The following list of health and wellness network participating vendors was updated as of July 1, 2019. Please call the locations directly for specific information on the unique services and programs offered through these categories: Fitness Centers and Programs, Acupuncturists, Community Partners, Massage Therapists, Prepared Meals, Vitamins and Herbs and Weight Loss Programs.

Participating vendors and the services offered at these locations are subject to change at any time. Independent Health is neither responsible for these changes, nor if a vendor should close or go out of business.
Amherst Youth Foundation  
5005 Sheridan Dr.  
Williamsville, 633-6773  
Teen Outreach Program  
Advantage After-School Program

Amherst Youth Hockey  
1615 Amherst Manor Dr.  
Williamsville, 631-0850  
Youth Hockey

Anjali Yoga and Wellness, Inc.  
65 Main St.  
North Tonawanda, 909-7919  
Yoga

Anytime Fitness  
3135 Niagara Falls Blvd.  
Amherst, 768-0037  
Gym, Personal Training

Anytime Fitness  
901 Fairmount Ave., Ste. 300  
Jamestown, 489-3089  
Gym, Personal Training

Anytime Fitness  
477 South Transit Rd.  
Lockport, 433-3400  
Gym, Personal Training, Pilates

Apex Health & Wellness  
8656 Delamater Rd.  
Angola, 549-0151  
Gym Membership, Fitness Classes, Personal Training

Apex Personal Fitness  
2416 Military Rd.  
Niagara Falls, 248-0250  
Gym Membership, Personal Training

Applied Fitness, Inc.  
5651 Main St.  
Williamsville, 380-2448  
Personal Training

Arcade Fitness  
20 Steele Ave.  
Arcade, 430-8003  
Gym

Artemis Center for Health and Wellness  
5846 Snyder Dr.  
Lockport, 433-3053  
Yoga, Pilates

Ashtanga Yoga Buffalo  
2 Wallace Ave.  
Buffalo, 249-2218  
Yoga Classes

Aspire Fitness/Fairway Suites  
1433 Conway Rd.  
Clymer, 355-5014  
Gym Membership, Yoga Classes

AURA Salt Cave and Wellness  
6429 Transit Rd.  
E. Amherst, 276-9120  
Yoga

Aurora Arsenal Soccer Club  
P.O. Box 132  
East Aurora, www.auroraarsenal.org  
Children’s Summer Camp

Aurora Parks & Recreation  
5 South Grove St.  
East Aurora, 652-8866  
Youth Activities

Aurora Waldorf Summer Camp  
525 West Falls Rd.  
West Falls, 655-2029  
Children’s Summer Camp

Balance Yoga of WNY  
3571 Niagara Falls Blvd., Ste. 9  
North Tonawanda, 550-9682  
Adult Fitness Classes, Mommy and Me Yoga

Ballroom Dance Center Iliana, Inc.  
1761 Orchard Park Rd.  
West Seneca, 771-3110  
Youth Dance

Ballroom Revolution  
354 Cayuga Rd.  
Buffalo, 391-2102  
Dance Lessons and Fitness Classes

BAMF, Inc.  
3095 Elmwood Ave.  
Buffalo, 875-2263  
Gym Membership, Personal Training, Instructional and Recreational Sports Camps, Lessons and Programs

Barb Denny’s Studio of Dance Arts  
25 Lake Ave.  
Lancaster, 681-6515  
Youth Classes

Barre Centric  
8075 Main Street  
Williamsville, 276-8349  
Pilates

Barre Fitness and Beyond  
1599 Hertel Ave.  
Buffalo, 833-2322  
Group Fitness

The Barre Studio, Hamburg  
84 Lake St., 2nd Floor  
Hamburg, (917) 573-4151  
Adult Fitness Classes

Basic Principles Pilates  
9059 Main St.  
Clarence, 631-4857  
Pilates

Be Fit with Karen, LLC  
107 Scott St.  
City of Tonawanda, 380-8916  
Zumba Classes

Be Healthy Institute  
40 Main St.  
Hamburg, 648-3400  
Yoga, Tai Chi, Pilates

Be Moved Fitness  
3376 Niagara Falls Blvd.  
North Tonawanda, 525-1245  
Fitness Classes, Personal Training

Befit  
7 Florence Ave.  
Buffalo, 536-7214  
Gym Membership, Personal Training

Before and After Fitness Center  
525 Wheatfield St.  
North Tonawanda, 692-0905  
Gym, PT and Classes

Best Western Summit Inn  
9500 Niagara Falls Blvd.  
Niagara Falls, 297-5050  
Gym

Beyond Bending Yoga  
54 Delaware Rd.  
Kenmore, 771-2604  
Yoga, Personal Training

Bigger Stronger Smarter Enterprises, LLC  
477 South Transit Road, Ste. 100  
Lockport, 433-3400  
Adult Fitness Classes, Personal Training, Gym Membership

BikeorBar, LLC  
904 Elmwood Ave.  
Buffalo, 259-9109  
Group Fitness Classes, Personal Training

Bikram Yoga Hamburg  
266 Buffalo St.  
Hamburg, 627-0088  
Yoga

Bill Adams Martial Arts  
3211 Transit Rd.  
Elma, 668-5004  
Martial Arts Classes, Tai Chi

The Bird’s Nest Circus Arts  
64 Fillmore Ave.  
Buffalo, 249-4421  
Instructional and Recreational Sports Camps, Lessons, Programs

Blackwater Fitness Club  
1370 Exchange St.  
Alden, 937-7110  
Gym

Blue Pearl Yoga  
200 East Main St.  
Batavia, (585) 343-1257  
Yoga

Bob Alessi Personal Training  
3981 Harlem Rd.  
Amherst, 833-8664  
Personal Training

Body and Soul Fitness  
613 Oakwood Ave.  
East Aurora, 572-1536  
Group Fitness Classes
Body and Soul Fitness
8012 Transit Rd.
Williamsville, 572-1536
Group Fitness Classes

Body Blocks
496 Pearl St.
Buffalo, 847-2639
Yoga, Pilates, Tai Chi, Gym

Body By Baby
Various Locations, 759-4470
Mommy and Me Exercise Classes

Body By Ford
5000 Saunders Settlement Rd.
North Tonawanda, 807-7755
Personal Training

Body Glyphix Studio
12377 Big Tree Rd.
East Aurora, 652-7805
Yoga

Body of Wealth
3053 Main Street
Buffalo, 254-7756
Adult Fitness Classes, Personal Training

Bodyshaping By Sandy
See website for locations
www.bodyshapingbysandy.com
(716) 568-0426
Personal Training, Group Fitness Classes, Family Fit

Boxstar Training
512 Elmwood Ave.
Buffalo, 882-1200
Fitness Classes, Personal Training

Boy Scouts of America
2860 Genesee St.
Buffalo, 891-4073
Camp

Boy Scouts of American Iroquois Trail Council
7121 Rochester Rd.
Lockport, 434-2851
45 Liberty St., Ste. 2
Batavia, (585) 343-0307
Camp, Sports Programs

Boys and Girls Club of East Aurora
24 Paine St.
East Aurora, 652-1060
Children’s Sports and Fitness Programs
After-School Programs
Day Camps

Boys and Girls Club of Eden
8284 Main St.
Eden, 992-2702
Children’s Sports and Fitness Programs
After-School Programs

Boys and Girls Club of Elma
2080 Girdle Rd.
Elma, 652-9292
Youth Programs

Boys and Girls Club of Lakeshore Clubhouse
42 Sunset Blvd.
Angola, 926-2119
Youth Programs

Boys and Girls Club of the Northtowns
54 Riverdale Ave.
Buffalo, 873-9842
After-School Programs
Children’s Day Camp
Children’s Sports and Fitness Programs

Boys and Girls Club of Orchard Park
25 South Lincoln Ave.
Orchard Park, 667-0841
After-School Programs
Children’s Day Camp
Children’s Sports and Fitness Programs

Boys on the Right Track
5324 Rogers Rd.
Hamburg, 316-1789
Youth Running

Bradford YMCA
59 Boylston St.
Bradford, (814) 368-6101
Gym, Personal Training, Yoga, Pilates, Youth Sports

Brierwood Training & Wellness Ctr.
5324 Rogers Rd.
Hamburg, 597-6907
Personal Training, Yoga

Brissette Sports Performance
Village Glen Tennis Club
Williamsville, 598-3833
Youth Sports Development

Britt Fitness, LLC
4945 Lake Ave.
Bayside, 861-2270
Fitness Classes, Personal Training

Brockport School of Dance & Performing Arts
67 Main St.
Brockport, (585) 637-6233
Dance Lessons and Programs

Budding Tree Yoga
2151 Transit Rd.
Elma, 597-5759
Yoga

Buffalo Area Aquatic Club
Williamsville Schools
P.O. Box 425
Getzville, 564-5993
Youth Swim Lessons

Buffalo Athletic Club for Women
3157 Eggert Rd.
Tonawanda, 348-3755
Pilates

Buffalo Athletic Club for Women
480 Evans St.
Williamsville, 634-7867
Gym

Buffalo Audubon Society
1610 Welch Rd.
North Java, (585) 457-3228
Children’s Day Camps

Buffalo Barre
5843 Transit Rd.
E. Amherst, 880-7049
Pilates, Yoga

Buffalo Curling Club
91 Buffalo China Rd.
Buffalo, 464-2875
Instructional and Recreational Classes, Programs and Lessons

BuffaloCryo
199 Scott St., Ste. 130
Buffalo, 436-5341
Therapeutic Cryotherapy

Buffalo Dance Center
2331 Bowen Rd.
Elma, 901-4263
Yoga, Youth and Family Dance Classes

Buffalo Envy All Stars, Inc.
2600 Hamburg Turnpike
Buffalo, 822-2572
Cheerleading Classes

Buffalo Multifit
4110 St. Francis Dr.
Hamburg, 627-1100
Personal Training, Yoga, Pilates

Buffalo School of Baseball
3950 Broadway
Depew, 681-3001
Youth Baseball/Softball Instruction

Buffalo Skating Club
1300 Elmwood Ave.,
Buffalo State College Ice Arena
156 Tacoma Ave., N. Buffalo Ice Rink
Buffalo, 266-2272
Skating Lessons/Programs

Buffalo Ski Club
7414 State Rd.
Colden, 941-5654
Youth Ski Lessons

Buffalo Speed Skating Club
25 Cazenovia St.
Buffalo, 553-7661
Learn to Skate and Youth Training Camp

Buffalo Speed Skating Club
2607 Niagara St.
Buffalo, 553-7661
Learn to Skate and Youth Training Camp

Buffalo Spine & Sports Medicine
100 College Pkwy., Suite 100
Williamsville, 626-0093
Yoga, Youth Yoga

Buffalo Titans Basketball
Visit buffalotitans.com for locations
536-3288
Instructional and Recreational Classes, Programs and Lessons
Buffalo Warriors
In-line Hockey League
2793 Wehrle Dr.
Williamsville, 580-3241
Youth In-Line Hockey

Buffalo's Ultimate Fitness Facility
4193 Transit Rd.
Williamsville, 844-3838
Gym, Group Fitness Classes, Personal Training

Burn Boot Camp Williamsville
5221 Main St., Ste. 6
Williamsville, 250-0379
Fitness Classes

BWI Health and Wellness
BWI Promotions
8355 Cherry Ln.
Eden, 992-4636
Be Fit Programs, Pilates

Camp Turner
9150 Allegany State Park, Rte. 3
Salamanca, 354-4555
Camp

Canisius College Athletics
2001 Main St.
Buffalo, 888-2897
Soccer Camp
Basketball Camp
Softball/Baseball Camp
Summer Swimming Camp

CardioPulmonary Rehabilitation & Wellness @ NFMMC
571 Tenth St.
Niagara Falls, 278-4019
Gym

Carmarie’s Dance Incorporated
1000 Ellicott Creek Rd.
Tonawanda, 695-0585
Dance Lessons

Casey’s Prescription Pad
5844 Southwestern Blvd., Ste. 300
Hamburg, 926-9044
Weight Loss Program

