

OTHER NEIGHBORHOODS

Kenneth Village

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|------------------------|--------------|
| 1. Yoga at the Village | 818-265-9833 |
| 2. DB Dance Studio | 818-545-7302 |
| 3. FS2 Fitness | 424-276-0440 |
| 4. Crossfit Array | 818-551-9348 |
| 5. Curves | 818-551-1600 |
| 6. Nu Fit Pro | 818-638-1210 |
| 7. The Pilates Body | 818-265-9918 |

Montrose

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| 1. Morning Crunch (Boot Camp) | 888-888-5478 |
| 2. Curves | 818-957-7300 |
| 3. Pedal Spin Studio | 818-957-9100 |
| 4. WundaBar Pilates | 818-249-6800 |
| 5. Revolution Dance Center | 818-249-1100 |
| 6. Montrose Kung Fu & Tai Chi | 818-742-7499 |
| 7. M3 Fight & Fitness | 818-564-7839 |
| 8. Fred Villari's Studio of Self Defense | 818-957-7544 |
| 9. Yoga Rock Studios | 818-736-7138 |
| 10. Master's Taekwondo Club | 818-236-3777 |

Dance

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|------------------------------|--------------|
| Glendale Dance Studio | 818-242-5672 |
| DB Dance Studio | 818-545-7302 |
| Karavan Dance Studio | 818-247-7769 |
| Luna Dance Center | 818-502-1388 |
| Matador Dance Studio | 626-372-0954 |
| Pacific Studio for Dance | 818-240-2393 |
| Revolution Dance Center | 818-249-1100 |
| Sloan & Sloan School-Dancing | 818-241-4424 |

Diet/Nutrition/Fitness/Health

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| 24 Hr. Fitness | 818-240-5111 |
| 24 Hr. Fitness Super Sport | 818-247-4334 |
| Basic Training PFC | 818-551-1511 |
| Bella Fitness | 626-497-3760 |
| CrossFit 818 | 818-522-0205 |
| Equinox Glendale | 818-334-6841 |
| GTE Fitness | 818-243-2338 |
| GNC | 818-502-0261 |
| Jenny Craig Weight Loss Center | 818-240-7800 |
| Lifestyles for Health | 818-243-9586 |
| Main Event Sports Club | 818-551-0777 |
| Threshold Fitness | 818-502-1708 |
| Training with Troy's | 818-326-1081 |
| Total Woman Gym & Day Spa | 818-552-2027 |
| Weight Watchers | 800-516-3535 |
| Wunda Bar Pilates | 818-249-6800 |
| YMCA | 818-240-4130 |
| YWCA | 818-242-4155 |

Massage/Spa

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| 8th Wonder Massage Spa | 818-505-4951 |
| Ample Massage Spa | 818-662-9688 |
| Descano Thai Massage | 818-507-0640 |
| Glendale Massage | 818-956-7004 |
| Glendale Massage Ocean Spa | 818-246-1887 |
| Ivy Spa | 818-502-1568 |
| Massage Envy | 818-246-3689 |
| Oak Massage | 818-551-0811 |

Boxing/Martial Arts

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|---------------------------------------|--------------|
| Bejanian Brother's World Class | 818-242-3684 |
| Dae-Myung Judo-Karate Academy | 818-243-6252 |
| Fred Villari's Studio of Self Defense | 818-957-7544 |
| Gracie Barra Glendale | 818-388-7024 |
| International Karate Association | 818-541-1240 |
| JK Tae Kwon Do | 818-243-7420 |
| Main Event Sports Club | 818-551-0777 |
| Montrose Martial Arts | 818-742-7499 |
| M3 Fight and Fitness | 818-564-7839 |



Yoga

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| Glendale Yoga | 818-956-1621 |
| Yoga at the Village | 818-265-9833 |
| Montrose Yoga Studio | 818-249-4520 |

Recreation Centers

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| Adult Recreation Center | 818-241-6311 |
| Parks Dept. Sports Complex | 818-548-6420 |
| www.ci.glendale.ca.us/parks/sports_complex.asp | |
| Parks Dept. Trails & Bicycle Paths | 818-548-2000 |

Map courtesy of City of Glendale
Economic Development Division: (818) 548-3155
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www.glendaleca.gov



downtown health fitness & GUIDE



downtown health fitness



GUIDE

DOWNTOWN

1. International Karate Association
2. Lifestyles for Health
3. 24 Hr. Fitness Super Sport
4. 24 Hr. Fitness
5. Jenny Craig Weigh Loss Center
6. YMCA
7. LA Fitness
8. Threshold Fitness
9. Training with Troy
10. Pacific Studio for Dance
11. Hilton Hotel (Gym) *for Guest*
12. Sloan & Sloan School-Dancing
13. Equinox
14. Total Woman Gym and Spa
15. CrossFit 818
16. Massage Envy
17. Bella Fitness
18. Gracie Barra Glendale
19. Glendale Dance Studio
20. Main Event Sports Club
21. Basic Training PFC
22. Weight Watchers
23. Body + Brain
24. GFC Fitness

