



THE ROARK REPORT

Gyms of the Past

Remember the enchantment of walking into a gym 20 or more years ago? There, in place, were barbells and dumbbells that were incremented in reasonable poundages, lat machines made with professional parts, benches that did not wobble. And friendship.

In those days, gyms often held Grand Openings, but, of course, not Grand Closings. While the start of a new gym may have been announced in the muscle mags, the failures were not billboarded. Therefore, since the sources used to produce the following list of gyms were primarily drawn from the pages of various magazines in the field, only the startings of some gyms are recorded here. Endings have trailed into vagueness.

You can help us define the histories of these and other gyms. The list which follows is very incomplete, but with your help it can become more accurate and double or triple in length and substance. If you have any information about these or other gyms in North America during this century—any brochure, newspaper clipping, photo, or personal recollection—please share them with *IGH* and we will try to gather even more information about these other gyms. Again, please do not assume that we have information just because you have it. You may have a rare bit of documentation. Any help will be welcomed.

Study this list, and remember. Then remember to help us. . . **Joe Roark**

American College of Modern Weightlifting
212 Chittenden St., Akron, Ohio

Harold Ansoerge Health Studios
2124 Plainfield Ave., N.E. &
141 28th Street S.E.
Grand Rapids, Michigan

Henry Archambault, Holyoke Health Club
301 Main St., Holyoke, Massachusetts

Chuck Arenth Physical Culture Studio
310 Franklin St., Tampa, Florida

Dave Asnis
3 Springfield Ave., Newark, New Jersey &
766 Springfield Ave., Irvington, New Jersey

Lord Lonsdale: Athletic Institute
England

Prof. John Atkinson: Athletic Institute
Knightsbridge, England

Louis Attila
Broadway, New York, New York

Bob Backus Gym
Pembroke, Massachusetts

Jules Bacon Gym
York, Pennsylvania

Ed Ball's Gym
285 Delaware Ave., Buffalo, New York

Belleville Barbell Club
?

Professor Anthony Barker's Studio
1235 6th Ave. New York. New York

Al Berger's
1314 Walnut St., Philadelphia, Pennsylvania

Vern Bickel & Jim Booker: Mid-American Studio
1313 E. 46th St., Kansas City, Missouri

Vern Bickel's
2510 E. 39th St. (new location after fire)
Kansas City, Missouri

Doug Biller's Physical Culture Studio
114 W. Salem Ave., Roanoke, Virginia

Douglas Biller: Blue Ridge Barbell Club
926 Colorado Street, Salem, Virginia

Dave Bjorras: Dave's Gym
710 N. Olive St., South Bend, Indiana

Dave Bland's
3041 Hamilton Ave., Baltimore, Maryland

Jack Bloomfield
Newark, New Jersey

George Bothner's
New York, New York

Rudolf Bredemeyer
(consolidated the German Athletic Clubs in
Cologne, Germany-1880)

George Bruce's Gym
14436 Friar St., Van Nuys, California

Jim Burch's Gym
Los Angeles, California

The "Cave": Tanny's 4th & Broadway Gym
Santa Monica, California

Robert Cayeux's Gym
Paris, France

Century Athletic Club
709 N. 95th St., Seattle, Washington

Al Christensen's
2121 S. Andrews Ave., &
2026 N.E. 19th St., Ft. Lauderdale, Florida

**Barry Clark, George Turk, Alf Turk
Hamilton Health & Barbell Club**
Hamilton, Ohio

Earl Clark Health Club
1228 3rd, Chula Vista, California

Dave Collier: Colonial Health Studio
3714 Ringgold Dr. , Chattanooga, Tennessee

Ben Colt: Scientific Health Studio
2169-71 86th St., Brooklyn, New York

Bruce Conner's Gym
10830 Santa Monica Blvd.,
West Los Angeles, California

Jim Core's Gym & Health Club
Woodcrest Shopping Center,
Road and Browning Lane
Cherry Hill, New Jersey