Catalyst Express
5087 Broadway
Depew, 332-1632
Gym, Personal Training

Catalyst Express
2745 Seneca St.
West Seneca, 824-4653
Yoga, Pilates, Gym

Catalyst Fitness Buffalo
1999 Elmwood Ave.
Buffalo, 381-8250
Gym, Personal Training,
Les Mills – Adult Fitness Classes

Catalyst Fitness Lancaster
1402 French Rd.
Depew, 656-1530
Gym, Personal Training

Catalyst Fitness Tonawanda
2309 Eggert Rd.
Tonawanda, 832-2378
Gym, Personal Training,
Les Mills – Adult Fitness Classes

Catholic Club of Buffalo
506 Delaware Ave.
Buffalo, 882-0226
Gym

Celebrity Dance Emporium, Inc.
9300 County Rd., Ste. C
Clarence Center, 741-2049
Youth Dance

Center Stage Dance Studio
4837 Union Rd.
Cheektowaga, 634-3395
Youth Dance Lessons

Central Amherst Little League
480 Wehrle Drive
Amherst, 839-9709
Youth Baseball

Chautauqua Health & Fitness
1170 Central Ave.
Dunkirk, 363-6383
Yoga, Pilates, Tai Chi, Gym

Chautauqua Regional Youth Ballet
9-½ Falconer St.
Jamestown, 664-9766
Children’s Dance Classes

Chautauqua Tennis Club
1089 Central Ave.
Dunkirk, 366-0121
Tennis Lessons

Cheektowaga Parks, Recreation & Youth Services
275 Alexander Ave.
Cheektowaga, 897-7207
Children’s Sports and Fitness Programs
Adapted Recreation Programs
Children’s Day Camps
Yoga

Cheerforce Wolfpack USA
2500 Commerce Parkway
Lancaster, 821-5301
Youth Cheerleading Program

Choice Fit
347 Bennett St.
North Tonawanda, 534-8829
Personal Training, Yoga

ChrisFit Personal Training
4600 Witmer Industrial Estates Rd.
Niagara Falls, 754-4474
Yoga, Pilates, Gym

Cindy Miller Golf
175 Brompton Rd.
Tonawanda, 504-3663
8230 Wehrle Dr.
Williamsville, 432-5756
Youth and Adult Golf Lessons

Cindy’s Personal Training
84 Sweeney St., Ste. 3
North Tonawanda, 343-9188
Fitness Classes, Personal Training

Circe Pilates
4230 N. Buffalo Rd.
Orchard Park, 200-7304
Pilates

CKO Kickboxing
1600 Hopkins Rd.
Amherst, 428-5244
Adult Fitness Classes, Personal Training

Clarence Community Swim Club
9625 Main St.
Clarence, 407-9001

Clarence Little League Football Association
Sunset Park, Wehrle Drive
Clarence, 560-4779
Youth Football, Cheerleading

Clarence Mustang Youth Hockey
3385 Niagara Falls Blvd.
North Tonawanda, 741-7051
Youth Hockey

Clarence Soccer Club
10000 Clarence Center Rd.
Clarence Center, 741-0280
Youth Soccer

Clarence Swim Club and Learn to Swim Program
10150 Greiner Rd.
Clarence, 515-5217
Youth Swimming

Clinical Healthcare Data Services
On Site Practitioner, 697-8584
Yoga, Pilates

Coach Sal’s Basketball Camps
3930 South Abbott Rd.
Orchard Park, (412) 716-1235
200 St. Gregory Ct.
Williamsville, (412) 716-1235
Youth Basketball Camp

Collage Performing Arts Center
10 Clark St.
Fredonia, 672-8678
Youth Dance Classes

