

OTHER NEIGHBORHOODS

Kenneth Village

1. Bars and Burn Fitness 818-551-9348
2. DB Dance Studio 818-545-7302
3. NuFitPro 818-638-1210
4. Pilates Body 818-265-9918
5. Yoga Vibe 818-265-9833

Montrose

1. 168 Fitness 818-249-7100
2. All About You Boot Camp 818-437-5523
3. Betty Bootcamp 818-369-7501
4. Crossfit Crescenta Valley 818-309-0005
5. Curves 818-957-7300
6. Finish Fit 855-345-5463
7. Fred Villari's Studio of Self Defense 818-957-7544
8. Function & Fitness 818-369-7775
9. Keen Fitness 818-588-5184
10. M3 Fight & Fitness 818-564-7839
11. Montrose Martial Arts 818-742-7499
12. Montrose Yoga Studio 818-249-4520
13. Motivate Montrose 818-858-5138
14. Pedal Spin Studio 818-957-9100
15. Pit Fit 323-999-4484
16. Revolution Dance Center 818-249-1100
17. Spa Pura 818-249-7872
18. Wundabar Pilates 818-249-6800
19. Yoga Rock Studio 818-219-3911
20. Yoga Studio 818-249-4520

Dance Studio

1. Arthur Murray Dance Studio 818-242-5672
2. Baile Divino 818-861-6504
3. DB Dance Studio 818-545-7302
4. Dynamic Duo 818-396-4100
5. Emma Mesrobian 818-726-4541
6. Helen's Dance Studio 818-957-6282
7. Luna Dance Center 818-502-1388
8. Matador Dance Studio 818-478-8888
9. Pacific Studio for Dance 818-649-1027
10. Sloan & Sloan School of Dance 818-241-4424

Diet/Nutrition/Fitness/Health

1. 24 Hr. Fitness 818-240-5111
2. 24 Hr. Fitness Super Sport 818-247-4334
3. Apis Nutrition Consultation 818-409-0009
4. Basic Training PFC 818-551-1511
5. Bella Fitness 626-497-3760
6. CrossFit 818 818-522-0205
7. Curves 818-244-3030
8. Equinox 818-334-6841
9. Fitness Revolution180 323-717-4160
10. Fitness For Life 818-937-9374
11. GFC Fitness 818-243-2338
12. Give Strength 818-696-1158
13. GNC 818-240-6665
14. Jenny Craig Weight Loss Center 818-240-7800
15. LA Fitness 818-638-1762
16. Lifestyles for Health 818-243-9586
17. Main Event Sports Club 818-551-0777
18. Max Muscle Nutrition 818-396-5055
19. Orangetheory Fitness 818-398-7155
20. Sage 818-930-9688
21. Taix Workout Studio 818-790-7727
22. Troy's Personal Training 818-326-1081
23. Total Woman Gym & Day Spa 818-552-2027
24. Weight Watchers 800-651-6000
25. We 2 Can Do Training 818-855-8576
26. We Rock the Spectrum 818-945-5444
27. YMCA 818-240-4130
28. YWCA 818-242-4155

Boxing/Martial Arts

1. Benjanian Brothers World Class 818-242-3684
2. Dae Myung Judo Karate Academy 818-243-6252
3. Gracie Barra Jiu Jitsu 818-388-7024
4. International Karate Association 818-541-1240
5. JK Tae Kwon Do 818-243-7420
6. Main Event Sports Club 818-551-0777



Pilates

1. Club Pilates Glendale 818-724-9977
2. Motivate 818-858-5138
3. The Pilates Studio 818-730-6335

Yoga

1. Glendale Yoga 818-956-1621
2. Yoga On Brand 818-696-2788
3. Yoga Vibe 818-265-9833

Recreation Centers

1. Adult Recreation Center 818-241-6311
2. Parks Department Sports Complex 818-548-6420
3. Parks Department Trails & Bike Paths 818-548-2000

Map Courtesy of City of Glendale
Economic Development Division: 818-548-2005
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DOWNTOWN

1. YMCA of Glendale
2. LA Fitness
3. Give Strength
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. Massage Envy
10. Bella Fitness
11. Gracie Barra Glendale
12. Yoga on Brand
13. Glendale Dance Studio
14. Orange Theory Fitness
15. Weight Watchers
16. GFC Fitness
17. Basic Training PFC
18. Main Event Sports Club
19. Fitness Revolution 180
20. Sloan & Sloan School-Dancing

