

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

768 contacts · 84% with mobile numbers · 57% with emails · 31% with landlines · Updated Oct 2026 · Full list ₹499 (90% off)

This list has 768 gyms & fitness centres in Telangana with contact details. 84% have a mobile number, 57% an email address, 31% a landline and 12% a website. 98% come with a street address, 22% with the contact person's name and 45% with a PIN code.

They are spread over 1 cities and towns; the most are in Hyderabad (757), Adilabad (2) and Karimnagar (1), followed by Khammam and Secunderabad.

By category, the biggest groups are Gymnasiums/health Clubs (393), Ayurvedic Health Centres, Pharmacies, Yoga Centres (1) and Homeopathy Doctors, Yoga Centres, Asthma Homeopathy (1).

Get all 768 contacts in Excel: <https://starleads.in/data/gyms-fitness-centres-in-telangana/>

## 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 | Dr Rita Khannas Yoga Shaastra |                |                                                    |               | 040-3368XXXX | yo.....@gmail.com    | Near Reliance Fresh                                                                                      |           | 500026 |
| 2 | Sampoorna Yogadham            | Yashwanth      | Ayurvedic Health Centres, Pharmacies, Yoga Centres |               | 040-2355XXXX | sa.....@yahoo.com    | No. 124/A, Near Acb Head Quarters                                                                        |           | 500034 |
| 3 | Afrid Gym                     |                | Gymnasiums/health Clubs                            | +91 99516XXXX |              |                      | Chinnoor                                                                                                 | Adilabad  | 504201 |
| 4 | G A Power Gym                 |                | Gymnasiums/health Clubs                            | +91 98481XXXX |              |                      | Beside Bus Stand, Mudhole                                                                                | Adilabad  | 504102 |
| 5 | 360 Degree Fitness            |                |                                                    | +91 90005XXXX | 040-2355XXXX | 36.....@gmail.com    | Plot Number 8-2-682, Laxmi Cyber Centre, Road Number 12, Hyderabad - 500034, Opposite Sitara Grand Hotel | Hyderabad |        |
| 6 | 360 Degree Fitness            |                |                                                    | +91 90005XXXX | 040-2311XXXX | aj.....@gmail.com    | Stone Ridge Center, 2nd Floor, Hyderabad - 500081, Diagonally Opposite Google                            | Hyderabad |        |
| 7 | 6 Pack Gym & Cardio AC        | Narsima Rao    | Gymnasiums/health Clubs                            | +91 90000XXXX |              | 6p.....@gmail.com    | Pnr Residency, 2nd & 3rd Floor, Hyderabad - 500060, Near Ramalayam Temple                                | Hyderabad | 500059 |
| 8 | Ability Gym                   |                | Gymnasiums/health Clubs                            | +91 90599XXXX | 040-6594XXXX | in...@abilitygym.com | 3rd Floor, Yes Mart Building, A S Raju Nagar Colony-Kukatpally, Beside Pullareddy Sweets                 | Hyderabad | 500072 |
| 9 | Abs Salute Gym                |                | Gymnasiums/health Clubs                            | +91 96527XXXX |              | ph.....@gmail.com    | # 2-56/28/2, Ram Chandanayak Nagar, Ayyapa Society, Madhapur, OPP:100FEET Road, Opp:ap Model School      | Hyderabad | 500081 |