Colosseum Gym
3008 Route 39
Arcade, 560-2696
Gym, Personal Training, Group Fitness
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City, Zip</th>
<th>Phone</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commit2BFit</td>
<td>2178 Cayuga Dr.</td>
<td>Niagara Falls, 14201</td>
<td>870-1961</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Configuration School of Ballet</td>
<td>230 Lexington Ave.</td>
<td>Buffalo, 14214</td>
<td>883-4510</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>Configuration School of Ballet</td>
<td>5353 Main St.</td>
<td>Williamsville, 14222</td>
<td>204-8192</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>Cooley Natural Health Solutions</td>
<td>485 Cayuga Rd.</td>
<td>Cheektowaga, 14225</td>
<td>608-3775</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Core Velocity</td>
<td>571 South Park Ave.</td>
<td>Buffalo, 14224</td>
<td>867-2433</td>
<td>Fitness Classes</td>
</tr>
<tr>
<td>Cornerstone CFCU Arena</td>
<td>34 Chestnut St.</td>
<td>Lockport, 14094</td>
<td>438-7698</td>
<td>Youth Skating Program</td>
</tr>
<tr>
<td>Cosmic Fitness</td>
<td>300 Delaware Ave., Ste. 204</td>
<td>Buffalo, 14215</td>
<td>316-1149</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Cradle Beach Camp</td>
<td>8038 Old Lakeshore Rd.</td>
<td>Angola, 14076</td>
<td>549-6307</td>
<td>Summer Day Camp</td>
</tr>
<tr>
<td>Creating Balance</td>
<td>9611 Deerview Lane</td>
<td>Clarence Center, 14030</td>
<td>335-3754</td>
<td>Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>Creative Wellness Group</td>
<td>726 Main Street, Upper</td>
<td>East Aurora, 14157</td>
<td>310-6268</td>
<td>Yoga</td>
</tr>
<tr>
<td>Crino Academy of Martial Arts</td>
<td>22 Hawkins St.</td>
<td>Silver Creek, 14359</td>
<td>785-9420</td>
<td>Youth Martial Arts</td>
</tr>
<tr>
<td>Cross Training Academy of Martial Arts</td>
<td>3117 Genesee St.</td>
<td>Cheektowaga, 14225</td>
<td>897-1509</td>
<td>Martial Arts</td>
</tr>
<tr>
<td>CrossFit Buffalo</td>
<td>3820 Union Rd.</td>
<td>Cheektowaga, 14225</td>
<td>601-7300</td>
<td>Crossfit, Personal Training</td>
</tr>
<tr>
<td>Crossfit Nickel City</td>
<td>247 Virginia St.</td>
<td>Buffalo, 14226</td>
<td>392-8818</td>
<td>Gym, Personal Training, Adult Fitness Classes</td>
</tr>
<tr>
<td>Crossfit Silver Fox</td>
<td>56 Harvester Ave.</td>
<td>Batavia, (585) 813-9281</td>
<td></td>
<td>Adult Fitness Classes, CrossFit, Personal Training</td>
</tr>
<tr>
<td>Crossroads Martial Arts</td>
<td>5421 South Abbott Rd.</td>
<td>Orchard Park, 14229</td>
<td>649-3535</td>
<td>Gym, Martial Arts</td>
</tr>
<tr>
<td>Crunch Fitness</td>
<td>540 Dick Rd.</td>
<td>Depew, 681-7535</td>
<td></td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Crunch Fitness</td>
<td>4950 Camp Rd.</td>
<td>Hamburg, 14222</td>
<td>646-4141</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Crunch Fitness</td>
<td>2429 Military Rd.</td>
<td>Niagara Falls, 14297</td>
<td>297-5107</td>
<td>Gym, Personal Training</td>
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<tr>
<td>Crunch Fitness</td>
<td>1000 Young St.</td>
<td>Tonawanda, 14211</td>
<td>693-4141</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Crunch Fitness</td>
<td>5435 Sheridan Dr.</td>
<td>Williamsville, 14272</td>
<td>839-3858</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Cryo-Wellness of America</td>
<td>6301 Transit Rd.</td>
<td>Depew, 473-5004</td>
<td></td>
<td>Therapeutic Cryotherapy</td>
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<tr>
<td>Curves for Women</td>
<td>1170 Central Avenue</td>
<td>Dunkirk, 14039</td>
<td>679-2878</td>
<td>Gym</td>
</tr>
<tr>
<td>Curves of Chautauqua</td>
<td>99 East Chautauqua St.</td>
<td>Mayville, 14254</td>
<td>753-2695</td>
<td>Gym</td>
</tr>
<tr>
<td>Curves of West Seneca</td>
<td>4184 Seneca St., Ste. 102</td>
<td>West Seneca, 14078</td>
<td>677-4777</td>
<td>Gym</td>
</tr>
<tr>
<td>Cutting Edge Sports Training</td>
<td>9992 Main St.</td>
<td>Clarence, 14043</td>
<td>864-4007</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Daemen College</td>
<td>4380 Main St.</td>
<td>Amherst, 14220</td>
<td>839-3600</td>
<td>Basketball Camp</td>
</tr>
<tr>
<td>Dance Like a Star with Serge</td>
<td>222 Portage Rd.</td>
<td>Lewiston, 14038</td>
<td>335-8652</td>
<td>Youth Dance Lessons</td>
</tr>
<tr>
<td>The Dance Shop</td>
<td>325 Hyde Park Blvd.</td>
<td>Niagara Falls, 14222</td>
<td>282-8157</td>
<td>Youth Dance Lessons</td>
</tr>
<tr>
<td>Dance Spectrum</td>
<td>4705 Transit Rd.</td>
<td>Depew, 668-1954</td>
<td></td>
<td>Youth Dance Lessons</td>
</tr>
<tr>
<td>Dance Time</td>
<td>54 Delaware Rd.</td>
<td>Kenmore, 14202</td>
<td>563-2446</td>
<td>Youth Dance</td>
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<tr>
<td>Dance Time</td>
<td>7854 Transit Rd.</td>
<td>Williamsville, 14272</td>
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<td>Youth Dance</td>
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<tr>
<td>Danceability, Inc.</td>
<td>2365 George Urban Blvd.</td>
<td>Depew, 654-0094</td>
<td></td>
<td>Dance Lessons</td>
</tr>
<tr>
<td>Danicentral</td>
<td>2187 Wehrle Dr.</td>
<td>Williamsville, 14272</td>
<td>626-4050</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>Dani-Fit</td>
<td>3218 Lakeshore Rd.</td>
<td>Hamburg, 14229</td>
<td>863-3363</td>
<td>Yoga, Pilates, Personal Training</td>
</tr>
<tr>
<td>Dansation of WNY</td>
<td>6095 Transit Rd.</td>
<td>Depew, 694-5196</td>
<td></td>
<td>Youth Dance Lessons</td>
</tr>
<tr>
<td>Darlene Ceglia's Dance Project</td>
<td>8202 Main St.</td>
<td>Clarence, 14037</td>
<td>630-5050</td>
<td>Youth Dance Classes</td>
</tr>
<tr>
<td>Darlene Ceglia's Dance Project</td>
<td>2530 Elmwood Ave.</td>
<td>Kenmore, 14217</td>
<td>877-7121</td>
<td>Youth Dance Classes</td>
</tr>
<tr>
<td>Darwin’s Health Club, Inc.</td>
<td>47 Water St.</td>
<td>Fredonia, 14065</td>
<td>679-1591</td>
<td>Gym</td>
</tr>
<tr>
<td>David DeMarie Dance Studio</td>
<td>8965 Sheridan Dr.</td>
<td>Clarence, 14037</td>
<td>626-9040</td>
<td>Youth Dance Lessons</td>
</tr>
<tr>
<td>Defensive Arts Dojo, Inc.</td>
<td>5444 Camp Rd.</td>
<td>Hamburg, 14222</td>
<td>646-1956</td>
<td>Children’s Martial Arts Classes Personal Training</td>
</tr>
<tr>
<td>Delaware Family YMCA</td>
<td>2564 Delaware Ave.</td>
<td>Buffalo, 14214</td>
<td>875-1283</td>
<td>Youth Sports</td>
</tr>
<tr>
<td>Dance Like a Star with Serge</td>
<td>222 Portage Rd.</td>
<td>Lewiston, 14038</td>
<td>335-8652</td>
<td>Youth Dance Lessons</td>
</tr>
<tr>
<td>Dancing Like a Star with Serge</td>
<td>222 Portage Rd.</td>
<td>Lewiston, 14038</td>
<td>335-8652</td>
<td>Youth Dance Lessons</td>
</tr>
</tbody>
</table>
| Delaware Soccer Club  
1424 Hertel Ave.  
Buffalo, 833-3616  
Youth Soccer Club |
|-------------------|
| Dent Neurologic Group, LLP  
3980 Sheridan Dr.  
Amherst, 250-2000  
Yoga |
| Depew-Lancaster Boys and Girls Club  
5440 Broadway  
Lancaster, 683-6755  
Children’s Sports and Fitness Programs |
| Diane’s School of Dance  
2751 Main St.  
Newfane, 754-1073  
Youth Dance |
| Discover Fitness Redefined  
8500 Roll Rd., Ste. G  
Clarence Center, 406-2031  
Gym, Personal Training |
| Discover Yoga  
8500 Roll Rd., Ste. G  
Clarence Center, 406-2031  
Yoga |
| Downtown Fitness  
562 Clymer-Sherman Rd.  
Clymer, 355-6434  
Gym, Yoga |
| Dreams of Dance  
21 Main St.  
Attica, 374-0524  
Youth Dance, Yoga |
| Droney Fit & Wellness 24-7  
3132 NYS Route 417  
Olean, 372-3488  
Personal Training, Youth Sports Programs |
| Dunkirk Camp and Conference Center  
3602 East Lake Rd.  
Dunkirk, 366-1900  
Youth and Family Camp |
| Dyan Mulvey Dance Academy  
200 Michigan St.  
Lockport, 434-4115  
Gym, Yoga |
| Dynamic Training Systems  
6017 S. Transit Rd.  
Lockport, 803-2241  
Gym, Fitness Classes, Personal Training |
| E A Fitness  
123 Grey St.  
East Aurora, 652-1265  
Gym |
| Eade Fitness 24/7  
502 North Union St.  
Olean, 372-9444  
Gym, Yoga |
| East 33 Fitness  
10 E. Main St.  
Corfu, east33fitness@gmail.com  
Gym |
| East Aurora Union Free School  
430 Main St.  
East Aurora, 687-2310  
Yoga |
| East Aurora Yoga  
43 Pine St.  
East Aurora, 319-0725  
Yoga |
| East Meets West Yoga Studio  
1738 Elmwood Ave.  
Buffalo, 885-9100  
Yoga |
| East Meets West Yoga Studio  
162 Mill St.  
Williamsville, 885-9100  
Yoga |
| ECC Burt Flickinger Center  
21 Oak St.  
Buffalo, 851-1214  
Gym |
| Eight Limbs Wellness Studio  
141 Chautauqua Ave.  
Lakewood, 763-7665  
Group Fitness Classes |
| Elite Dance Company  
5360 Genesee St., Ste. 202  
Bowmansville, 288-7868  
Youth Dance Classes |
| Elite Fitness and Personal Training  
4611 Military Rd.  
Niagara Falls, 531-2465  
Gym Membership, Personal Training |
| Elite Health All-Stars Cheerleading  
7330 Townline Rd.  
North Tonawanda, 200-9399  
Youth Cheerleading |
| Embody Health and Wellness  
145 N. 4th St.  
Lewiston, 523-9965  
Adult Classes, Personal Training |
| Empire United Soccer Academy  
403 Main St., Ste. 200  
Buffalo, 408-8738  
Youth Soccer |
| Empower Girls Buffalo  
4255 Harlem Rd.  
Amherst, 866-4911  
Youth Camp |
| EMW Baseball Softball  
Elma Town Park  
Elma, 655-3569  
Youth Baseball |
| Enhanced Human Performance  
8672 Main St.  
Clarence, 565-9347  
Sports and Fitness Programs, Gym |
| Eugenia’s Dance Studio  
730 Orchard Park Rd.  
West Seneca, 675-3128  
Youth Dance |
| Evolution Yoga  
476 Rhode Island St.  
Buffalo, 882-4151  
Yoga |
| Excelsior Orthopaedics  
3925 Sheridan Dr.  
Amherst, 250-6500  
Youth Sports Training |
| Farfalla Fitness  
3465 Broadway St.  
Cheektowaga, 380-5897  
Group Fitness Classes |
| Fast Fitness for Women  
627 West Ave.  
Medina, (585) 318-4003  
Gym |
| Fierce Fitness  
167 Ashland Ave.  
Buffalo, 715-8682  
Gym, Personal Training |
| First Athletics & Sports Training  
Northtown Center at Amherst  
1615 Amherst Manor Dr.  
Williamsville, 632-2799  
Children’s Sports and Training, Yoga, Pilates, Gym |
| Fit Happenz  
2540 George Urban Blvd.  
Depew, 688-4155  
Fitness Classes |
| Fit House  
3495 Delaware Ave.  
Buffalo, 868-8330  
Personal Training |
| Fit Method  
172 Robinson St.  
N. Tonawanda, 389-0438  
Group Fitness, Personal Training, Youth Zumba, Youth Bootcamp |
| The Fit Physique  
2827 Delaware Ave.  
Kenmore, 877-1105  
Children’s Classes, Gym |
| The Fit Stop  
556 East 2nd St.  
Jamestown, 708-6543  
Gym Membership, Fitness Classes |
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
<th>Program Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburg Swim Club</td>
<td>Various Locations</td>
<td></td>
<td><a href="http://www.hamburgswimclub.org">www.hamburgswimclub.org</a></td>
</tr>
<tr>
<td></td>
<td>Hamburg, 648-0565</td>
<td></td>
<td>Swim Club</td>
</tr>
<tr>
<td>Harborside Crossfit</td>
<td>340 Seneca St.</td>
<td>200-7720</td>
<td>Gym Membership, Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>Healing Water, LLC</td>
<td>542 Quaker Rd.</td>
<td>East Aurora, 655-3924</td>
<td>Yoga</td>
</tr>
<tr>
<td>The Health and Fitness Advantage</td>
<td>10151 Main St.</td>
<td>Clarence, 759-8640</td>
<td>Gym, Personal Training, Yoga, Pilates</td>
</tr>
<tr>
<td>Health and Fitness Solution</td>
<td>3435 Harlem Rd.</td>
<td>Buffalo, 390-7824</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Health Junction LTD</td>
<td>35 Main St.</td>
<td>Akron, 542-5230</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>HEAT Athletic Club</td>
<td>227 Thorn Ave.</td>
<td>Orchard Park, 650-0227</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Hickory Hill Swim &amp; Tennis Club</td>
<td>5220 Chestnut Ridge Rd.</td>
<td>Orchard Park, 662-9241</td>
<td>Youth Swimming &amp; Tennis Lessons</td>
</tr>
<tr>
<td>Hilbert College</td>
<td>5200 South Park Ave.</td>
<td>Hamburg, 649-7900</td>
<td>Youth Sports Camps</td>
</tr>
<tr>
<td>Hillman’s Martial Arts Center</td>
<td>6730 S. Transit Rd.</td>
<td>Lockport, 625-4477</td>
<td>Youth Martial Arts, Youth Kickboxing</td>
</tr>
<tr>
<td>Himalayan Institute</td>
<td>841 Delaware Ave.</td>
<td>Buffalo, 833-2223</td>
<td>Yoga</td>
</tr>
<tr>
<td>Hive Lifespan Center</td>
<td>9570 Transit Rd.</td>
<td>East Amherst, 625-4483</td>
<td>Yoga, Pilates, Gym</td>
</tr>
<tr>
<td>Hoffman School of Dance</td>
<td>577 Fillmore Ave.</td>
<td>East Aurora, 652-8151</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>Holiday Twin Rinks</td>
<td>3465 Broadway</td>
<td>Cheektowaga, 685-3660</td>
<td>Hockey Camps</td>
</tr>
<tr>
<td>Horizon Martial Arts</td>
<td>280 Center Rd.</td>
<td>West Seneca, 675-0899</td>
<td>Youth Karate Camp, Tai Chi</td>
</tr>
<tr>
<td>Hornell Area Family YMCA</td>
<td>18 Center St.</td>
<td>Hornell, (607) 324-5520</td>
<td>Gym, Group Fitness, Personal Training, Youth Sports, Youth Camps</td>
</tr>
<tr>
<td>Houghton College</td>
<td>1 Willard Ave.</td>
<td>Houghton, (585) 567-9645</td>
<td>Gym, Youth Soccer Camp</td>
</tr>
<tr>
<td>Hubfit Studio</td>
<td>149 Swan St.</td>
<td>Buffalo, 259-9463</td>
<td>Adult Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>I Am Yoga Buffalo</td>
<td>5459 Main St., Floor 2</td>
<td>Williamsville, 634-9642</td>
<td>Adult Fitness Classes</td>
</tr>
<tr>
<td>I Love Kickboxing</td>
<td>9648 Transit Rd., Ste. 200</td>
<td>East Amherst, 568-8887</td>
<td>Group Fitness</td>
</tr>
<tr>
<td>Impact Fitness Systems</td>
<td>5640 Maelou Dr., Area A</td>
<td>Hamburg, 649-2022</td>
<td>Gym Memberships</td>
</tr>
<tr>
<td>Impact Sports Performance</td>
<td>100 Washington St.</td>
<td>Buffalo, 855-4585</td>
<td>Gym Memberships</td>
</tr>
<tr>
<td>Independent Health Family BranchYMCA</td>
<td>150 Tech Dr.</td>
<td>Amherst, 839-2543</td>
<td>Gym, Personal Training, Youth Sports, Before and After School Programs, Youth Camps</td>
</tr>
<tr>
<td>In-Balance Tai Chi</td>
<td>738 Alberta Dr.</td>
<td>Amherst, 531-0895</td>
<td>Adult Fitness Classes</td>
</tr>
<tr>
<td>Inferno Baseball</td>
<td>3950 Broadway</td>
<td>Depew, 681-3001</td>
<td>Youth Baseball</td>
</tr>
<tr>
<td>Infinity Dance Academy</td>
<td>183 East Main St.</td>
<td>Fredonia, 679-6679</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>International Black Belt</td>
<td>13118 Broadway</td>
<td>Alden, 937-3772</td>
<td>Karate School</td>
</tr>
<tr>
<td>Iron Cross Training and Fitness</td>
<td>2026 Lockport Rd.</td>
<td>Niagara Falls, 393-9452</td>
<td>Group Fitness, Personal Training</td>
</tr>
<tr>
<td>Jacked 24/7 Fitness Club</td>
<td>42 W. Buffalo St.</td>
<td>Warsaw, (585) 786-3737</td>
<td>Gym, Group Fitness, Personal Training</td>
</tr>
<tr>
<td>Jada Blitz Training</td>
<td>4685 Transit Rd.</td>
<td>Williamsville, 568-9057</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Jamestown Area YMCA</td>
<td>101 East Fourth St.</td>
<td>Jamestown, 664-2802</td>
<td>After-School Activity Programs, Children’s Day Camps</td>
</tr>
<tr>
<td>Jamestown Audubon Society</td>
<td>1600 Riverside Rd.</td>
<td>Jamestown, 569-2345</td>
<td>Youth Day Camp</td>
</tr>
<tr>
<td>Jamestown Fitness Factory</td>
<td>116 Harrison St.</td>
<td>Jamestown, 397-1711</td>
<td>Gym, Group Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>JCC Total Fitness</td>
<td>525 Falconer St.</td>
<td>Jamestown, 338-1260</td>
<td>Children’s Sports and Fitness Programs, Swim Lessons, Gym, Yoga, Pilates</td>
</tr>
<tr>
<td>Jewish Community Center of Greater Buffalo, Inc.</td>
<td>787 Delaware Ave.</td>
<td>Buffalo, 886-3145</td>
<td>Kids Swim Classes, Martial Arts, Family Place Classes, Early Childhood and Children’s Programs, Yoga, Pilates, Gym</td>
</tr>
<tr>
<td>Jim Kelly Football Camp</td>
<td>8205 Main St., Ste. 13</td>
<td>Williamsville, 204-0900</td>
<td>Youth Football Camp</td>
</tr>
</tbody>
</table>
Jindo Martial Arts Fitness and Self Defense
3173 Eggert Rd.
Tonawanda, 870-2971
Youth Martial Arts and Tai Chi

