

"Best Gyms in Los Angeles"

Created By: Cityseeker

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Barry's

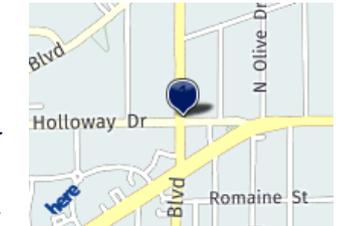
"Ten Hut"

'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.barrys.com/studio/west-hollywood/

✉ weho@barrys.com



📍 1106 North La Cienega Boulevard, Suite 104, West Hollywood CA



📷 by Body Design Pilates ©

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

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📍 9171 Wilshire Boulevard, Suite A, Beverly Hills CA

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