Starleads

# Gyms & Fitness Centres in Chennai: contact list (free sample PDF)

**697** contacts · **75%** with mobile numbers · **50%** with emails · **43%** with landlines · Updated Oct 2026 · Full list **₹499 (90% off)**

This list has 697 gyms & fitness centres in Chennai, Tamil Nadu with contact details. 75% have a mobile number, 50% an email address, 43% a landline and 5% a website. 99% come with a street address and 31% with a PIN code.

Where a locality is given, most are in Porur (15), Velacheri (14) and Anna Nagar (13), followed by Chrompet, Adambakkam and Anna Nagar East.

Chennai's list is the 5th largest of the 7 cities with a gyms & fitness centres list in Starleads' data; the biggest are Mumbai (3,338) and Bengaluru (1,307). It holds 79% of the gyms & fitness centres in Tamil Nadu.

By category, the biggest groups are Gymnasiums/health Clubs (238) and Dietician/nutritionist, Health Club, Natural Therapy (1).

Get all 697 contacts in Excel: https://starleads.in/data/gyms-fitness-centres-in-chennai/

## 60 contacts from this list

Phone numbers and emails are partly masked in this sample; the list you buy is complete.

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 1 | A V A Global Export Company | Mr U. C. Krishnaswamy | | | 044-2655XXXX | av•••••••@rediffmail.com | NO.12, Agraharam Street, Paruthipet, Avadi | Chennai | 600071 |
| 2 | Aakar Fitness Studio | | | +91 98401 XXXXX | 044-4235XXXX | aa••••••@gmail.com | No 36 S P Complex 3rd Floor, Wall Tax Road, Chennai - 600001, Near Central Railway Station | Chennai | |
| 3 | Aayshmaa Fitness Center | Saravanan | Gymnasiums/health Clubs | +91 94444 XXXXX | | sh••••••••••@gmail.com | NO-23, M.T.H Road, Opposite To Indian Overseas Bank | Chennai | 600050 |
| 4 | Anchor Ladies Gym & Beauty Care | Sivagaminathan | Gymnasiums/health Clubs | +91 98415 XXXXX | 044-2372XXXX | ms••••••@yahoo.co.in | No 223 Surya Towers, Choolaimedu High Road, Near More Super Market | Chennai | 600094 |
| 5 | Athletic Fitness | | | +91 96000 XXXXX | 044-4351XXXX | se•••••@athleticfitness.in | NO-3, Mohanapuri 5th Street, Chennai - 600088, Above More Super Market and Greens Trends | Chennai | |
| 6 | Baggit | Thiru Kumar | | +91 91762 XXXXX | 044-3008XXXX | ch••••••••@baggit.com | No. 142 1st Floor | Chennai | 600042 |
| 7 | Body Sport Gym | Thiyagarajan | Gymnasiums/health Clubs | +91 98411 XXXXX | | th••••••••@gmail.com | NO.42, 1 St Floor, Govindanroad, West Mambalam, Near To Srinivas Theatre | Chennai | 600033 |
| 8 | Body Structure Fitness Gym | Vetrivel | Gymnasiums/health Clubs | +91 97907 XXXXX | | bo•••••••••••••••@gmail.com | No 1, Bethuraj Complex, Kanniamman Nagar Main Road, Maduravoyal, Opp Andal Thirumana Mandapam | Chennai | 600095 |
| 9 | Boss Gym | Ahmed | Gymnasiums/health Clubs | +91 98402 XXXXX | | 19•••••••••@gmail.com | No 41, Tilers Road, Kilpauk, Near Siga Polytechic, Opp SBI | Chennai | 600010 |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 10 | Breathe Gym | Bhaskar | Gymnasiums/health Clubs | +91 98411 XXXXX | | pr••••••••••@gmail.com | No 60, Karaneeswarar Koil Street, Saidapet, Near Karaneeswarar Kovil | Chennai | 600015 |
| 11 | C K Gym Fitness Centre | Sakthi Devi | Gymnasiums/health Clubs | +91 96771 XXXXX | 044-2640XXXX | | No 16, Muthiah Chetty Street, Vepery, Opposite Garden Madharsha Car Parking | Chennai | 600007 |
| 12 | Celextel Enterprises Private Limited | Lakshmanan S | | +91 96770 XXXXX | 044-4202XXXX | or••••@celextel.com | A-306 Barcelona Xs Real Catalunya City near Psbb Siruseri School | Chennai | 600130 |
| 13 | Ck Gym Centre | Babu | Gymnasiums/health Clubs | +91 98418 XXXXX | | ck••••••••••••@yahoo.in | NO.16, Muthaiah Chetty Street, Vepery, Near Madhar Sha | Chennai | 600007 |
| 14 | Classic Hitech Gym | | Gymnasiums/health Clubs | +91 94441 XXXXX | 044-2226XXXX | cl••••••••••@hotmail.com | NO.664, Gst Road, Tambaram East, Opp To Mepz | Chennai | 600059 |
| 15 | D E Gym | Rakesh | Gymnasiums/health Clubs | +91 98417 XXXXX | | di••••••••••@gmail.com | No 1/23, Mgr Street, Ullagaram-Nanganallur, Karunandhi Nagar Opposite Vasanth & Co | Chennai | 600061 |