Jon Tong Tae Kwon Do
228 Zimmerman St.
N. Tonawanda, 693-1309
Youth Martial Arts

Jong Park Tae Kwon-Do Institute and Fitness
1321 Erie Ave.
North Tonawanda, 695-3552
Martial Arts Classes, Gym

Journey II Health
7311 Porter Rd.
Niagara Falls, 298-8603
Yoga

Joywheel Yoga & Wellness
411 Main St.
East Aurora, 868-8443
Yoga, Pilates

Just for Kids
6265 Sheridan Dr., Ste. 106
Williamsville, 639-8500
Before and After School Camp, Summer Camp

The Karate Connection
168 Cushing St.
Fredonia, 679-7685
Karate School and Programs
Children’s Day Camp

Karate Ken’s, LTD
5901 South Transit Rd.
Lockport, 727-2465
Youth Karate

Kay Duffy School of Dance
60 South Cascade Dr.
Springville, 592-7045
Youth Dance Classes

KC’s Fitness
100 Gelston St.
Buffalo, 886-0252
Tai Chi, Gym, Youth Martial Arts

Kenan Center
433 Locust St.
Lockport, 433-2617
Children’s Soccer Programs

Kenmore Soccer Club
57 Greenleaf Ave.
Tonawanda, 837-1627
Youth Soccer

Kenneth Kurtz Wellness
8705 Sheridan Drive
Williamsville, 631-1212
Gym

Kenpo Self-Defense Studio
2468 Niagara Falls Blvd., Ste. 4
Tonawanda, 694-1600
Youth Martial Arts

Ken-Ton Community Education
3200 Elmwood Ave.
Kenmore, 874-8500
Children’s Sports, Camps and Fitness Programs, Floor Hockey, Yoga, Pilates, Tai Chi

KenTon Family YMCA
535 Belmont Ave.
Kenmore, 874-5051
Youth Sports, Before and After-School Programs, Day Camps, Fitness Club Membership, Yoga, Pilates, Tai Chi, Gym

Kiddo’s Korner Preschool
2728 Stony Point Rd.
Grand Island, 773-7730
Sports Week Camp

Kinderdance
9566 Cobblestone Dr.
Clarence, 445-1009
Children’s Fitness/Dance/Gymnastics

Kinetix Combat Sports and Fitness
1385 E. 2nd St.
Jamestown, 969-0896
Adult Fitness Classes, Youth Fitness Classes

Kin-Tora Martial Arts
1827 Niagara Ave.
Buffalo, 871-1260
Youth Martial Arts Classes

Kissing Bridge Ski Resort
10296 State Rd.
Glenwood, 592-4963 ext. 2217
Ski Lessons and Packages, Lift Tickets

Krav Maga Ne Regional
8200 Main St.
Williamsville, 565-9568
Karate School, Tai Chi, Gym

Kwandrans Tae Kwon Do
115 East Center St.
Medina, (585) 798-6091
Art Martial Arts

LA Fitness
5089 Transit Rd.
Clarence, 810-1004
Gym, Personal Training, Yoga, Pilates

LA Fitness
1867 West Ridge Rd.
Greece, (585) 441-3899
Gym Membership, Personal Training, Group Classes

LA Fitness
3701 McKinley Pkwy.
Hamburg, 249-3190
Gym, Group Fitness Classes, Personal Training

LA Fitness
6610 Niagara Falls Blvd.
Niagara Falls, 205-3333
Gym, Personal Training, Yoga, Pilates

LA Fitness
1600 East Ridge Rd.
Rochester, (585) 797-0414
Gym Membership, Personal Training, Group Classes

LA Fitness-Henrietta - Marketplace
100 Marketplace Dr.
Rochester, (585) 797-0411
Gym Membership, Personal Training, Group Classes

LA Fitness
929 Holt Rd.
Webster, (585) 236-4359
Gym Membership, Personal Training, Group Classes

LA Fitness - Southgate Plaza
1012 Union Rd.
West Seneca, 324-2476
Gym Membership, Personal Training, Group Classes

Ladies First Fitness
52 Main St.
Leroy, (585) 768-9555
Gym

Lake Chautauqua Lutheran Center
5013 Rte. 430
Bemus Point, 386-4125
Children’s Day Camp

Lakeshore Swim Club
6862 Old Lake Shore Rd.
Derby, 947-9400
Swim Club

Lakewood Family YMCA
183 East Fairmount Ave.
Lakewood, 763-0303
Children’s Sports

Lancaster Central School
1 Forton Dr.
Lancaster, 686-3262
Swim Club/Yoga
Lancaster Depew Baseball League
175 Pavement Rd.
Lancaster, 686-0130
Youth Baseball

Lancaster Depew Soccer Club
200 Ransom Rd.
Lancaster, 864-1460
Youth Soccer

Lancaster Family YMCA
31 Central Ave.
Lancaster, 684-2395
Youth Sports, Before and After School Programs, Day Camps

Larkin Fitness
701 Seneca St.
Buffalo, 856-0810
Gym Membership

Laura Stamm International Power Skating System
Various Locations
www.laurastamm.com
(800) 750-3502
Youth Skating Clinics

Leisure Rinks
75 Weiss Rd.
West Seneca, 675-8992
Skating Club

Level Red Boxing
5933 Main St.
Williamsville, 634-2400
Fitness Classes

Lifepath Yoga Center
13939 Whitney Rd.
Holland, 457-3895
Adult Fitness Classes

Lifestyle Health and Fitness
80 Clinton St., Rm. 211
Tonawanda, 361-4415
Personal Training, Yoga

The Little Gym of Williamsville
8175 Sheridan Dr., Ste. 500
Williamsville, 626-8145
Sports Programs, Camps, Lessons

Live Fit
4367 Walden Ave.
Lancaster, 706-1058
Personal Training, Pilates, Gym

The Live Well Center
15 S. Main St., Ste. 15
Jamestown, 488-2322
Gym Membership, Personal Training

Living Breath Yoga
7703 Niagara Falls Blvd.
Niagara Falls, 371-0105
Adult Fitness Classes – Yoga and Pilates

Lockport Family YMCA
5833 Snyder Dr.
Lockport, 434-8887
Gym and Swim Classes, After-School Programs, Children’s Day Camp Yoga, Pilates, Gym

Lockport Volleyball Club
6313 Green Valley
Lockport, 310-2781
Youth Volleyball

Long & Lean Pilates
515 Elmwood Ave.
Buffalo, 881-2057
Group Fitness Classes

Lorraine Goddard Dance Studio
2759 Eggert Rd.
Tonawanda, 741-9702
Youth Dance

Lothlorien Therapeutic Riding Center
15 Reiter Rd.
East Aurora, 655-1335
Children’s Therapeutic Horseback Riding

Lou Gehrig Youth Baseball and Softball
50 Dann Rd.
East Amherst, 688-0420
Youth Baseball and Softball

Love in Motion Yoga
1250 Niagara St.
Buffalo, 262-8145
Yoga and Programs

Lumber City Athletics
84 Sweeney St.
N. Tonawanda, 694-2225
Gym, Adult Fitness Classes

Made 2 Move
777 Maple Rd., 2nd Flr.
Williamsville, 204-8451
Yoga, Pilates, Tai Chi

Main Street Fitness
66 Main St.
LeRoy, (585) 414-3181
Gym

Mandarin Kung Fu
550 Cayuga Rd.
Cheektowaga, 631-3004
Kung Fu Classes, Tai Chi

Maple City Health & Fitness
100 Loder St.
Hornell, (607) 324-9344
Gym Membership, Fitness Classes, Personal Training

Mary Alice’s Dance Studio
3815 N. Buffalo Rd.
Orchard Park, 662-1080
Youth Dance, Mommy and Me Classes

Maryvale Community Education
1050 Maryvale Dr.
Cheektowaga, 635-4666
Children’s Swimming Lessons
Fencing for Kids (Ages 9-12)
Floor Hockey
Kung Fu (Ages 8-15)
Youth Monday Night Football (Grades 3-5)
Yoga, Pilates

Master Chong’s World Class Tae Kwon Do
1569 Niagara Falls Blvd.
Amherst, 833-9100
Tae Kwon Do

Master Chong’s World Class Tae Kwon Do
4960 Transit Rd.
Depew, 684-6500
Tae Kwon Do

Master Chong’s World Class Tae Kwon Do
5921 Transit Rd.
East Amherst, 688-6868
Tae Kwon Do

Master Chong’s World Class Tae Kwon Do
6050 South Park Ave.
Hamburg, 646-6600
Youth Tae Kwon Do

Master Chong’s World Class Tae Kwon Do
3334 Southwestern Blvd.
Orchard Park, 677-0123
Tae Kwon Do

Master Gorino’s Pil-Sung Tae Kwon Do
839 Niagara Falls Blvd.
Amherst, 836-5425
Youth Tae Kwon Do, Tai Chi

Master Khechen School of Tae Kwon Do
1200 Kenmore Ave.
Buffalo, 875-0560
Martial Arts, Pilates

Master Khechen School of Tae Kwon Do
1460 French Rd.
Depew, 656-0965
Pilates

Master Khechen School of Tae Kwon Do
3170 Orchard Park Rd.
Orchard Park, 677-0857
Children’s Martial Arts Program, Pilates

Master Khechen School of Tae Kwon Do
1630 Hopkins Rd.
Williamsville, 875-0560
Children’s Martial Arts Program, Pilates
Mathewson McCarthy Baseball
2021 Wehrle Dr.
Williamsville, 560-8235
Youth Baseball

Maximum Performance Sports Training
70 Earhart Dr., Ste. 1
Williamsville, 748-8873
Personal Training, Youth Sports Training

Mel Ott Little League Inc.
377 Meyer Rd.
Amherst, 836-6451
Youth Baseball

Mel’s Mobile Fitness
777 Maple Road
Williamsville, 984-6025
Group Fitness Classes

METTTS Dance Inc.
3529 Seneca St.
West Seneca, 864-4059
Youth Dance Classes

Michael Phelps Swim School of NY
4150 Maple Rd.
Amherst, 308-9592
Youth Swim Instruction

Michael Phelps Swim School of NY
105 Casey Rd.
East Amherst, 308-9592
Youth Swim Instruction

Miller Tennis Center
5959 Sheridan Dr.
Williamsville, 632-8600
Adult and Junior Tennis Programs, Camps and Membership, Cardio Tennis Class

Mind Body Flow Yoga
9390 Transit Rd.
East Amherst, (855) 588-6239
Yoga

Miss Barbara’s School of Dance
1832 Main St.
Buffalo, 834-1644
Youth Dance, Fitness Classes

The M.O.G.
1801 Grand Island Blvd.
Grand Island, 773-1600
Fit Kid Classes
Yoga, Pilates, Tai Chi, Gym

The M.O.G.
1491 Sheridan Dr., Ste. 300
Kenmore, 871-1100
Gym, Yoga, Pilates, Tai Chi

The M.O.G. at Brierwood, Inc.
3040 Amsdell Rd., Ste. 207B
Hamburg, 649-0444
Gym

The M.O.G. at Jericho Road
1021 Broadway
Buffalo, 529-3020
Gym, Fitness Classes, Personal Training

The M.O.G. at Orthosports, PT
8637 Main St.
Williamsville, 634-1578
Gym

The M.O.G. at Southtowns, PT, PLLC
100 Union Rd.
West Seneca, 675-4444
Gym, Personal Training

Modern Movement Dance Studio
861 Brighton Rd.
Tonawanda, 836-8139
Youth Dance

Momentum Wellness
5110 Camp Rd.
Hamburg, 462-4942
Personal Training

Monkey See, Monkey Do Camp
9060 Main St.
Clarence, 218-4121
Camp

Moore Mindful Fitness, Inc.
11 East Main St.
Westfield, 232-4201
Gym Memberships, Fitness Classes

Mother Earth Studio
241 Garden St.
Lockport, 433-8782
Yoga, Tai Chi

Moving Miracles
954 Union Rd., Ste. 1
West Seneca, 656-1321
Special Needs Dance Programs for Children

Natural Pain Management & Wellness
8600 Main St., Ste 2
Williamsville, 616-9000
Yoga, Pilates

