terrace designed by **Terrain Architects**, this second-floor **gym** has bright, soothing views of greenery. Gingko trees, native grasses, perennials and seasonally diverse plants decorate the secluded garden that also has a zone for open-air fitness classes and provides access to other second-floor amenities such as the lounge, playroom and pup park. Fulfilling diverse wellness needs, the gym has cardio and weight equipment, ample floor space, a yoga studio and men's and women's sauna and steam rooms.

Three Hundred Collins — SoFi, Miami Beach, Florida



PHOTO BLOOMIMAGES
Three Hundred Collins
SoFi, Miami Beach, Florida

This fitness center has floor-to-ceiling, wall-to-wall windows decorated with **Three Hundred Collins'** signature bronze screen wraps that allow for exceptional natural light and semi-private views of Miami Beach's South of 5th neighborhood. With state-of-the-art fitness equipment, a complimentary weight station, and an outdoor relaxing yoga and stretching area, this is a fitness center sanctuary. Designed to promote strength, balance, relaxation and high-energy, this gym is a revitalizing escape from the real world.