

# YAS Fitness Centers-Silverlake

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1932 Hyperion Avenue  
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United States

Phone: 323-665-6011

[CLOSED]YAS is gay owned and run by Kimberly Fowler and her life partner Sherri Rosen. A hybrid fitness movement combining Yoga and indoor cycling, YAS is for people who value their health, fitness and time. A smart combination of cardio, strength training, stretching and alignment, YAS is a succinct and balanced solution to all your fitness needs. YAS offers immaculate and spacious studios, expert instructors, great music and precise routines. YAS is home to a great community of like-minded, people looking to take their fitness to the next level and inspiring us to be serious at making excellent fitness fun. The very first fitness program dedicated to the combination of Yoga and Spinning®, YAS Fitness Studios were created and founded in 2001 by Kimberly Fowler.

GayLesbianDirectory Discount Offered: 10% off class packages