Neglia Ballet
2495 Main St., Ste. 600
Buffalo, 447-0401
Dance Lessons

Next Level Fitness
85 Main St.
Batavia, (585) 344-1401
Gym, Pilates

Next Level Lax
Nichols School
Buffalo, 510-3067
Youth Lacrosse

Next Level Training
500 Seneca St.
Buffalo, 860-9027
Personal Training, Fitness Classes

Niagara Falls Memorial Medical Center
621 Tenth St.
Niagara Falls, 215-0723
Youth Football, Soccer, Basketball, Hockey and General Sports Camps, Pilates

Niagara Police Athletic League Soccer Club
4455 Porter Ave.
Niagara Falls, 283-1332
Youth Soccer Club

Niagara Climbing Center
1333 Strad Ave.
North Tonawanda, 695-1248
Yoga Practice, Climbing Passes, Classes, Lessons and Membership

Niagara University
Kiernan Center, 286-8055
Children’s Sports and Fitness Programs
Children’s Summer Day Camp, Gym, Yoga

Niagara University Athletic Camps
Niagara University, 286-8600
Baseball Camp (ages 6-18)
Basketball Camp (ages 8-16)
Ice Hockey (ages 6-17)
Soccer Camp (ages 5-18)
Softball Camp (ages 8-18)
Swimming Camp (ages 9-18)
Tennis Camp (ages 5-18)

Niagara University Lacrosse Camps
Niagara University, 286-8757
Youth Lacrosse

Niagara Wheatfield Athletics Alumni
3249 Lockport Rd.
Sanborn, 583-0633
Youth Sports Programs

Niagara Yoga Co-op
451 Third St.
Niagara Falls, 957-6805
Yoga

Nickel City Dance and Fitness Ctr.
2454 Elmwood Ave.
Kenmore, 712-4623
Group Fitness Classes, Youth Dance Classes

Nickel City Race Club
School Pools
Lakeview, 480-1919
Youth Swim Club

Nickel City Splash
4582 Ridgeview Dr. S.
North Tonawanda, 645-3145
Swim Programs

North Tonawanda Athletic Association
1241 Strad Ave.
North Tonawanda, 479-4195
Youth Cheerleading, Youth Football, Youth Lacrosse
Northern Chautauqua County Youth Hockey Association  
P.O. Box 442  
Fredonia, 673-3233  
Youth Hockey

Northstar Pilates Solutions  
3 Gates Circle  
Buffalo, 887-5052  
Pilates

Northstar Pilates Solutions  
2801 Wehrle Dr.  
Williamsville, 630-9700  
Pilates

Northtowns Soccer Club  
www.northtownssoccer.org, 510-3183  
Youth Soccer Program

NU Purple Eagles Basketball Camp  
Niagara University, 286-8605  
Children’s Basketball Camp

Nutrition Concepts  
3685 Southwestern Blvd.  
Orchard Park, 662-2408  
Personal Training

NY Icons of Buffalo  
10060 County Rd.  
Clarence Center, (304) 790-0057  
Youth Programming

O Motion Personal Fitness & Wellness Center  
5360 Genesee St.  
Bowmansville, 908-4477  
Gym

Oakfield Fitness  
116 N. Main St.  
Oakfield, (585) 861-8995  
Gym Membership

Oasis Yoga and Wellness  
3445 Sheridan Dr.  
Amherst, 864-1194  
Yoga

Oasis Yoga and Wellness  
2655 South Park Ave.  
Buffalo, 864-1194  
Yoga

Olean Sport & Wellness Center  
705 North Union St.  
Olean, 373-1050  
Youth Fitness Programs  
Youth Martial Arts Classes  
Yoga, Pilates, Tai Chi

Olean YMCA  
1101 Wayne St.  
Olean, 373-2400  
Children’s Sports  
Swim Lessons  
After-School Activities  
Day Camp  
Gym

Omega Health & Wellness  
5893 Camp Rd.  
Hamburg, 648-5500  
Children’s Racquetball Clinic and Lessons  
Yoga, Gym

One Up Sports Performance and Wellness  
3465 Broadway St.  
Cheektowaga, 913-7206  
Personal Training

Onward Run Coaching  
14 Saybrook Place  
Buffalo, 228-1345  
Instructional and Recreational Classes, Programs and Lessons

Orange Theory Fitness  
1551 Niagara Falls Blvd.  
Amherst, 970-4441

3701 McKinley Parkway  
Bldg. 3, 338-4630

8242 Transit Rd.  
Williamsville, 200-1350  
Group Fitness Classes, Gym, PT

Orchard Park Recreation  
4295 Buffalo St.  
Orchard Park, 662-6450  
Children’s Day Camps  
Children’s Sports and Fitness Program

Orchard Park Soccer Club  
www.orchardparksoccer.org  
Youth Soccer Club

Orchard Park Town Wreckers Swim Team  
P.O. Box 885  
Orchard Park, 662-0090  
Youth Swim Team

Orleans County YMCA  
306 Pearl St.  
Medina, (585) 798-2040  
Before and After-School Programs, Youth Sports, Day Camp, Tai Chi, Pilates, Personal Training, Gym, Yoga

Osteopathic Wellness Medicine of WNY  
235 S. Elmwood Ave.  
Buffalo, 626-6301  
Gym Membership, Fitness Classes, Yoga

OttFit Pilates  
3224 Southwestern Blvd.  
Orchard Park, 791-9088  
Group Fitness Classes

OttFit Pilates  
162 Mill St.  
Williamsville, 791-9088  
Group Fitness Classes

The Park School  
4625 Harlem Rd.  
Buffalo, 839-1242  
Camp, Sports Programs

Parkinson’s Boxing  
2852 Delaware Ave.  
Buffalo, 348-2823  
Boxing Classes

Peakside Health and Fitness  
6129 Rte. 219  
Ellicottville, 699-5588  
Yoga, Pilates, Gym

Peek ‘n Peak Recreation, Inc.  
1405 Olde Rd.  
Findley Lake, 355-4141  
Gym

Pendleton Athletics Boosters Association  
4363 Mapleton Rd.  
Lockport, 425-4460  
Youth Sports Programs

Perfecting Your Performance  
7070 Seneca St.  
Elma, 655-7529  
Gym

Performax Sports  
156 Tacoma Ave.  
Buffalo, 698-8859  
Adult Fitness and Youth Hockey Club

Performax Sports  
7070 Seneca Street  
Elma, 480-7493  
Youth Lacrosse

Performax Sports  
1615 Amherst Manor Dr.  
Williamsville, 698-8859  
Adult Fitness and Youth Hockey Club

Performing Arts Dance Academy  
206 Lake St.  
Hamburg, 649-5000  
Dance School

Personal Pilates of Buffalo  
8825 Sheridan Dr.  
Williamsville, 308-0126  
Adult Fitness Classes

The Pilates Loft  
166 Allen Street  
Buffalo, 866-8200  
Pilates

Planet Fitness  
4090 Maple Rd.  
Amherst, 253-7676  
Gym

Planet Fitness  
4140 Veterans Memorial Dr.  
Batavia, (585) 536-8650  
Gym

Planet Fitness  
100 Thruway Plaza Dr.  
Cheektowaga, 989-0524  
Gym
Planet Fitness
78 Spencerport Rd.
Gates, (585) 426-6989
Gym

Planet Fitness
6000 South Park Ave.
Hamburg, 422-3031
Gym

Planet Fitness
333 W. Henrietta Rd.
Henrietta, (585) 272-0099
Gym

Planet Fitness
1850 E. Ridge Rd.
Irondequoit, (585) 426-6989
Gym

Planet Fitness
318 E. Fairmount Ave.
Lakewood, 763-0270
Gym Membership, Personal Training, Fitness Classes

Planet Fitness
5897 S. Transit Rd.
Lockport, 201-1753
Gym

Planet Fitness
8297 Niagara Falls Blvd.
Niagara Falls, 371-2460
Gym – Black Card Membership Only

Planet Fitness
1601 Penfield Rd.
Penfield, (585) 419-2799
Gym

Planet Fitness
1764 Sheridan Dr.
Tonawanda, 799-0809
Gym

Planet Fitness
7493 NYS Route 96
Victor, (585) 742-3111
Gym

Planet Fitness
3225 Seneca St.
West Seneca, 677-9310
Gym

Platinum Health & Fitness, LLC
9450 Transit Rd.
East Amherst, 688-7100
Gym, Personal Training

Power Yoga Buffalo
758 Elmwood Ave.
Buffalo, 218-9642
659 Oakwood Ave.
East Aurora, 218-9642
4575 Main St.
Snyder, 218-9642
Yoga

The Powerhouse Studios
531 Virginia St.
Buffalo, 308-4256
Personal Training, Pilates

Prescribed Motion PT Fitness
55501 Main St.
Williamsville, 580-3713
Personal Training

Presti Karate & Fitness Center, Inc.
2809 Pine Ave.
Niagara Falls, 285-9242
Youth Karate Class, Gym

Prestige Fitness Solutions Inc.
23 Lake St.
Hamburg, 228-9411
Personal Training

Pride Martial Arts Academy
5451 Sheridan Dr.
Williamsville, 565-0202
Martial Arts, Tai Chi

Primal Rebound
5660 Clinton St. Ste. 7
Elma, 225-9030
Fitness Classes

Primerano Fitness
1647 Military Rd.
Niagara Falls, 205-8893
Gym, Personal Training

Primordial Strength Inc.
226 Pine St.
East Aurora, 213-8895
Personal Training

Proformance Sports Training
Northtown Center at Amherst
1615 Amherst Manor Dr., 2nd Flr.
Williamsville, 632-2799
Youth Sports Camps, Personal Training

Pump It Up Fitness
10745 Bennett Rd.
Dunkirk, 640-6803
Personal Training/Group Fitness, Youth Gymnastics

Pure Barre Buffalo
7660 Transit Rd.
Buffalo, 276-3570
Group Fitness Classes

Queen City Cycling
830 Abbott Rd.
Buffalo, 903-3236
Adult Group Classes

Radisson Niagara Falls – Grand Island
100 Whitehaven Rd.
Grand Island, 773-0729
Children’s Swimming Lessons, Yoga, Pilates, Gym

Raw Renewal Yoga
17 Court St.
Buffalo, 861-0090
Yoga

Rebel Ride Indoor Cycling & Strength
6449 Transit Rd., Ste. 3
East Amherst, 691-7433
Fitness Classes

Red Dragon School of Martial Arts
McKinley Mall
3701 McKinley Pkwy.
Blasdell, 822-0222
Children’s Tai Chi and Kung Fu Tai Chi

Reform Fitness, LLC
6562 East Quaker St.
Orchard Park, 662-3181
Adult Fitness Classes

Reform with Rachel
220 Joseph Dr.
Tonawanda, 380-0738
Group Fitness Classes, Personal Training

Refuse 2 Lose Martial Arts
214 East Main St., Ste. 7
Batavia, (585) 813-4137
Youth Martial Arts

Regenesis Wellness, LLC
6456 New Taylor Rd.
Orchard Park, 863-7939
Pilates

Remedy Pain and Performance
3518 Southwestern Blvd.
Orchard Park, 220-9907
Youth Sports Performance Classes, Adult Fitness Classes, Personal Training

Resolve Studio
4174 N. Buffalo Rd.
Orchard Park, 515-5765
Adult Fitness Classes, Personal Training

Restore Medical Fitness Center
4545 Transit Rd., Ste. 355
Williamsville, 906-2102
Gym Membership, Personal Training

Revolution Indoor Cycling, LLC
1716 Main St.
Buffalo, 908-0622
Group Fitness Classes

Revolution Training and Fitness
433 Locust St.
Lockport, 201-1998
Adult Fitness Classes

Rising Sun Yoga
Georgetown Square
5225 Sheridan Dr.
Williamsville, 632-5802
Yoga, Family/Kids Yoga, Tai Chi, Vitamins & Herbs

Riverview Fitness of Youngstown
445 Main St.
Youngstown, 745-9820
Gym
Rochester Regional Health Total Sports Experience
880 Elmgrove Rd.
Rochester, (585) 458-2677
Gym, Personal Training, Youth Sports Camps/Instruction