Phil Courtois: Physical Culture Studio
482 12th St., Oakland, California

George & Beverly Crowle: North Park Athletic Club
San Diego, California

Denie's Gym (Harold Poole's former gym)
719 Bergen Ave., Jersey City, New Jersey

Deutscher Athletic Club
Milwaukee, Wisconsin

Don's Health Studio
1541 Chester Pike, Folcroft, Pennsylvania

Duncan Y.M.C.A.
1515 W. Monroe St., Chicago, Illinois

- Roger Eall's Gym**
Columbus, Ohio
- George Eiferman's Gym**
1732 N. Cahuenga Blvd., Hollywood, Calif.
- John Farbotnik's Gym**
1106 E. Colorado St., Glendale, California
- Frank Findlay's**
Melbourne, Australia
- Irv Foss & Claude Williams:**
Everett Health Studio
1809 Broadway Ave., Everett, Washington
- Win Franklin Health Club & Gym**
515 Park Ave., Plainfield, New Jersey
- French Sporting Club**
New York, New York
- John Frietshe's**
3344 Germantown Ave. &
22-24 W. Chelton Ave., Philadelphia, Penna.
- Frye Institute (Rye Bell's employer)**
Chattanooga, Tennessee
- Arthur F. Gay**
32 South Ave.; 252 East Ave. (moved there
in Spring of 1924)& 102-104 Broadway
(moved there in 1944), Rochester, New York
- German American Athletic Club**
Chicago, Illinois
- Vince Gironda's**
Los Angeles, California
- Bert Goodrich**
6624 Hollywood Blvd., Hollywood, Calif.
- Gordon's Gym**
22206 Ford Road, Dearborn, Michigan
- George Greaves: Esquire Health Club**
424 Johnson St., Jenkinton, Pennsylvania
- Andy & Gladys Gropp's**
1601-3 S. Clinton Ave., Trenton, New Jersey
- Abe Goldberg: Empire Health & Studio**
Manhattan. New York
- Ed Hammitt's Health Studio**
3789 Warsaw Ave., Cincinnati, Ohio
- Hemmenway Gym**
Harvard University, Cambridge, Mass.
- Bobby Higgins**
143 E. Ohio St., & 239 E. Ohio St.
Indianapolis, Indiana
- Ireland's Physical Culture Studio**
174-176 Newtownard's Road
Belfast, Northern Ireland
- Kolar V. Iyer**
Bangalore City, India
- Bob Jani "Club Milo"**
Insurgentes 360, Mexico City 6, D.F.
- Gene Jantzen Resort**
Bartelson, Illinois
- Irvin Johnson's Gym**
22 East Van Buren St., Chicago, Illinois
- Johnnie & Kay Johnson's Gym**
2714 N.E. Broadway, Portland, Oregon
- Bowman Jones House of Health**
4945 A. Delmar Blvd., St. Louis, Missouri
- Ed Jubinville & Henry Archbault:**
Holyoke Health Studio
434 High St., Holyoke, Massachusetts
- Keasbey Eagles**
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- Ricardo Villar Kelly's**
Calle 6, No. 262 at Vedado, Havana, Cuba
- Glenn Kenton's Gym**
122 E. Sixth St., Cincinnati, Ohio
- Sig Klein's**
717 Seventh Ave., New York, New York
- Steve & Jim Klisanin's Gym**
329 South Topeka St., Wichita, Kansas
- Chris Koufas: Cambray H&S Studio**
1514 Frazer Ave., N.W., Canton, Ohio
- Jack Kress & George Johnson's**
Weightlifting Gym
Laguna, California
- Bert Kurland: Daytona Beach S&H Club**
Daytona, Florida
- Ron Lacy-manager: Health Spa**
Lexington, Kentucky
- Jack LaLanne**
377 17th St., Oakland, California &
Market St., San Francisco, California
- Larry Lanne & Ave Heaton's**
2249 Irvin St., San Francisco, California
- Santo Leone Studio**
787 Wyckoff Ave., Brooklyn, New York
- Timmy Leong's Physical Culture Studio**
1076 South King St. & On the Mall
Union St., Honolulu, Hawaii
- Jack Lipsky's**
13 N. Eutaw St.; 218 N. Charles St. &
525 N. Howard St., Baltimore, Maryland
- Bob Lobe & Morris Nathan:**
Bob & Morrie's Gym
7761 W. Melrose Ave., Hollywood, Calif.
- Long Island Weightlifting Club**
611 Hicksville Road, Bethpage,
Long Island, New York
- Sam Loprinzi's Doorway to Health Studio**
414 S.E. Grand Ave.& 2414 S.E. 41st St.
Portland, Oregon
- Lucien Luki Marcel "Healthorium"**
Atlantic City, New Jersey
- John McWilliams Health Studio**
Denver, Colorado
- Norman A. Malick**
312 W. Bloom St., Louisville, Kentucky
- Walt Marcyan's**
1388-1398 Sunset Blvd., Los Angeles, Calif.
- John Marolaka's Olympic Health Studio**
14 Centre St., Newark, New Jersey
- Maxick's**
Buenos Aires, Argentina
- Alan P. Mead**
London, England
- Hal Miller's Muscle Mart**
- Tom Minichiello: Mid-City Gym**
Manhattan, New York
- Mits (Kawashima) & Mik Health Studio**
1215 S. King St.; 1302 S. King St. &
535 Ward Ave., Honolulu, Hawaii
- Norman Morin**
89 Park Ave., Webster, Massachusetts
- Moss's School of Physical Training**
Church Road, St. Leonards-on-Sea
England
- Leo Murdock: Austin Health Club**
605 W. 13th St. & 1206 Parkway
Austin. Texas
- Jimmy Ng**
Honolulu, Hawaii
- William Oliphant Barbell Academy**
648 Bloor St. West., Toronto, Canada