| #  | Business                                | Contact person   | Category                   | Mobile             | Landline     | Email                             | Address                                                                                                                        | City      | PIN    |
|----|-----------------------------------------|------------------|----------------------------|--------------------|--------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------|--------|
| 10 | Ageless                                 |                  |                            | +91 90002<br>XXXXX | 040-2311XXXX | ag*****@gm<br>ail.com             | 1-90-2/70, Ground Floor, Vittal<br>Rao Nagar, Hyderabad - 500081,<br>Opp Indian Bank                                           | Hyderabad |        |
| 11 | Ajay Gym                                | Ajay Kumar       | Gymnasiums/health<br>Clubs | +91 98856<br>XXXXX | 040-2370XXXX |                                   | Flat No. 203, 2nd Floor, near<br>Gokul Theatre Erragadda                                                                       | Hyderabad | 500018 |
| 12 | Apollo Gym                              |                  | Gymnasiums/health<br>Clubs | +91 88851<br>XXXXX | 040-2355XXXX | cu*****@apollolife<br>.com        | 5th Floor, Life Science Building,<br>Jubilee Hills, Apollo Health City                                                         | Hyderabad | 500033 |
| 13 | Bodyguard Multi Gym & Fitness<br>Centre |                  | Gymnasiums/health<br>Clubs | +91 89785<br>XXXXX | 040-2451XXXX | sa*****@yahoo.co<br>m             | House No 21-4-729, Hussaini<br>Alam Road, Koka Bazar, Near<br>Azam Hospital                                                    | Hyderabad | 500002 |
| 14 | Chisel Gym                              |                  | Gymnasiums/health<br>Clubs | +91 98484<br>XXXXX | 040-3951XXXX | va*****@gmail.c<br>om             | Aditya Enclave, Attapur Main<br>Road, Opposite Pillar No 135,<br>Above Naturals Saloon                                         | Hyderabad | 500048 |
| 15 | Deejays Gym & Fitness Center            | Ahmed Khan       | Gymnasiums/health<br>Clubs | +91 98850<br>XXXXX |              | sa*****@yahoo.co<br>m             | Door No. 22-7-270/24/1, near<br>Shadab Hotel Pathar Gatti                                                                      | Hyderabad | 500002 |
| 16 | Dm Health Fitness College               |                  |                            | +91 95530<br>XXXXX | 040-6675XXXX | mu*****@dmh<br>ealthexpertise.com | Door No 3-6-524, Zee Plaza,<br>Street No 7, Hyderabad - 500029,<br>Opposite Minerva                                            | Hyderabad |        |
| 17 | Fitlifez Gym & Spa                      |                  | Gymnasiums/health<br>Clubs | +91 93969<br>XXXXX | 040-4004XXXX | pu*****@gmail.com                 | No. 26/A, Opposite Kanajiguda<br>Petrol Pump Trimulgherry                                                                      | Hyderabad | 500015 |
| 18 | Fitness 9 Gym                           |                  | Gymnasiums/health<br>Clubs | +91 89785<br>XXXXX | 040-2755XXXX | ra*****@gmail.c<br>om             | HNO.3-4-136 &770 2nd Floor,<br>Barkatpura                                                                                      | Hyderabad | 500027 |
| 19 | Fitness First Gym for Ladies &<br>Gents | Ram Yadav        | Gymnasiums/health<br>Clubs | +91 91332<br>XXXXX | 040-3332XXXX | ra*****@gmail.co<br>m             | Shop. NO.2&3, Appaji Arcade,<br>Vikas Nagar Main Road, Opp To<br>New Dilsukhnagar Community<br>Hall                            | Hyderabad | 500060 |
| 20 | Fitness King Gym                        |                  | Gymnasiums/health<br>Clubs | +91 98482<br>XXXXX | 040-2322XXXX | fi*****@gmail.c<br>om             | Door No 120, 1st Floor, Sagar<br>View Building, Opposite Gmch<br>Building, Liberty Road                                        | Hyderabad | 500029 |
| 21 | Fitness and Nutrition<br>Enterprises    | Mohammed Nazeer  |                            | +91 92465<br>XXXXX |              | fl*****@yahoo.co.in               | Beside Sri Nagar Colony Traffic<br>Signal Before Ameerpet, Near Big<br>Bazar Hyderabad, Near Traffic<br>Signal Before Ameerpet | Hyderabad | 500039 |
| 22 | Fitness for Life the Gym                | Mohammed Ibrahim | Gymnasiums/health<br>Clubs | +91 88978<br>XXXXX |              | fi*****@gm<br>ail.com             | Ias Officers Association Dgcr<br>Bulding, Green Lands, Opposite<br>Grand Kakatiya Hotel, Adjacent To<br>Cm Camp Office         | Hyderabad | 500016 |
| 23 | Guts Gym                                | Vijaya Ram       | Gymnasiums/health<br>Clubs | +91 98852<br>XXXXX | 040-3370XXXX | gu*****@outlook.com               | Plot No. 12-6-11/4, 3rd Floor,<br>Opposite Bjp Office Kukatpally                                                               | Hyderabad | 500072 |
| 24 | Hard Rock Gym                           | Amair            | Gymnasiums/health<br>Clubs | +91 88867<br>XXXXX | 040-6055XXXX | ha*****@gmail.co<br>m             | Door No 1-8-515/1&2/A, Laxmi<br>Residency, Opposite Old Airport<br>Lane, Near ICICI Atm                                        | Hyderabad | 500016 |
| 25 | Hayath Sports & Gym<br>Equipments       | Shakir           | Gymnasiums/health<br>Clubs | +91 90104<br>XXXXX |              | ha*****@y<br>ahoo.com             | Plot No. 63, Surgery No. 122,<br>Bapuji Nagar, Hyderabad -<br>500011, Beside More Super<br>Market                              | Hyderabad | 500037 |

