

# Exercise is good for you – but where are the best gyms?

We all know we should exercise more and that it is a very good thing to do, whatever age you are. Now choosing where to go and what to do has just become much easier.

The best independent places to burn the calories have been illustrated with this lovely map, showing Crossfit, yoga, boxing and many other potential activities available in the capital.

This map is interactive so just click on it to find the best place for you to go and work out.