| 16 | Fitness City Gym | Dharma | Gymnasiums/health Clubs | +91 95660 XXXXX | 044-4264XXXX | fi••••••••••@gmail.com | No 65 2nd Floor, West Jones Road, Saidapet, Near Old Jayaraj Cinema Hall | Chennai | 600015 |
| 17 | Fitness One | | | +91 96000 XXXXX | 040-2373XXXX | in•••@fitnessoneclub.co.in | No 25 3rd Floor, 7th Avenue, Chennai - 600090, Also at Thiruvanmiyur, Velachery | Chennai | |
| 18 | Fitness One | | | +91 94455 XXXXX | 044-2661XXXX | ve••••@fitnessoneclub.co.in | No 16, Evk Sampath Road, Chennai - 600007, Above Axis Bank | Chennai | |
| 19 | Fitness Zone Gym | | Gymnasiums/health Clubs | +91 98407 XXXXX | 044-4952XXXX | ku••••••••••••@gmail.com | NO.37, Govindan Street, Aminjikarai, Chennai - 600029, Near To M.R. Hospital, Near To Needs Super Market | Chennai | 600004 |
| 20 | Friends World Gym | Rajavel | Gymnasiums/health Clubs | +91 98848 XXXXX | 044-4380XXXX | fr••••••••••••@gmail.com | No: 9/3, 2nd Floor, Raja Complex, V K Iyer Road, Chennai - 600004, Opp To Mandaveli Bus Stand | Chennai | 600028 |
| 21 | Gladiator Gym Fitness Centre | Karthick | Gymnasiums/health Clubs | +91 99418 XXXXX | | ka••••••••••@gmail.com | 1, Jempukeswar Street, Korattur, Chennai - 600050, Near Kolam | Chennai | 600080 |
| 22 | Gym- Free Weight Loss Training at Your Home | Saravanan | Gymnasiums/health Clubs | +91 99404 XXXXX | | sa•••••••••@gmail.com | NO:9, North Usman Road, T Nagar, Chennai - 600017, Near Post Office | Chennai | 600080 |
| 23 | Hepzis the Fitness Attiutde | Ravi | Gymnasiums/health Clubs | +91 98402 XXXXX | | ku••••••••••••@gmail.com | No 6, 1st Street, Sanjay Gandhi Nagar near Fame Theatre | Chennai | 600092 |
| 24 | Iron Life Gym | Manimaran | Gymnasiums/health Clubs | +91 98408 XXXXX | | ma••••••••••@gmail.com | 3145, Tnhb, Avadi | Chennai | 600054 |
| 25 | Jeyas Gym | Geetha | Gymnasiums/health Clubs | +91 98404 XXXXX | 044-2433XXXX | | No 4, Bakthavachalam Street Thiruvallur Salai, Teynampet | Chennai | 600018 |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 26 | King Gym & Health Centre | Raj | Gymnasiums/health Clubs | +91 98408 XXXXX | 044-2558XXXX | | No 22 Muthu Complex 3rd Floor, Paper Mills Road, Opposite Perambur Chruch | Chennai | 600011 |
| 27 | Kings Gym & Fitness Centre | Kingsley | Gymnasiums/health Clubs | +91 90435 XXXXX | 044-2260XXXX | ki••••••••••••••@gmail.com | NO:5, 1st Street, New Colony & Opposite Adambakkam Police Station | Chennai | 600088 |
| 28 | Legends Gym | | Gymnasiums/health Clubs | +91 91763 XXXXX | 044-7633XXXX | re••••••••••@gmail.com | No 86, Chamiers Road, Alwarpet, Opposite Park Sheraton | Chennai | 600018 |
| 29 | Linda Gym | Balachandran | Gymnasiums/health Clubs | +91 99627 XXXXX | | fi•••••••••@gmail.com | No 467 1st Floor, Poonamallee High Road, Near Maduravoyal Ration Shop Bus Stop | Chennai | 600095 |
| 30 | Mani Power Gym | | Gymnasiums/health Clubs | +91 98413 XXXXX | 044-4264XXXX | tl••••••••••@gmail.com | Old No 112 New No 27, Venketesvara Salai, Periyar Nagar-Jawahar Nagar, Near Thiruvalluvar Mandabam | Chennai | 600082 |
| 31 | Max Muscle Gym | Anna Durai | Gymnasiums/health Clubs | +91 98419 XXXXX | | ma••••••••@gmail.com | NO.5/6, near National Hospital Parrys | Chennai | 600001 |
| 32 | Mercury Gym and Fitness Centre | Ganesan | Gymnasiums/health Clubs | +91 98845 XXXXX | | me•••••••••@yahoo.com | 314, Pattmmal Complex, Gst Road, Chrompet, Next To Government Hospital | Chennai | 600044 |
| 33 | Muscle Makers Gym | | Gymnasiums/health Clubs | +91 96772 XXXXX | 044-2248XXXX | mu•••••••••@gmail.com | NO:108, First Floor, Pammal Main Road, Opposite To Pammal Csi Church, Near Friends Motors | Chennai | 600075 |
| 34 | National Gym | Suresh | Gymnasiums/health Clubs | +91 98411 XXXXX | 044-2596XXXX | | No. 155, near Ganeshan Kovil Perambur Barracks Chennai 600012 | Chennai | 600081 |
| 35 | Nature Aquarium | V. Ranjith | | +91 98844 XXXXX | | ra••••••••••••••••••@gmail.com | No. 8 6th Street E.V.R. Nagammai Nagar Avadi | Chennai | 600109 |