| #  | Business                          | Contact person  | Category                | Mobile        | Landline     | Email                  | Address                                                                                                        | City      | PIN    |
|----|-----------------------------------|-----------------|-------------------------|---------------|--------------|------------------------|----------------------------------------------------------------------------------------------------------------|-----------|--------|
| 26 | Hi-Fi Muscle Line Gym             |                 | Gymnasiums/health Clubs | +91 97002XXXX | 040-6450XXXX | hi.....@gmail.com      | 2nd Flr Victory Vision, Himayath Nagar Main Road, Himayat Nagar, Opposite Maruti Show Room & More Show Room    | Hyderabad | 500029 |
| 27 | J S Olympic Gym                   | Jithendar Reddy | Gymnasiums/health Clubs | +91 99493XXXX |              | je.....@gmail.com      | Plot NO-4 Floor, Opposite To Andhara Bank Lane, Alwal, Behind Andhara Bank                                     | Hyderabad | 500010 |
| 28 | Jaguar Gym                        |                 | Gymnasiums/health Clubs | +91 99663XXXX |              | ga.....@gmail.com      | 5-3-309, Plot No 142, Ramalayamma Temple Road, Venkat Rao Nagar Colony, Near Naryana Jr College                | Hyderabad | 500072 |
| 29 | Kunals Gym                        |                 | Gymnasiums/health Clubs | +91 98493XXXX | 040-2381XXXX | ak.....@gmail.com      | H No 7-1-276/1/A 6 & A, Balkampet, Near Hero Sk Motors Building                                                | Hyderabad | 500016 |
| 30 | Life Slimming and Cosmetic Clinck |                 |                         | +91 95054XXXX | 040-4240XXXX | li.....@gmail.com      | Yadkumar Chambers, 2nd Floor, Gangaram Road, Chanda Nagar, Hyderabad - 500050, Opposite Rs Brothers            | Hyderabad |        |
| 31 | Life Track Gym                    |                 | Gymnasiums/health Clubs | +91 96406XXXX |              | in...@lifetrackgym.com | Flat No: 85, Gulmoher Park Colony, Gulmoher Park Colony-Serilingampally, Above Dominos Pizza                   | Hyderabad | 500019 |
| 32 | Muscle & Fitness Health Club      | Rajesh          | Gymnasiums/health Clubs | +91 93484XXXX | 040-6458XXXX | mu.....@yahoo.com      | Suguna Plaza, Sri Ram Nagar Housing Colony, Behind Radhika Theatre                                             | Hyderabad | 500062 |
| 33 | Muscle Line Gym                   | Damodar Reddy   | Gymnasiums/health Clubs | +91 98857XXXX | 040-6555XXXX | ma.....@gmail.com      | House No 15-18/3, Main Road, Vanasthalipuram, Hyderabad - 500070, Opposite Panama Gowdowns, Vijayawa           | Hyderabad | 500028 |
| 34 | Odel Solid Fitness Gym            |                 | Gymnasiums/health Clubs | +91 99852XXXX | 040-6454XXXX | od.....@gmail.com      | Plot No 13, 2nd Floor, Road No. 71, Jubilee Hills, Near Jubilee Public School                                  | Hyderabad | 500033 |
| 35 | Ozone Spa Pvt Ltd                 |                 |                         | +91 90524XXXX | 040-3910XXXX | hy.....@ozoneclubs.com | Door No 6-3-349/20, Road No 1, Hyderabad - 500034, Opposite Vengal Rao Park                                    | Hyderabad |        |
| 36 | PULSE8 Gym                        |                 | Gymnasiums/health Clubs | +91 96666XXXX | 040-6677XXXX | pu.....@gmail.com      | Csk Building, Pillar Number:. 5, 3rd Floor Above P. Satyanarayan Jewellers, Mehdipatnam, Oppsite Azizia Masjid | Hyderabad | 500028 |
| 37 | PULSE8 Gym & Fitness Studio       |                 | Gymnasiums/health Clubs | +91 88016XXXX | 040-2755XXXX | pu.....@rediffmail.com | Rukkus & Yellu Arcade, Brakatpura X Road, Opposite Barkatpura Petrol Pump                                      | Hyderabad | 500027 |
| 38 | Power Base Gym                    |                 | Gymnasiums/health Clubs | +91 90308XXXX | 040-6002XXXX | po.....@gmail.com      | Plot No 1 & 2, Vivekananda Nagar Colony Road, Kukatpally, Opposite SBI Bank                                    | Hyderabad | 500072 |

