

Indoor Exercise for a Rainy Day in Moscow

By [The Moscow Times](#)

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The thaw has come early this year, and unless you are an incredibly motivated athlete or completely mad, it's wiser to avoid the slushy, sludgy streets for the time being. Feeling like you need a workout but hate the gym? The following venues offer you a chance to try something new and have a bit of fun, too.

Nebo Batutny Park



Nebo Batutny Park

Jump around

Whoever said trampolining was just for children? At Nebo (Sky) trampoline park you can try extreme trampolining (where you bounce off the walls as well as the trampoline), play trampolining dodgeball and even shoot hoops as you bounce. One hour in the trampoline park costs between 600 to 800 rubles. Alternatively, if you take yourself a bit more seriously, you can opt for a session with an instructor or join one of the center's group lessons. The perfect way to put a spring back in your step.

Nebo Batutny Park

nebojump.ru

80 Leningradsky Prospekt, Bldg. 11. Metro Sokol

Roll Hall



Roll Hall

Put your skates on

Roll Hall is Moscow's largest and best-known indoor roller-skating area. The rollerdrome covers 1,500 square meters, giving you ample room to practice your moves or fall over without the risk of causing a domino effect. If you have your own skates, you just pay for entry, which starts at around 300 rubles. You could also rent skates by the minute, and then Roll Hall will waive the entry fee. The venue also has a food court and restaurant, and even offers segways for hire.

Roll Hall

roll-hall.com

3 Kholodilny Pereulok. Metro Tuskaya

City Golf



City Golf

Perfect your putting

It's no news that the Moscow climate doesn't exactly lend itself to a long golf season. If you are itching to get some practice in before the summer, why not visit City Golf, which allows you to play a round in a luxurious indoor setting? Simulators measure the angle of your ball and the movement of your golf club to give the impression that you're actually playing on a real golf course. Afterwards you can have a shower, visit the restaurant or even organize a business meeting in one of the lounges. One session costs 1,200–1,800 rubles.

City Golf

citygolf.ru

Krasny Oktyabr

5 Bersenevsky Pereulok, Bldg. 2. Metro Kropotkinskaya

Big Wall



Big Wall

Learn the ropes

Always fancied yourself as Spiderman but never had the chance to scale a giant wall? Head to Big Wall where there are hundreds of climbing routes for you to try out. The center caters to both novices and pros and also offers a children's climbing zone for adventurous youngsters. An adult starter session costs between 1,100–1,300 rubles and includes five climbs with an instructor — and all the necessary climbing equipment to boot. Big Wall also has a tropical bar, although we'd recommend getting a cocktail after your climb, not before.

Big Wall

bigwallsport.ru

19 Bymazhny Proyezd, Bldg. 1. Metro Savyolovskaya

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