Olympic Health Studio

288 W. Genesee Ave., Saginaw, Michigan

Frank Oshima's "Westside Gym"

1775 W. Jefferson Blvd., Los Angeles, Calif.

Phil Oudinot

922 Robeson St., Reading, Pennsylvania

Allan Paivio

1426 Stanley St., Montreal, Canada

Jim Park & Jim Murray's: Varsity Barbell Club

115 W. Bridge St., Morrisville, Pennsylvania

Val Pasqua's Gym

3608 Bronx Blvd., Bronx, New York

Bill Pearl

1914 P Street, Sacramento, California

Bill Piephoff's Gym

101 Stafford Pl., Greensboro, North Carolina

Harold Poole's Gym

719 Bergen Ave., Jersey City, New Jersey

Charlie Postl

Chicago, Illinois

W.A. Pullum

5 Church St., Camberwell, England

Rex Ravelle

1138 Bishop St., Honolulu, Hawaii

Joe Raymond

669 E. 185th St., Euclid, Ohio &

788 E. 152nd St., Cleveland, Ohio

George Redpath

6122 Santa Monica Blvd., Hollywood, Calif.;

1943 West Manchester Ave., Los Angeles,

Calif. & 8622 Troy St., Spring Valley, Calif.

Steve Reeves6th at Alton Road, Ft. Lauderdale, Florida
& a gym in Miami?**Leo Robert**

Montreal, Canada

Clarence Ross

2306 Encinal Ave., Alameda, California

Eugen Sandow School (first name)32A St. James St., Near Picadilly Circus
London, England**Tony Sansone**

671 Third Ave., New York, New York

Hy Schaffer: Adonis Health Institute1711 Pitkin Ave. & 1529 Pitkin Ave.
Brooklyn, New York**Keith Schollander & Hugh McKenzie:****McKenzie's All America Gym**

2010 Commerce St., Dallas, Texas

Screwball Gym

Revelry Blvd., Hollywood, California

Dr. Harry Shafran's

Lincoln Road, Brooklyn, New York

Chuck Sipes

Modesto, California

Seth Smith's

Knoxville, Tennessee

Ben & Maxine Sorensen Health Studio

205 Grand Ave. & 4131 E. 14th St.

Des Moines, Iowa

Sparky's Gym

Smith Road, Millville, New Jersey

Babe Stansbury's

10215 S. Vermont, Los Angeles, California

Henry (Milo) Steinborn's

2371 Grange St., Orlando, Florida

Al Stephan

414 1/2 Hennepin Ave., Minneapolis, Minn.

Leo Stern's

3829 Granada Ave., San Diego, California &

714 National Ave., Culver City, California

Pudgy & Les Stockton

1392 Sunset Blvd.; 9323 West Pica Blvd. &

1774 East Colorado St., Los Angeles, Calif.

Streamline Health Club

412 Main St., Houston, Texas

Studio Montreal

1821 East Mont. Royal, Montreal, Canada

Sundberg Gym

543 W. Michigan Ave., Battle Creek, Mich.

Armand Tanny's

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Vic Tanny's

Vermont Ave., & 85th St. Los Angeles, Calif.

Chester Teegarden: Weightlifting Club at**the University of Indiana**

111 N. Dunn St., Bloomington, Indiana

John Terlazzo's

New York, New York

Tony Terlazzo's

5911 Melrose Ave., Hollywood, Florida &

2204 W. Santa Barbara Ave.

Los Angeles, California

Topeka Health Club

1424 Lane St., Topeka, Kansas

Trim Health Studio

2304 Washington St., Newton, Massachusetts

George Turner Gym

6275 Delmar St., St. Louis, Missouri

Ray Van Cleef's Gateway to Health

1455 West San Carlos, San Jose, California

John Van Herik, V & N Health Studio

3212 N. Broadway, Chicago, Illinois

Dr. Von Krajewki**St. Petersburg Amateur Weightlifting Club**

St. Petersburg, Russia

Karo Whitfield: Atlanta Health Club

Atlanta, Georgia

Joe William's Health Studio

2407 N. Broadway, Knoxville, Tennessee

Norman Wright: Escondido Athletic Club

Escondido, California

Yaco's Gym40 W. Davenport & Taft Motel,
Detroit, Mich.**Ed Yarick's**

3355 Foothill Blvd., Oakland, California

York Athletic Club

593 NW 62nd St., Miami, Florida

York Barbell Club Gym

North Broad Street & Ridge Ave.

York, Pennsylvania

Bob Zuver's

Southern California