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|----|-------------------------------------|----------------|-------------------------|-----------------|--------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------|--------|
| 39 | Pulse F8 Gym                        | Pawan Sahu     | Gymnasiums/health Clubs | +91 99125 XXXXX | 040-6663XXXX | pu*****@gmail.com      | 4th Floor, Sri Nagar Colony Main Road, Hyderabad - 500073, Opposite Satya Sai Nigamam, Above Hertiage Fresh                           | Hyderabad | 500001 |
| 40 | Reign Gym Fitness Centre            |                | Gymnasiums/health Clubs | +91 93466 XXXXX | 040-3299XXXX | re*****@rediffmail.com | Plot No A/12/B & A/12/P, 5th Floor, Rishab Heights, Main Road, Hyderabad - 500062, Opposite Food World Super Market & Hyderabad House | Hyderabad | 500020 |
| 41 | Rock Spot Gym                       | Subani         | Gymnasiums/health Clubs | +91 99859 XXXXX |              | ra*****@gmail.com      | Plot No 6, Hasthinapuram South-Hasthinapuram, Beside Glr Function Hall & Bawarchi Hotel                                               | Hyderabad | 500070 |
| 42 | S.S. Power Gym                      | Sainath        | Gymnasiums/health Clubs | +91 96669 XXXXX |              | sa*****@gmail.com      | S.S Power Gym, Above Muthoot Finance                                                                                                  | Hyderabad | 500079 |
| 43 | Smithas Gym & Fitness Centre        | Smithareddy    | Gymnasiums/health Clubs | +91 95027 XXXXX |              | pr*****@gmail.com      | 2nd Floor, near Janapriya Apartments Attapur                                                                                          | Hyderabad | 500048 |
| 44 | Solid Fitness Gym                   |                |                         | +91 97016 XXXXX | 040-4221XXXX | ye*****@gmail.com      | Plot No 1, Third Floor, Ravi Colony, Hyderabad - 500081, Beside Croma                                                                 | Hyderabad |        |
| 45 | Sona Gym                            | Nageshwara Rao | Gymnasiums/health Clubs | +91 98492 XXXXX | 040-2387XXXX |                        | Flat No. 201, 2nd Floor, Opposite Rs Brothers Showroom Kukatpally                                                                     | Hyderabad | 500072 |
| 46 | Stalwart Gym                        |                |                         | +91 95814 XXXXX | 040-6442XXXX | ku*****@stalwartgym.in | Plot No 22, 2nd & 3rd Floor, Kphb 7th Phase, Hyderabad - 500085, Near Ankura Hospital, Beside Fishermen Bar                           | Hyderabad |        |
| 47 | Steel Gym                           | Shrikanth      | Gymnasiums/health Clubs | +91 95429 XXXXX |              | in***@steelgym.in      | 1355, Neharika Jubilee One, 2nd Floor, Road No. 1, 45 Junction, Adjacent HDFC Bank, Jubilee Check Post                                | Hyderabad | 500033 |
| 48 | Talwalkars Better Value Fitness Ltd |                |                         | +91 91775 XXXXX | 040-2335XXXX | su*****@talwalkars.net | 1st & 2nd Floor, Delta Tower, Municipal No 8-2, 618/2, Road No 11, Hyderabad - 500034, Near City Center, Sarve Cafe                   | Hyderabad |        |
| 49 | Talwalkars Better Value Fitness Ltd |                |                         | +91 80084 XXXXX | 040-4260XXXX | ma*****@talwalkars.net | No 15-29-1000, H No 18/HIG-18, M C K House, Hyderabad - 500072, Phase 1&2                                                             | Hyderabad |        |
| 50 | The Best Gym & Fitness Centre       | Sudhakar       | Gymnasiums/health Clubs | +91 98481 XXXXX | 040-3392XXXX | su*****@gmail.com      | 3rd Floor, Opposite Esi Habsiguda                                                                                                     | Hyderabad | 500079 |
| 51 | The Gym Zone                        |                | Gymnasiums/health Clubs | +91 99635 XXXXX | 040-4020XXXX | th*****@gmail.com      | Plot NO.42, 43, 44, Balaji Nagar, Nizampet, Beside Heritage Mart                                                                      | Hyderabad | 500090 |
| 52 | The Hyderabad Gym Khana Club        | Uday Devineni  | Gymnasiums/health Clubs |                 | 040-2360XXXX | th*****@gmail.com      | Plot Number 7B & 7B ROAD Number 2, Banjara Hills park View Enclave, Jubilee Hills                                                     | Hyderabad | 500034 |
| 53 | Turnhalle Gym                       | Ghouse         | Gymnasiums/health Clubs | +91 98480 XXXXX | 040-2740XXXX | va*****@yahoo.co.in    | Door No :- 2-2-23/22/4.D-414, D D Colony, Quadri Bagh-Amberpet, Opp To Hotel Management College                                       | Hyderabad | 500013 |

