

LIFT Society
was named one of the 21 Best
Gyms in L.A. By

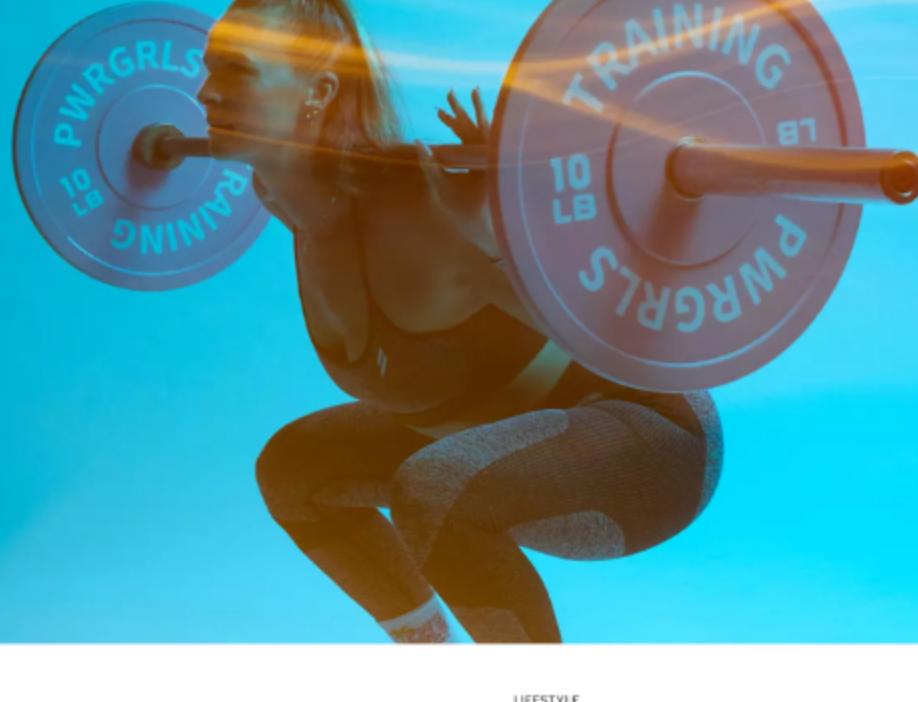
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LIFESTYLE

21 best L.A. gyms if you want to start feeling strong

By Deborah Vankin, Kailyn Brown, Jenna Belhumeur and Sophie He

Lift Society

Santa Monica • Gym

Lift Society, a female-owned gym that's grown to four locations across Los Angeles, strikes the balance between personal training and group fitness. I checked out the Santa Monica studio — the largest, with 11 racks — which I found to be sleek, streamlined and designed for efficiency. You stay at one station for the entire class, meaning no wandering the floor or waiting on equipment. It's guided weightlifting at a group-workout rate, with the energy of a class but the attention of a coach.

My trainer Martine led our session with infectious energy, taking us through a full-body routine that started with heavy lifts — single-arm dumbbell rows and front squats — before moving into penday rows, braced Bulgarian split squats and weighted sit-ups.

In between sets, she offered sharp cues on everything from posture to breathing technique, even breaking down the best way to brace your stomach with air before a lift. The class moved with a steady rhythm, which I appreciated.

Beyond the racks, Lift Society invests in building community and keeping members progressing. You can bring a friend to class once a month, and memberships include access to regular wellness events — the most recent held at the Proper Hotel's wellness center. The gym also offers discounts with wellness partners, a progression-tracking sheet so lifters can log their improvements, plus add-ons like nutrition coaching and one-on-one personal training.