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

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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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DOWNTOWN

1. Anytime Fitness
2. YMCA of Glendale
3. LA Fitness
4. 24 Hr. Fitness
5. 24 Hr. Fitness Super Sport
6. We 2 Can Do Training & Fitness
7. Equinox
8. Total Woman Gym and Spa
9. Sync Yoga + Cycle
10. Massage Envy
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