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|----|-------------------------------------------|----------------------|-------------------------|---------------|--------------|-------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------|--------|
| 54 | Unik Fitness Gym                          | Mahita               | Gymnasiums/health Clubs | +91 91772XXXX |              | un*****@gmail.com       | 3rd Floor, Opposite Pizza Hut Madhapur                                                                                     | Hyderabad    | 500081 |
| 55 | Vayuputra Gym                             | Rajendra             | Gymnasiums/health Clubs | +91 78932XXXX |              | ra*****@yahoo.com       | H. No: 12-11-691, Near Warasiguda X Roads, Near Mgm Bakery                                                                 | Hyderabad    | 500061 |
| 56 | Work Outs                                 |                      |                         | +91 92481XXXX | 040-6644XXXX | in***@workoutsindia.com | 3th Floor, Above Suzuki Show Room, Hyderabad - 500029, Beside Commisnor Office                                             | Hyderabad    |        |
| 57 | Workoutz Gym Health Club & Fitness Centre |                      | Gymnasiums/health Clubs | +91 91775XXXX | 040-2404XXXX | wo*****@gmail.com       | 1st Floor, Parameshwari Plaza, Moosrambagh Main Road, Dilsukhnagar, Hyderabad - 500060, Above Axis Bank, Opposite Naturals | Hyderabad    | 500068 |
| 58 | Fit N Fine Gym                            | Manager              | Gymnasiums/health Clubs | +91 94402XXXX |              | sy*****@gmail.com       | Court Chowrastha                                                                                                           | Karimnagar   |        |
| 59 | Bodyline Gym Machine Company              | B Upender Naidu      | Gymnasiums/health Clubs | +91 93993XXXX |              | bo*****@gmail.com       | D. No. 11- 7- 91/2, Nst Road Revathi Centre                                                                                | Khammam      |        |
| 60 | Chaitany's Enviro Tech Pvt Ltd            | Sudhakara S.V.S. Rao |                         |               | 040-2700XXXX | ce***@hd2.vsnl.net.in   | G1, Ballad Estate, Tarnaka                                                                                                 | Secunderabad | 500017 |

## Questions

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

This list has 768 gyms & fitness centres in Telangana with contact details, 84% 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 Telangana?

Download this list in Excel: 768 contacts, 84% with a mobile number and 57% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

### Which cities in Telangana have the most gyms & fitness centres?

Hyderabad (757), Adilabad (2), Karimnagar (1), Khammam (1) and Secunderabad (1).

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

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.