

## Montreal's Best Gyms and Health Clubs

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Choosing which gym to belong to can sometimes be a stressful task – but at least when you find the right fit you can work that stress out with a run on the treadmill. There are so many factors to choose from: location, facilities, classes, and the 'hotness' and 'notableness' (yes, it's a word now) of the members. Here are our top choices of where to work out in Montreal, taking into consideration location and the ever-important it factor.

### [Victoria Park](#)

This boutique gym, located in Victoria Village smack in the middle of Westmount's main strip, is one of the trendiest gyms in the city. Its boutique vibe and controlled amount of members allows for a more private workout experience. It's the quintessential neighbourhood club, and even boasts a beautiful spa on the top floor. Keep your eyes open for Montreal Canadians during the hockey season, many of them workout here! 376 *Victoria*.