Rolly Pollies of East Amherst
9630 Transit Rd., Ste. 100
East Amherst, 689-6151
Children’s Tumbling/Motor Skills Development Classes

Rolly Pollies of North Buffalo
1669 Hertel Ave.
Buffalo, 833-3318
Instructional and Recreational Children’s Programs

Rolly Pollies of Orchard Park
4058 North Buffalo Rd.
Orchard Park, 622-7424
Youth Programs

Route 20 Fitness
2881 Southwestern Blvd.
Orchard Park, 292-1278
Group Fitness and Personal Training

Royal Academy of Ballet and Dance
949 Englewood Ave.
Buffalo, 835-3585
Youth Dance

Rzepka’s Family Karate Centers
121 Hamburg St.
East Aurora, 714-5446
Youth Karate

6231 Transit Rd.
Depew, 553-8711
Youth Karate

SABAH
2607 Niagara St.
Buffalo, 362-9600
Instructional and Recreational Sport Programs

Saddle, LLC
1096 Hertel Ave.
Buffalo, 875-7433
Yoga and Cycle Classes

Sahlen Sports Park
7070 Seneca St.
Elma, 655-7529
Kids Classes

Sam Smith School of Dance
2455 Niagara Falls Blvd.
Amherst, 691-2822
Youth Dance

School House Wellness Center
241 Garden St.
Lockport, 433-8782
Yoga, Tai Chi

Seneca Nations of Indians Allegany Community Center
3677 Administration Dr.
Salamanca, 945-8119
Gym Membership

Seneca Nations of Indians Cattaraugus Community Center
12767 Route 438
Irving, 532-8450
Gym Membership

Sensational Fun
2881 Southwestern Blvd., Unit #1
Orchard Park, 674-7001
Youth Activities

Seraphim Personal Training
1330 Niagara Falls Blvd., Floor 2
Tonawanda, 940-5308
Personal Training

Shakti Yoga
133 Grant Street
Buffalo, 884-9642
Yoga

Sheila’s Fitness Jam
8965 Sheridan Dr.
Williamsville, 633-1833
Pilates, Personal Training, Yoga, Youth Programs

Silver Creek Central
1 Dickinson St.
Silver Creek, 934-2603
Gym Membership

Skate Great
Holiday Twin Rinks
3465 Broadway
Cheektowaga, 580-3458
Skate Lessons

Skate Great
Time Warner Cable Classic Rink
123 Riley St.
East Aurora, 580-3458
Skate Lessons

Skate Great
Hamburg Town Arena
2982 Lakeview Rd.
Hamburg, 580-3458
Skate Lessons

Skate Great
Leisure Rinks
75 Weiss Rd.
Orchard Park, 580-3458
Skate Lessons

Sky Zone Indoor Trampoline Park
425 Cayuga Rd.
Cheektowaga, 206-3300
Family and Youth Exercise Classes

Snap Fitness
6950 Erie Rd.
Derby, 947-9010
Gym

Snap Fitness
572 Main St.
East Aurora, 655-6600
Gym

Snap Fitness
2055 Baseline Rd.
Grand Island, 775-8486
Gym

Snap Fitness
6507 Wheeler Rd.
Lockport, 201-4663
Gym, Personal Training

Snap Fitness
11184 Maple Ridge Rd.
Medina, (585) 735-4201
Gym, Group Fitness Classes, Personal Training

Snap Fitness
4180 North Buffalo Rd.
Orchard Park, 508-8400
Gym

Soccer Shots
175 Edgar Ave.
Tonawanda, 479-0211
Youth Soccer

Softball Central
1800 Broadway
Buffalo, 288-9455
Instructional and Recreational Softball Programs and Lessons

So-Ly Yours Fitness & Coaching
32 South Erie St.
Mayville, 269-4129
Group Fitness Classes

Soma Cura Wellness Center
2710 Grand Island Blvd.
Grand Island, 1-855-SOMACURA
Yoga, Tai-Chi

Soul 2 Sole
571 W. Main St.
Arcade, 560-1678
Youth Dance Classes

Soul Candy Project
Yoga with Mari
Hotel Henry, 444 Forest Ave.
Buffalo, 882-1970

1515 Kensington Ave.
Buffalo, 253-6548
Yoga

South Towns Tennis Center
75 Mid County Dr.
Orchard Park, 662-9396
Junior Excellence Tennis Program

Southern Tier Barbell
100 Institute St.
Jamestown, 499-2229
Gym Membership, Personal Training

Southtowns Family YMCA
1620 Southwestern Blvd.
West Seneca, 674-9622
Youth Sports
Before and After-School Programs
Day Camps
Southtowns Fitness Center
23 Lake St.
Hamburg, 648-0677
Yoga, Pilates, Gym

Southtowns MMA
3984 Burke Pkwy.
Blasdell, 649-2300
Yoga, Pilates, Tai Chi

Sow it Now Fitness
3285 Delaware Ave.
Buffalo, 490-0506
Gym Membership, Personal Training, Group Classes

SPAR Self Defense
2309 Eggert Rd.
Tonawanda, 835-7727
Group Fitness, Self Defense, Personal Training, Yoga

Spezio’s Dance Dynamics, Inc.
1639 North French Rd., Ste 300
Getzville, 688-9590
Dance Lessons

Sport International, Inc.
Hockey Camp
3800 Dewey Ave.
Rochester, (585) 820-6754

Sports Performance Park
4545 Transit Rd.
Williamsville, 565-2096
Instructional and Recreational Sport Programs, Camps and Lessons

Sports Stars Skills & Drills, L.L.C.
139 Lorelee Drive
Tonawanda, 713-7456
Youth Sports Program

SportsFocus Physical Therapy
3940 California Rd.
Orchard Park, 662-2922
Gym, Yoga, Personal Training

Sportsplex
90 Ridge Rd.
North Tonawanda, 694-8877
Youth Soccer and Tennis Lessons

Spring Creek Athletic Club
535 W. Main St.
Springville, 592-2000
Adult Classes, Gym Membership, Personal Training

Springville Health & Fitness
243 West Main St., Ste. 4
Springville, 592-5510
Gym, Yoga, Pilates

Springville Youth, Inc.
79 South Buffalo St.
Springville, 289-6364
Youth Sports, Recreation

STA Sports Performance
7070 Seneca St.
Elma, 544-4824
Personal Training, Youth Sports Training

Start with Sleep
1211 Hertel Ave.
Buffalo, 235-1505
Yoga

Steel Mill Gym, Inc.
1234 Abbott Rd.
Lackawanna, 822-4271
Gym

Step By Step Physical Therapy
56 Main St.
Akron, 542-1135
Gym

Step-In-Time Studio of Dance
2920 Grand Island Blvd.
Grand Island, 773-1881
Youth Dance Lessons, Pilates

Stingrays Swim Club
P.O. Box 47
Cheektowaga, 465-0711
Youth Swimming

Stretch
1127 Wehrle Dr.
Williamsville, 626-7484
Pilates, Gym, Personal Training

Stretch-n-Grow
Various locations throughout WNY
632-4945
Children’s Fitness Class

The Studio at Anthony’s
3882 N. Buffalo Rd.
East Aurora, 867-0232
Group Fitness, Personal Training

Studio J
43 Kenmore Ave.
Amherst, 833-2623
Youth Dance

Studio Sophia, LLC
2852 Delaware Ave.
Kenmore, 903-1009
Personal Training, Yoga, Pilates

Stumpfs Gymnastics
2187 Wehrle Dr.
Williamsville, 634-4401
Youth Gymnastics

Summit Gymnastics & Fitness, Inc.
941 Maple St.
Elma, 652-5334
Gym

Sun Moon Yoga & Wellness
203 Cherry St., #302
Jamestown, 259-3592
Yoga

SUNY Cortland Summer Sports Camps
8 Folmer Dr.
Cortland, (607) 753-4953
Instructional and Recreational Classes, Programs and Lessons

Swan’s Martial Arts Academy
3234 Union Rd.
Cheektowaga, 685-7926
Youth Martial Arts

Sweat Society
1382 Hertel Ave.
Buffalo, 844-8435
Gym, Fitness Classes, Personal Training

Sweet Home Aquatics
1901 Sweet Home Rd.
Amherst, 361-1961
Youth Swimming

Symmetry Pilates Studio
6179 West Quaker Rd.
Orchard Park, 662-6674
Pilates

Synergy Fitness
6045 Transit Rd.
East Amherst, 799-1234
Gym, Fitness Classes, Personal Training

Taoist Tai Chi Society USA, Inc.
968 Kenmore Ave.
Buffalo, 876-7218
Tai Chi

Teen Treks
396 Porter Ave.
Buffalo, 566-7908
Instructional and Recreational Classes, Programs and Lessons

Terrie’s Workout Center
1473 Hertel Ave.
Buffalo, 833-6529
Kids Karate, Yoga, Pilates, Gym

Timberstrong Health & Fitness
1049 Payne Ave.
North Tonawanda, 743-1919
Gym

Thurman Thomas Sports Training
7070 Seneca St.
Elma, 805-1594
Gym

Time To Dance
5000 Saunders Settlement Rd.
Niagara Falls, 946-7909
Dance Lessons

Tonawanda American Little League
Five-Diamond Baseball Facility
Frances Dr.
Tonawanda, 694-6223

Tonawanda Dance Arts
368 Hinds Ave.
Tonawanda, 683-4456
Youth Dance Classes

Tonawanda Titans Swim Club
One Pool Plaza
Tonawanda, www.ttscswimming.com
Youth Swimming
Town of Aurora Parks and Recreation
300 Gleed Ave.
East Aurora, 652-8866
Youth Activities

Town of Hamburg Recreation Dept.
2982 Lakeview Rd.
Hamburg, 646-5145
Youth Sports Programs

Town of North Collins
10569 Main St.
North Collins, 337-3391
Instructional and Recreational Classes, Programs and Lessons

Town of Orchard Park
4295 Buffalo St.
Orchard Park, 662-6450
Youth Sports Programs
Yoga, Pilates

Town of Tonawanda Aquatic and Fitness Center
1 Pool Plaza
Buffalo, 876-7424
Children’s Swim Lessons
Yoga, Tai Chi, Pilates

Town of Tonawanda Aquettes
212 Lowell Rd.
Kenmore, 876-7424
Youth Swimming

Town of Tonawanda Youth Parks & Recreational Dept.
299 Decatur Rd.
Buffalo, 831-1001
Youth Activities

Town of West Seneca
1250 Union Rd.
West Seneca, 674-5600
Youth Sports Program

Town Park Fitness Center
4420 Lakeshore Rd.
Hamburg, 627-4168
Gym

Trabucco Fitness, Inc.
5940 Goodrich Rd.
Clarence Center, 741-3488
Personal Training

TrainSMART Personal Fitness
640 Ellicott Street, Suite 201
Buffalo, 440-6435
Personal Training

Tree of Life Yoga Studio
1517 Main Street
Niagara Falls, 939-0892
Yoga, Youth Yoga, Baby and Me Yoga

TREO Sports and Fitness
425 Meyer Rd.
West Seneca, 677-4022
Personal Training

Tri-Town Aquatic Club
Iroquois Central School
211 Girdle Rd.
Elma, 479-0950
Instructional & Recreational Swim Programs

TriVault, Inc.
37 Swanson Terr.
Amherst, 523-2367
Personal Coaching

Tumble Bee Gym
136 Evans St.
Hamburg, 868-1525
Youth Fitness Programs
Youth Gymnastics
Pilates

UB Recreation & Intramural Services
130 Alumni Arena
Amherst, 645-2286
Pilates, Gym

UB Recreation & Intramural Services
75 Alumni Arena
Buffalo, 645-2286
Yoga

UHCDA/Gloria J. Parks Community Center
3242 Main St.
Buffalo, 832-1010
Youth Sports
After-School Programs
Children’s Day Camps
Tai Chi, Gym

Ultimate Image Health and Wellness LLC
502 Main St.
East Aurora, 714-5611
Personal Training, Yoga, Pilates