| 36 | Naveen Fitness & Unisex Gym | Sambath | Gymnasiums/health Clubs | +91 94445 XXXXX | 044-2628XXXX | sa•••••••••@gmail.com | No 7, K H Road, Ayanavaram, Chakravarthi Nagar near New Avadi Road RTO Office | Chennai | 600023 |
| 37 | New Winners Gym | Chandra Sekar | Gymnasiums/health Clubs | +91 98408 XXXXX | 044-4263XXXX | bd••••••••••••••@sify.com | No 163/164, M S Koil Street, Chennai - 600013, Opposite Post Office | Chennai | |
| 38 | O2 Health Studio | | | +91 90947 XXXXX | 044-4232XXXX | en•••••@o2healthstudio.com | No 153 E, 7th Cross Street, Chennai - 600090, Near Besant Nagar Post Office & near Besant Nagar Bus Terminus | Chennai | |
| 39 | O2 Health Studio | | | +91 90947 XXXXX | 044-4554XXXX | mo•••••••@o2healthstudio.com | No Pc 5, Bazaar Road, Chennai - 600037, Near Mmm Hospital | Chennai | |
| 40 | O2 Health Studio | | | +91 90947 XXXXX | 044-2449XXXX | il•••••••@o2healthstudio.com | No 14 Manju Complex, East Coast Road, Chennai - 600041, Near Toyota Show Room & Above Archies | Chennai | |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 41 | Optimus Health and Fitnes Studio | | | +91 72004 XXXXX | 044-4355XXXX | k.•••••@ymail.com | NO-29/5E Saroja Complex, Medavakkam Main Road, Chennai - 600117, Opposite To Bus Stand | Chennai | |
| 42 | Pink Fitness | Satish | Gymnasiums/health Clubs | +91 98452 XXXXX | 040-2354XXXX | ca••••••••@fitnessoneclub.co.in | Pink Fitness Building, 4/1, Srivatsa Street, Vivekananda Nagar, Near Royala Nagar, Chennai - 600089, Ramapuram - near Dr Vimala Convent | Chennai | |
| 43 | Pink Fitnessone | | | +91 96772 XXXXX | 044-2267XXXX | pi••••••••••••@fitnessoneclub.co.in | No 9, 35th Street, Chennai - 600061, Near Thillai Ganga Nagar Subway | Chennai | |
| 44 | Power Gym | Prabhu | Gymnasiums/health Clubs | +91 98400 XXXXX | 044-4215XXXX | | No E34, 3rd Floor 2nd Avenue, Besant Nagar, Near Beasant Nagar Bus Depot | Chennai | 600090 |
| 45 | Power House Gym | | Gymnasiums/health Clubs | +91 97898 XXXXX | 044-2476XXXX | po••••••••••••••@gmail.com | No 154, Mount Poonamallee Road, Porur, Off St. Joseph Hospital | Chennai | 600116 |
| 46 | Pulse 72 Fitness Center | | | +91 98404 XXXXX | 044-4266XXXX | ma•••@pulse72.in | No 183/84, Lake View Road, Chennai - 600033, Near Bank of India | Chennai | |
| 47 | Raj Effect Gym | | Gymnasiums/health Clubs | +91 86083 XXXXX | 044-3961XXXX | ra••••••••••••@gmail.com | 2/710, Madha Kovil Street, Mugalivakkam, Pec Church | Chennai | 600125 |
| 48 | Real Gym A C | | Gymnasiums/health Clubs | +91 98843 XXXXX | 044-2376XXXX | pp••••••••••••@gmail.com | No 47, Arunachllam Road, Saligramam, Opposite Prasad Lab | Chennai | 600093 |
| 49 | Sharan Fitness & Gym | Murugan | Gymnasiums/health Clubs | +91 98411 XXXXX | | mi•••••••••@gmail.com | No 13, Padi Pudhu Nagar Road, Annanagar Left Extension near Park Road Signal & Waves Shop & Left Street Moggapair East | Chennai | 600101 |
| 50 | Sparrc Institute | | | +91 97909 XXXXX | 044-6555XXXX | sp••••@gmail.com | 936, Door No 116, 6th Avenue, Chennai - 600040, K4 Police Station | Chennai | |
| 51 | Spartan Fitness Gym | Anand Kumar | Gymnasiums/health Clubs | +91 99403 XXXXX | | sp••••••••••••••••@gmail.com | NO:763, Velachery Main Road, Chennai - 600073, Opposite To PNB | Chennai | 600092 |
| 52 | Sri Ambal Enterprises | Siva Kumar | Gymnasiums/health Clubs | +91 94448 XXXXX | 044-2476XXXX | | No 51, Arcot Road, Near Reliance Fresh | Chennai | 600116 |
| 53 | Sri Venkateshwara Gym | | Gymnasiums/health Clubs | +91 98840 XXXXX | 044-3257XXXX | ro•••••••@yahoo.com | Sivaji Building, Old No 3 New No 10, Egmore, Police Commissioners Office Road | Chennai | 600008 |
| 54 | Ssp Gym | Kosalraman | Gymnasiums/health Clubs | +91 99621 XXXXX | | ko•••••••••@gmail.com | 9, 6th Street, Vinobaji Nagar, Hasthinapuram-Chitlapakkam, Near Masque | Chennai | 600064 |
| 55 | Step 2 Fitness Unisex Gym | Ganesh | Gymnasiums/health Clubs | +91 99624 XXXXX | | st••••••••••@yahoo.in | #85, Chowdri Nagar Main Road, Upstairs Uma Medicals | Chennai | 600087 |
| 56 | T Shirts Zone | Kavitha | | +91 81246 XXXXX | | ts••••••••••••@gmail.com | Old No. 181 New No. 64 Gandhi Road, Velachery | Chennai | 600042 |

