

"Best Gyms in Los Angeles"

Created by: Cityseeker

 5 Locations Bookmarked




 by Jamie Zum

In-Training


"A Team Spirit Atmosphere"

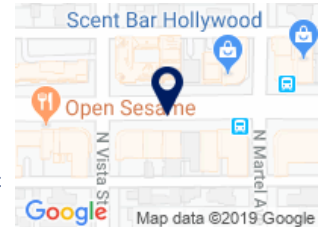
This place looks a whole lot like a treadmill showroom. It is a one-on-one studio with instructors tracking, literally, your every move. Not unlike a team of doctors who share a practice, there is a team effort attitude about this place that makes you feel like you cannot lose (no pun intended). They also provide training for Shadow Boxing, Body Building, Sports Training etc. Nutrition and lifestyle are discussed and extensively analyzed here and your success in its fitness program is just about guaranteed.

 +1 323 549 3909

 www.intrainingla.com/

 jonaranita@aol.com

 7416 Beverly Boulevard, Los Angeles CA




 by Jamie Zum


Barry's Bootcamp

"Ten Hut"

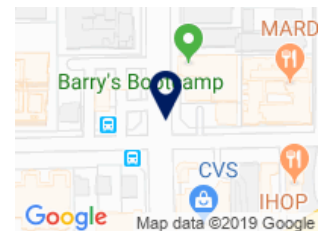
'No Wimps Permitted' should be the sign above the door when you enter this facility. What you get here is real honest-to-goodness workout instruction with guaranteed results. Fitness guru, Barry Jay, is the drill sergeant-at-arms who you will either love or hate. Sign up for the 20-day program, and agree to become a devotee. Classes are held all day long with emphasis on pre-dawn classes. Barry promises to separate the men from the boys, so to speak.

 +1 310 360 6262

 www.barrysbootcamp.com/

 weho@barrysbootcamp.com

 1106 North La Cienega Boulevard, Suite 104, Los Angeles CA




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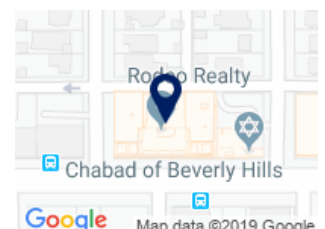
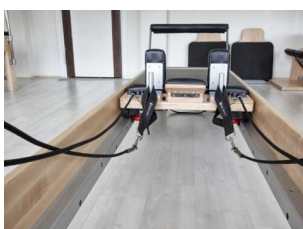
Fitness Factory LA

"Fitness Under LA Sun!"

While biking has been around for years, spinning has literally put a whole new spin on things. Mount a stationary bike, plug in your headset, and take off on an adventure that you will not likely forget. While your instructor talks you through a series of altitude challenges, you will learn the true meaning of the word sweating. The facility features lockers and showers so you can refresh after your work out and get back to daily activities. This 16,000 square feet complex offers many types of workouts. Come check it out.

 +1 310 358 1838

 650 North La Peer Drive, Los Angeles CA



Bodyline Fitness Studio

"Break into a Sweat"

You might not break a sweat but you will certainly feel the burn. Based on the fitness principles of Joseph Pilates, owner Maria Leone works celebrities and non-celebs into sleek condition. A former dancer, Leone favors long lean muscles and exercises that tone but do not add bulk. Using stretches on a mat as well as exercise machines like the Reformer she will leave you sore but impressed at the intensity of the one-hour session. For schedule and other details, check the website or call ahead.

+1 310 274 2716

www.bodylinela.com/

maria@bodylinela.com

9171 Wilshire Boulevard,
Suite A, Beverly Hills CA

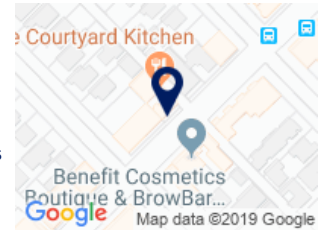


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Revolution Fitness

"Sweat it Out"

Revolutionize your workout routine this year by taking the leap and signing up for a new gym membership. A membership at the boutique Los Angeles studio will kit start your engine with a variety of classes offered. From spin, barre, pilates, yoga and strength training, to personal appointments, Revolution Fitness will get you excited about working out. For over 17 years, this studio has grown and expanded to become one of the best in the area.



+1 310 393 6399

www.revolutionfitness.net

revolution.fitness@yahoo.com

1211 Montana Avenue, Santa
Monica CA

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