Ultimate Physique Fitness Club
50 Rogers Ave.
Lockport, 439-4094
Gym, Group Fitness

Underground Gym
3315 N. Benzing Rd.
Orchard Park, 563-1392
Gym Membership

United World Martial Arts
17 Buffalo St.
Hamburg, 648-8889

University at Buffalo Men’s Basketball Camp
206 Alumni Arena
Buffalo, 645-3488
Youth Basketball Camp

Urban Spin
110 Mall Blvd.
Lakewood, 969-0063
Cycle Classes

Village Fitness
3 West Ave.
LeRoy, (585) 768-4550
Yoga, Pilates, Gym

Village Fitness Club
77 Cayuga St.
Lewiston, 988-0057
Gym Membership, Fitness Classes and Personal Training

Village Glen Tennis Club
162 Mill St.
Williamsville, 633-1635
Youth Tennis

Village Spin
538 Main St.
Medina, (585) 866-1656
Fitness Classes

Vitality Buffalo, Inc.
3720 South Park Ave.
Blasdell, 239-6500
Fitness Classes, Personal Training

We Rock The Spectrum Buffalo-Northtowns
6427 Transit Rd.
Williamsville, 428-3434
Youth Gymnastics, Yoga, Open Gym and Camp

We Rock The Spectrum Buffalo-Southtowns
6950 Erie Rd., Ste. 200
Derby, 562-7274
Youth Gymnastics, Yoga, Open Gym and Camp

Wellness Through Fitness Gym
2875 Union Rd., Ste. 350
Cheektowaga, 395-3685
Gym Membership, Adult Classes

Wellsville YMCA
133 Bolivar St.
Wellsville, (585) 593-3246
Gym, Personal Training, Yoga, Pilates, Youth Sports

West Seneca Center Community Education
1397 Orchard Park Rd.
West Seneca, 677-3180
Children’s Sports Programs
Yoga, Pilates

West Seneca Youth Hockey Assoc.
1250 Union Rd.
West Seneca, 675-1831
Youth Hockey

Wheatfield Blades Hockey Assoc.
3385 Niagara Falls Blvd.
N. Tonawanda, 695-1055
Youth Hockey

The Whole Approach
5 Public Sq.
Holley, (585) 507-9326
Personal Training, Pilates, Yoga

Wild All Stars
1560 Harlem Rd., #12
Buffalo, 697-6256
Youth Cheerleading, Tumbling
William-Emslie Family YMCA
585 William St.
Buffalo, 845-5440
Gym

Williamsville Jr. Football
1615 Amherst Manor Dr.
Williamsville, 632-8346
Youth Football and Cheerleading

Winifred Crawford Dibert
Boys and Girls Club of Jamestown
62 Allen St.
Jamestown, 664-2902
Gym, Youth Swimming

WNY Flash Academy
7070 Seneca St.
Elma, 655-7529
Instructional Sports Programs

WNY Karate Center
4209 Transit Rd.
Williamsville, 631-5065
Youth Karate, Tai Chi

WNY MMA & Fitness
255 Great Arrow Ave.
Buffalo, 898-8924
Adult Fitness Classes, Personal Training

WNY Outlaw Allstars
10060 County Rd., Bldg. A
Clarence Center, 471-8167
Youth Cheerleading, Tumbling

WNY Physical & Occupational Therapy
6301 Transit Rd.
Depew, 684-0400
Gym

Wyoming County YMCA
115 Linwood Ave.
Warsaw, (585) 786-2880
Swim Lessons, Tumbling, Youth Sports, Children's Day Camp, Yoga, Gym

Xpress Fitness
116 North Main St.
Albion, (585) 589-2650
Gym

Xtreme Wheels Indoor Skate Park
356 Hertel Ave.
Buffalo, 871-9361
Inline Skate Lessons
Skateboard Lessons
BMX Lessons

Yi-Dan Cha Gi Martial Arts Center
3305 Niagara Falls Blvd.
Wheatfield, 692-2738
Youth Martial Arts Classes

YMCA Camp Weona
301 Cayuga Rd.
Buffalo, 565-6008
Youth Camps

YMCA of Corry
906 North Center St.
Corry, (814) 664-7757
After-School Activities
Children's Classes
Children's Day Camp
Yoga, Pilates, Gym

YogaBetsy Yoga Center
109 South Sixth St.
Olean, 372-5850
Yoga

YWCA of Niagara
32 Cottage St.
Lockport, 433-6714
Children's Sports and Fitness Programs
Children's Day Camps
Gym

YWCA of the Tonawandas
49 Tremont St.
North Tonawanda, 692-5580
Gym, Youth Programs, Yoga, Tai Chi

YWCA of Western New York
1005 Grant St.
Buffalo, 852-6120
After-School Activity Programs
Children's Day Camp

YWCA Westfield
58 South Portage St.
Westfield, 326-2011
Children's Sports and Fitness Programs, Gym

Z-Party Fitness
4 Park St.
Arcade, 863-7831
Pilates, Yoga

Zero Gravity Gymnastics Center
6119 First St.
Newfane, 778-7100
Youth Gymnastics

ZPAC – Stacy Zawadzki's Performing Arts Center
954A Union Rd., Ste. 3
West Seneca, 608-1010
Youth Dance

Zumba By Bobby
205 Bidwell Pkwy.
Buffalo, 983-7391
Group Fitness Classes

Zumba By Samira
2 Nottingham Terr.
Buffalo, 868-1578
Group Fitness Classes

Zumba Gold with Jaime
2 Nottingham Terr.
Buffalo, 574-9303
Group Fitness Classes

Zumba with Dawn
4625 Harlem Rd.
Snyder, 491-3830
Zumba

Zumbini with Jody
5801 Transit Rd.
Depew, 480-3722
Zumbini Classes

ACUPUNCTURISTS

Acupuncture, Chinese Medicine & Rehab Center
4229 Maple Rd.
Amherst, 803-8899

Austin, Stacey, L.Ac
WNY Acuhealth
205 Green St.
Lockport, 628-3802

Barclay, Derek, L.Ac
12 Buffalo St.
Bergen, (585) 709-1482

Cardinale, Chet, L.Ac
1046 Walden Ave.
Cheektowaga, 893-4664

Fu, Amy, L.Ac
3868 East Robinson Rd.
Amherst, 688-8836

Fu, Zhipei, L.Ac
220 Red Tail Road, Ste. 4
Orchard Park, 633-6288

Greene, Constance, L.Ac
6000 North Bailey Ave.
Amherst, 834-5809

Iannacco, Marc, L.Ac
656 Elmwood Ave.
Buffalo, 548-8981

Lau, Herbert, L.Ac
5859 Transit Rd.
East Amherst, 688-1768

Michaels, Monica, L.Ac
110 Grey St., Ste B
East Aurora, 652-8404

Miller, Timothy, L.Ac
5862 S. Transit Rd.
Lockport, 946-2371

Nelson, Sarah, L.Ac
80 N. 4th. St.
Allegany, 378-9414

Radder, Destin, L.Ac
779 Cayuga St., Ste. 4
Lewiston, 405-0078

Schilling, Andrea, L.Ac
1961 Wehrle Dr., Ste. 7
Williamsville, 983-9842

Wilkinson, Elaine, L.AC
12 Buffalo St.
Bergen, (585) 709-1482
Zhan, James, L.Ac  
8962 Porter Rd.  
Niagara Falls, 297-7669

COMMUNITY PARTNERS

Biggest Loser Resort Niagara  
1083 Pit Rd.  
Java Center, (585) 457-3700  
Weight Loss Program

Buffalo RiverWorks  
359 Ganson St.  
Buffalo, 342-2292  
Sport & Recreational Activities, Camps & Programs

D’Avolio  
535 Main St.  
Buffalo, 342-2167  
9570 Transit Rd.  
E. Amherst, 932-7471

Explore Buffalo  
One Symphony Circle  
Buffalo, 245-3032  
Walking, Kayak & Bike Tours, Explorer Passes, Silo City Vertical

Fresh Catch Poke  
5933 Main St.  
Williamsville, 271-7653  
Healthy Options Restaurant

G&G Fitness Equipment  
3170 Orchard Park Rd.  
Orchard Park, 712-0090  
7350 Transit Rd.  
Williamsville, 633-2527  
Fitness Equipment

GObike Buffalo  
98 Colvin Ave.  
Buffalo, 218-7161  
Bicycling Events

Healthy Options Cooking Classes  
Various Locations  
Buffalo, 635-4959  
Healthy Options Cooking Classes

Reddy Bikeshare  
640 Elicott St.  
Buffalo, 407-7474  
Bike Rentals

MASSAGE THERAPISTS

Achkar, Tammy, LMT  
13195 Broadway St.  
Alden, 937-3150  
3648 Seneca St.  
West Seneca, 771-1354

Advanced Body Care  
5132 Transit Rd.  
Depew, 681-0071

Albert, Rebecca, LMT  
4053 Maple Rd., Ste. 102  
Amherst, 316-2511

Aldridge, Sandra, LMT  
1201 Colvin Blvd., Ste. 3  
Tonawanda, 445-8181

Aldridge-Szatkowski, Jaime, LMT  
Tender Kneads  
37 Davison Road, Back  
Lockport, 866-4863

Allen, Laureen, LMT  
7166 Boston State Rd.  
Hamburg, 208-9975

Andrew, Ashley, LMT  
914 Center St.  
Lewiston, 471-1916

Armstrong, Kenneth, LMT  
229 Main St.  
Hamburg, 906-2087

Bailor-Goodlander, Christine, LMT  
The Body Essential  
5225 Sheridan Dr.  
Williamsville, 626-4466

Balanced Body Work  
73 Vegola Ave., Upper  
Cheektowaga, (607) 280-9026

Barnes, Bridget, LMT  
46 West Buffalo St.  
Warsaw, (585) 786-3590

Bennett Timkey, Joanne, LMT  
23 Jefferson St.  
Ellicottville, 699-8996

Bergmann, Beth, LMT  
5225 Sheridan Dr.  
Williamsville, 626-4466

Bialecki, Jo’Ann, LMT  
3140 Sheridan Dr., Ste. 215  
Amherst, 949-2810

Boyce, Angela, LMT  
544 East Main St.  
Batavia, (585) 219-3298

Brachman, Jaclyn, LMT  
90 Hamburg St.  
East Aurora, 655-2533  
271 W. Main St.  
Springville, 655-2533

Brainard, Donna, LMT  
658 Main St.  
East Aurora, 572-2817  
1496 Perry Rd.  
North Java, 572-2817

Buckmaster, Joan, LMT  
2323 Old Lake Rd.  
Ransomville, 208-4565

Buffalo Massage Therapy Center  
337 Cleveland Dr., Ste. 2  
Buffalo, 923-3769  
245 Hastings Ave.  
Buffalo, 923-3769

Burnham-Fechner, Kim, LMT  
736 Center St., Ste. B  
Lewiston, 628-4636

Campbell, Teresa, LMT  
400 International Dr.  
Williamsville, 947-0139  
7060 Erie Rd., Ste. 300  
Derby, 947-0139

Cartus, Kelly, LMT  
5225 Sheridan Dr.  
Williamsville, 626-4466

Chatham, Jennifer, LMT  
2157 Main St.  
Buffalo, 862-1386

Cole, JoAnne, LMT  
91 E. Fourth St.  
Dunkirk, 363-0900

Condoluci, Gary LMT  
243 South Main St., Ste. 128  
Albion, (585) 727-1410

Coogan, Nathan, LMT  
3 West Ave.  
Leroy, (585) 315-6812  
433 N. Main St.  
Warsaw, (585) 315-6812

Corcimiglia, Debra, LMT  
500 S. Cascade Dr.  
Springville, 560-9884

Coseglia, Laura, LMT  
1 Brighton Rd.  
Tonawanda, 481-2233

Crane, Sherry, LMT  
2157 Main St.  
Buffalo, 862-1386

Cummins, Dawn, LMT  
5250 Genesee St.  
Bowmansville, 430-7755  
70 Jane Dr.  
Cheektowaga, 430-7755