| # | Business | Contact person | Category | Mobile | Landline | Email | Address | City | PIN |
|---|---|---|---|---|---|---|---|---|---|
| 57 | The Young Mens Indian Association | | | +91 99449 XXXXX | 044-2466XXXX | ym•••••••@gmail.com | No 49 New India Building, Moore Street, Chennai - 600001, Near High Court & 2nd Line Beach Road | Chennai | |
| 58 | Tiger Thiru Gym | Thirunavukkaru | Gymnasiums/health Clubs | +91 98411 XXXXX | | th••••••••••@gmail.com | Old No 12 New No 5, Duraiswamy Street, Redhills, Near Axis Bank | Chennai | 600052 |
| 59 | V Lift Fitness & Gym | Vinoth Kumar | Gymnasiums/health Clubs | +91 99400 XXXXX | | vi•••••••••@gmail.com | N0:3 Basement, New Avadi Road Easan Complex, Villivakkam, Near Union Bank | Chennai | 600049 |
| 60 | Worlds Gym | Sivakumar | Gymnasiums/health Clubs | +91 76675 XXXXX | 044-2552XXXX | wo••••••••••••@yahoo.co.in | No. 88, near Perambur Railway Station Perambur | Chennai | 600011 |

## Questions

### How many gyms & fitness centres are there in Chennai?

This list has 697 gyms & fitness centres in Chennai, Tamil Nadu with contact details, 75% of them with a mobile number. It's the count in Starleads' data, not an official census.

### How can I get the contact numbers of gyms & fitness centres in Chennai?

Download this list in Excel: 697 contacts, 75% with a mobile number and 50% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

### Which areas of Chennai have the most gyms & fitness centres?

Porur (15), Velacheri (14), Anna Nagar (13), Chrompet (12) and Adambakkam (11).

### Which city in India has the most gyms & fitness centres?

In Starleads' data: Mumbai (3,338), Bengaluru (1,307), Pune (1,106). Chennai is 5th of 7 cities. These are the counts of contacts in each list, not an official census.

### Is there a free gyms & fitness centres list PDF for Chennai?

Yes. The free sample PDF has 60 contacts from this list, with phone numbers and emails partly masked. The full list comes as an Excel workbook.