

Download Time Out London Health And Fitness Time Out

Check out our ultimate guide to 101 things to do in London. Find the very best things to do, eat, see and visit, from the South Bank and the Shard to Kew Gardens and Hampstead Heath. Pick from ...How to eat healthy, work out, and drop pounds when you have no time. Your ultimate guide to New York for tourists and locals alike. Discover superb restaurants, amazing bars, great things to do and cool events in NYC. A fully equipped gym is located on level 52, with floor-to-ceiling windows providing panoramic views of London's skyline. The Skypool offers an exclusive escape for hotel guests, who may also indulge in relaxing spa treatments, either in the comfort of their room or in one of the spa residences.