

## OTHER NEIGHBORHOODS

### Kenneth Village

Adana Dance Studio	818 512 7770
Bars and Burn Fitness	818 551 9348
Glendale Yoga	818 956 1621
Pilates Body	818 265 9918

### Montrose

168 Fitness	818 249 7100
Betty Bootcamp	818 369 7501
Crossfit Crescenta Valley	818 309 0005
Curves	818 957 7300
Finish Fit	855 345 5463
Fred Villari's Studio of Self Defense	818 957 7544
FUNction & FITness	818 369 7775
Helen's Dance Studio	818 957 6282
Keen Fitness	818 588 5184
M3 Fight & Fitness	818 564 7839
Montrose Martial Arts	818 742 7499
Montrose Yoga Studio	818 249 4520
Motivate Montrose	818 858 5138
Pedal Spin Studio	818 957 9100
Pure Interval Training Fitness	323 999 4484
Revolution Dance Center	818 249 1100
Spa Pura	818 249 7872
WundaBar Pilates	818 249 6800
Yoga Rock Studio	818 219 3911

### Dance Studios

Arthur Murray Dance Center	818 275 3929
Baile Divino Dance Studio	818 861 6504
Dynamic Duo	818 396 4100
Emma Mesrobian Dance	818 726 4541
Luna Dance Center	818 502 1388
Matador Dance Studio	818 478 8888
Pacific Studio for Dance	818 649 1027
Sloan & Sloan School of Dance	818 241 4424

## Diet/Nutrition/Fitness/Health

24 Hr. Fitness	818 240 5111
24 Hr. Fitness Super Sport	818 247 4334
Anytime Fitness	818 584 7700
Apis Nutrition Consultation	818 409 0009
Ara Keshishian Personal Trainer	818 281 8181
Basic Training PFC	818 551 1511
Bella Fitness	626 497 3760
Equinox	818 334 6841
GNC	818 240 6665
Gold's Gym	818 548 9000
Jenny Craig Weight Loss Center	818 240 7800
Jewel City CrossFit	818 937 9334
LA Fitness	818 638 1762
Lifestyles for Health	818 243 9586
Orangetheory Fitness	818 398 7155
Sage Fitness	818 930 9688
Taix Workout Studio	818 790 7727
Troy's Personal Training	818 326 1081
Total Woman Gym & Day Spa	818 552 2027
Weight Watchers	800 651 6000
We 2 Can Do Training	818 855 8576
We Rock the Spectrum	818 945 5444
YMCA	818 240 4130
YWCA	818 242 4155

## Boxing/Martial Arts

Benjanian Brothers World Class	818 242 3684
Dae Myung Judo Karate Academy	818 243 6252
GFC Fitness	818 243 2338
Gracie Barra Jiu Jitsu	818 388 7024
International Karate Association	818 541 1240
JK Tae Kwon Do	818 243 7420
Main Event Sports Club	818 551 0777

## Pilates

Club Pilates Glendale	818 724 9977
The Pilates Studio	818 730 6335

## Yoga

Glendale Yoga	818 956 1621
Sync Yoga + Cycle	818 696 1610

## Recreation Centers

Adult Recreation Center	818 548 3775
Parks Department Sports Complex	818 548 6420
Parks Department Trails & Bike Paths	818 548 2000

Guide Courtesy of City of Glendale  
Economic Development Division  
818 548 2005  
glendaleca.gov

