

WELCOME TO FITNESS TOURS OF NEY YORK



■ Fitness tours of New York offers you a unique experience that most tourists will never get. You will be on the same sidewalks and in the same parks as the natives, traveling through New York as if you lived there a lifetime. What will be different is the feeling you get seeing the breathtaking views and iconic symbols that call New York home. However, these are FITNESS tours so be ready to sweat as you learn the rich history and marvel at the beautiful places that makes New York one of the greatest cities on earth.



WALKING BY BATTERY PARK



Mornings in New York are like everything else here, fast paced. So walk through the famous Battery Park it is great start of the mornind . Where you can see and learn about the significant landmarks that give New York its beautifully diverse culture. It is great combination of sport and sightseeing

BAND TRAINING ON THE HUDSON



For tourists who want improve they sport level as well as see the beautiful view that New York has to offer band training on the Hudson. What better backdrop to have as you workout and learn these new techniques then the famous New York City skyline.

Who are confident in their abilities and who has a good physical shape should use the chance to test himself in endurance



Fitness tours
it's not so easy.
People who
want try this
kind of tour
should like
sports and be
confident in
yourself



The Footbike was created in Finland, they have made their way to America and now New York.



Battery park



Freedom tower



The Statue of Liberty



Chelsea Piers



Fitness Tours of New York was established to help visitors and local people take experience a unique combination of fitness and tourism. The best thing about fitness tours of NY workout is that it's not an ordinary workout. It's fun, you see great NY sights and learn a little bit about the culture of NY. It is a great cardio workout .That is a good motivator to lead a healthy lifestyle. These tours will teach you about the history of New York, show you views of the city, and train your body using techniques that will get you results.