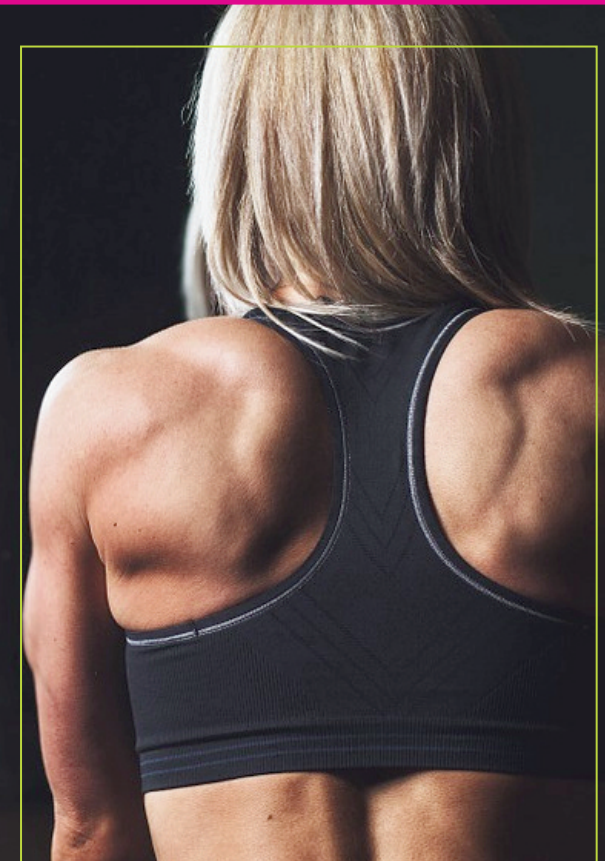


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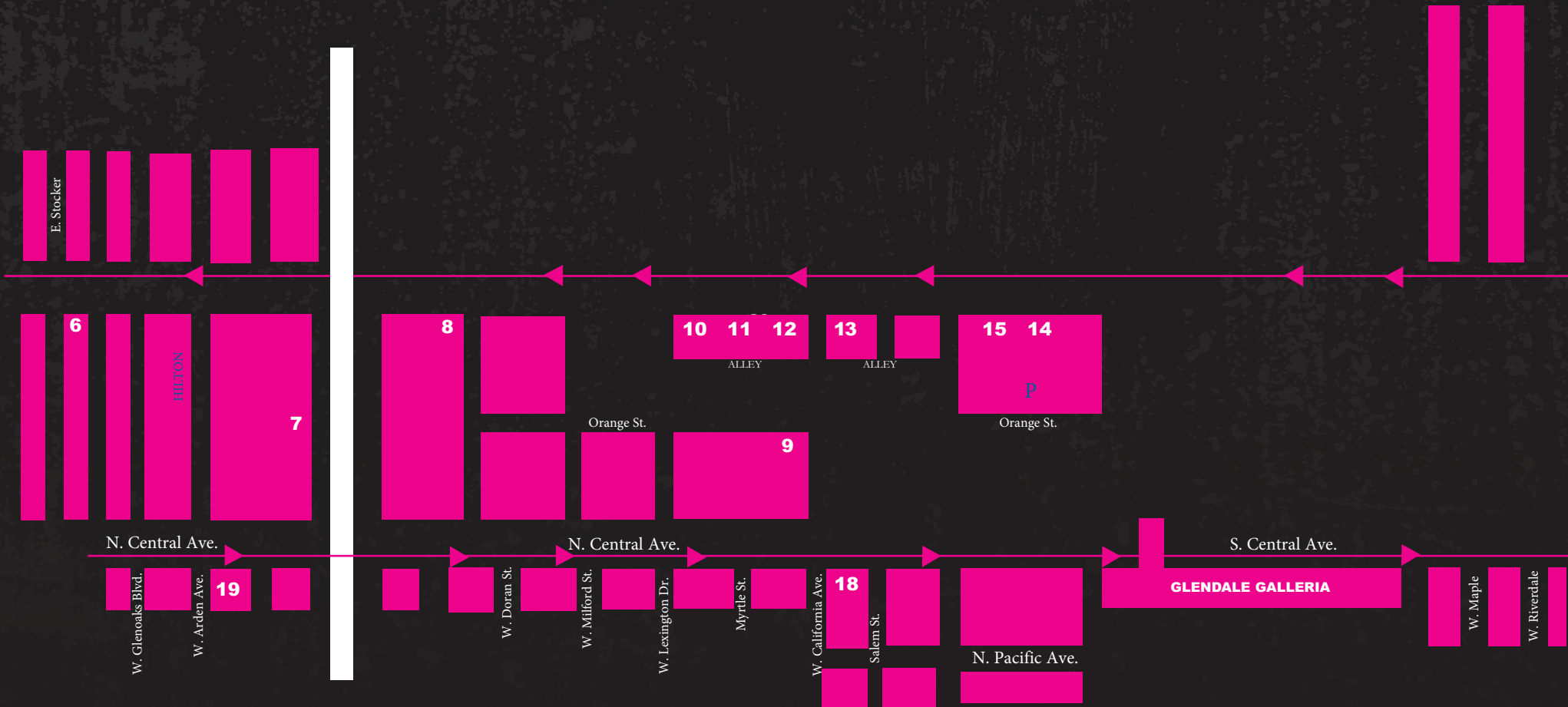
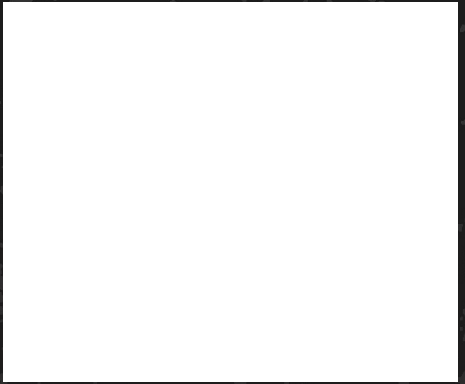
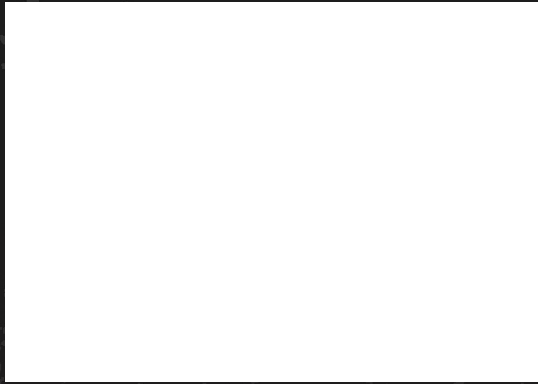
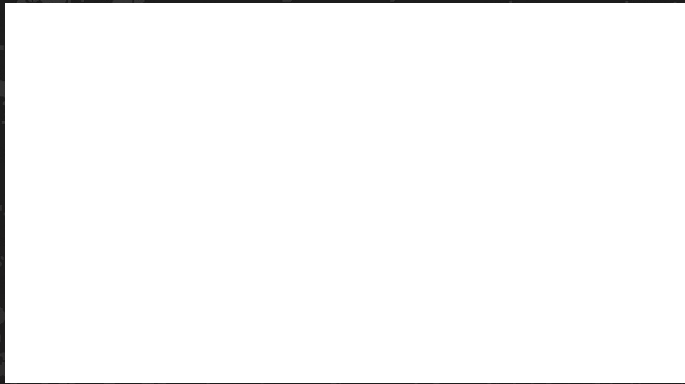


Revised: 12/2018

# Downtown Glendale Health & Fitness GUIDE







- 11. Bella Fitness
- 12. Gracie Barra Glendale
- 13. Glendale Dance Studio
- 14. Orange TheoryFitness
- 15. Weight Watchers
- 16. Gold's Gym
- 17. GFC Fitness
- 18. Basic Training PFC
- 19. Sloan & Sloan School of Dancing