Devine, Danielle, LMT  
141 Chahtaqua Ave.  
Lakewood, 763-7665

Dickinson Therapeutic Massage  
1201 Colvin Blvd., Ste. 3  
Tonawanda, 446-1244

Dossett, Jennifer, LMT  
3648 Seneca St.  
West Seneca, 771-0142
Dueringer, Daniel, LMT
737 Main St.
West Seneca, 674-4665

Elwell, Sharon, LMT
2157 Main St.
Buffalo, 862-1368
2340 Bowen Rd.
Elma, 997-9020

Epolito-Jemiolo, Holly, LMT
4729 Transit Rd.
Depew, 713-6725

Ethic Massage & Bodywork
Samantha Heinaman, LMT
484 Main St.
East Aurora, 341-1978

Feldman, Samantha, LMT
Destination Massage
9500 Main St., Ste. 400
Clarence, 997-7496

Felicetta, Erika, LMT
167 Ashland Ave.
Buffalo, 551-0970

Fiegl, Susan, LMT
9450 Transit Rd.
East Amherst, 807-1266

Fiedl, Susan, LMT
9450 Transit Rd.
East Amherst, 807-1266

Fredonia Therapeutic Massage & Bodywork – Joseph Myers, LMT
9 Center St.
Fredonia, 785-6143

Fundalinski, Suzanne, LMT
2400 Main St.
Buffalo, 598-3607

Glian, Marybeth, LMT
120 Gardenville Pkwy. West
West Seneca, 668-3600

Good, Kathleen, LMT
2283 Grand Island Blvd.
Grand Island, 773-2222

Grand Island Chiropractic
2283 Grand Island Blvd.
Grand Island, 773-2222

Grant, Brittany J, LMT
2 Fountain Plaza
Buffalo, 510-3942

Great Lakes Therapeutic Massage
Colleen Marx, LMT
375 Dick Rd., Ste. 2
Depew, 725-0264

Grey, Deborah, LMT
730 N. Ellicott Creek Rd.
Amherst, 479-8298

Griffen-Owens, Carrie, LMT
120 Gardenville Pkwy. West
West Seneca, 668-3600

Grzankowski, Elaine, LMT
5532 Broadway
Lancaster, 632-9406

Gugliuzza, Loretta, LMT
27 Evans St.
Williamsville, 523-8720

Hastings, Deborah, LMT
205 Green St.
Lockport, 201-1300

The Healing Space
359 Potter Rd.
Buffalo, 480-0242

Healing Touch Acupressure & Massage Therapy
34 Radcliff Dr.
Getzville, 545-0036

Heer, Valerie, LMT
9635 Clarence Center Rd.
Clarence, 441-3331

Henn, Kevin, LMT
6161 Transit Rd., Ste. 6
East Amherst, 807-1266

Hetrick, Susan, LMT
233 East Ave.
Lockport, 622-6111

Hilyard, Linda, LMT
5861 Seneca St.
Elma, (585) 993-2965

Hornburg, Rebecca, LMT
4390 Quinby Dr., Ste. D
Hamburg, 673-5410

Hughes, Suan, LMT
614 Central Ave.
Dunkirk, 366-1656

Hunt, Shawna, LMT
6179 West Quaker St.
Orchard Park, 207-9529

Janczak, Michelle, LMT
2167 Wehrle Dr.
Williamsville, 983-3266

Jarvis, Monique, LMT
989 Kenmore Ave., Ste. 1
Kenmore, 877-2728

Jayakumar, Shanthy, LMT
6161 Transit Rd., Ste. 6
East Amherst, 691-5738

Jessie, Angela, LMT
5532 Broadway Ave.
Lancaster, 316-9445

Jones, Paul, LMT
1592 Hertel Ave.
Buffalo, 536-0799

Kaiser, Erica, LMT
2448 Union Rd.
Cheektowaga, 656-0200

Karing Therapeutic Massage, LMT
12001 Broadway St., Ste. B
Alden, 777-0616

Kavanagh, Patti, LMT
2561 Main St., 2nd Floor
Williamsville, 622-9970

Kelly, Michael, LMT
76 Bosse Ln.
West Seneca, 868-9097

Kent, Colleen, LMT
903 Seneca Ave.
Olean, 307-0377

Kinder, Patricia, LMT
20 Buffalo St.
Hamburg, 648-3120

Koplas, Jennifer, LMT
473 Washburn St.
Lockport, 830-4294

Kostorowski, Donald, LMT
989 Kenmore Ave.
Kenmore, 335-9711

Latawiec, Stephanie, LMT
4685 Transit Rd.
Buffalo, 866-3261

Lentini, Alana, LMT
4754 N. French Rd.
E. Amherst, 688-8815
1923 Seneca St., Upper Level
Buffalo, 253-1561
2283 Grand Island Blvd.
Grand Island, 773-2222

Leous, Thomas, III, LMT
228 Old Falls Blvd.
North Tonawanda, 260-5276

Lindell Chiropractic & Massage
928 French Rd.
Cheektowaga, 668-8021

Marciniak, Marlene, LMT
415 Tremont St.
North Tonawanda, 743-8844

Markowski, Laurie, LMT
240 Redtail Rd., Ste. 11A
Ochard Park, 430-3186

Masterson, Mary, LMT
33 Longmeadow Dr.
East Aurora, 435-9052

Mayabella Massage, LMT
466 Evans St.
Williamsville, 523-8720
McCarthy, Andrea, LMT
5813 Transit Rd.
Depew, 713-5607

Meade, Rachel, LMT
500 Seneca St.
Buffalo, (607) 280-9026

Meech, Jane, LMT
4201 North Buffalo Rd.
Orchard Park, 662-2713

Miller, Jamie, LMT
10158 Niagara Falls Blvd.
Niagara Falls, 298-0368

Minniefield, Rachel, LMT
150 Tech Dr., Ste. 202
Amherst, 276-8311

Miori, Michelle, LMT
Serenity Massage Therapy
13500 Broadway
Alden, 380-7153

Morrella, Tracy, LMT
2157 Main St.
Buffalo, 862-1386

Nickel City Massage, LMT
38 Harding Ave.
Buffalo, 289-3618

Nowak, James, LMT
229 Lake St.
Hamburg, 888-0456

Nowinski, Cristie, LMT
Body Sense
450 Central Ave.
Lancaster, 681-6766

Ohnmeiss, Crystal, LMT
10158 Niagara Falls Blvd.
Niagara Falls, 298-0368

Olivieri, Melanie, LMT
5225 Sheridan Dr.
Buffalo, 713-5087

Ordon, Janice, LMT
4917 William St., Ste. A
Lancaster, 706-0005

Ordon, Justin, LMT
4917 William St., Ste. A
Lancaster, 706-0005

Orffeo, Andres, LMT
2122 Eggert Rd., Ste. 1
Amherst, 834-6001

Orffeo, Ann East, LMT
2122 Eggert Rd., Ste. 1
Amherst, 834-6001

Pacana, Eileen, LMT
424 Robinson St.
Ni. Tonawanda, 692-0021

Parks, Alicia, LMT
Face Body and Soul Massage & Skin Care
229 Lake St.
Hamburg, 432-1288

Plew, Alysa, LMT
6320 Seneca St.
Elma, 228-8749

Puglisi, Gina, LMT
920 Main St.
Niagara Falls, 940-0411

Quaranllo, Karen, LMT
210 John Glenn Dr., Ste. 1
Amherst, 525-1076

Raczk, Mary, LMT
486 Walnut Ave.
Angola, 444-5654

1045 Union Rd.
West Seneca, 444-5654

Radice, Stephanie, LMT
12399 Olean Rd.
Chaffee, 698-7284

1961 Wehrle Dr., Ste. 7
Williamsville, 698-7284

Randall, Jamie, LMT
8370 Main St.
Williamsville, 955-9809

Randles, Lori, LMT
5136 Sheridan Dr., Ste. 1
Williamsville, 864-7675

Ray, Valli M, LMT
8370 Main St.
Williamsville, 830-2828

Reed, Molly, LMT
Peak Performance
Chiropractic and Wellness
989 Kenmore Ave.
Kenmore, 335-9711

Reich, Kerry, LMT
5899 South Park Ave.
Hamburg, 445-7851

Rivier, Jennifer, LMT
Stress Relief Centre
4000 Main St.
Amherst, 834-1788

Rizzo, Maria, LMT
162 Mill St.
Williamsville, 913-5628

Roberts, Jill, LMT
2283 Grand Island Blvd.
Grand Island, 773-2222

10158 Niagara Falls Blvd.
Niagara Falls, 208-0368

Russell, Jennifer, LMT
400 International Dr.
Williamsville, 631-3555

Russo, Erin, LMT
1088 Brighton Rd.
Tonawanda, 837-1711

Russo, Tami, LMT
The Spa at Parklane
33 Gates Cir., Ste. 1A
Buffalo, 885-2872

Savage, Katherine, LMT
3597 Old Lakeview Rd.
Hamburg, 648-6805

Schaner, Janice, LMT
4775 Harris Hill Rd.
Williamsville, 603-7304

Schiller, Brittnay, LMT
400 International Dr.
Williamsville, 631-1516

Schmitt, Elizabeth, LMT
400 International Dr.
Williamsville, 631-3555

Senko, Christen, LMT
3083 William St.
Cheektowaga, 400-3680

Share, Jennifer, LMT
2728 Niagara Falls Blvd.
Niagara Falls, 628-8911

Silverman, Eric, LMT
372 Ellen Dr.
Cheektowaga, 480-9430

Sneed, Lizzie, LMT
Pneuma Balance
Massage Bodywork, PLLC
300 Delaware Ave., Ste. 102
Buffalo, 228-9843

Stabler, Sarah, LMT
2829 Wehrle Dr., Ste. 13
Williamsville, 772-8224

Stachowiak, Sara, LMT
3868 East Robinson Rd.
Amherst, 912-1281

Stafford, Tammy, LMT
3781 South Park Ave.
Blasdell, 913-2346

Stepien, Andrea, LMT
15 Pinelake Dr.
Williamsville, 913-4144

Strickland, Stacey, LMT
147 Hazelwood Ave.
Buffalo, 602-2030

3648 Seneca St.
West Seneca, 400-5142

Swiatkowski, Christy, LMT
1598 Hertel Ave.
Buffalo, 553-5118
Swiatkowski, Nicole, LMT
8560 Main St., Ste. 12
Williamsville, 200-3599

Synrod, Marie, LMT
5336 Broadway St.
Lancaster, 681-1099

TMG Wellness
6728 Main St.
Williamsville, 812-9825

Townsend, Joshua, LMT
705 North Union St.
Olean, 373-1050

Townsend, Steven, LMT
54 Carolina St.
Springville, 592-3187

Tranquil Touch
Kimberly Wollschlager, LMT
2070 Eggert Rd.
Amherst, 831-0011

Transform Massage Studio
Christina Venditti, LMT
6612 Lincoln Ave.
Lockport, 534-4454

Tres Aurae Spa
Stephanie Jacobs, LMT
5195 Main St.
Williamsville, 478-7546

Trinkle, Alicia, LMT
400 Olean Rd.
East Aurora, 714-5837

Ulrich, Sandy, LMT
162 Main St.
Hamburg, 627-4704

Vasey, Katherine, LMT
928 French Road
Cheektowaga, 207-1845

Vega, Alicia, LMT
411 Main St., Ste. E
East Aurora, 698-3939

Warren, Michelle, LMT
4390 Quinby Dr., Ste. D
Hamburg, 523-4229

West, Karen, LMT
Essence of Massage
2728 Niagara Falls Blvd.
Wheatfield, 646-9628

Whitton, Donna, LMT
13305 Broadway St.
Alden, 604-5486

Wilkins, Cheryl, LMT
10158 Niagara Falls Blvd.
Niagara Falls, 298-0368
2283 Grand Island Blvd.
Grand Island, 773-2222

Williams, Sue, LMT
433 North Main St.
Wartaw, (585) 727-6480

Williams, Valencia, LMT
2122 Eggert Rd.
Amherst, 923-3769

Wilson, Wendy, LMT
431 Terrace Ave.
Depew, 683-2633

Yaple, Amy, LMT
603 Division St., Ste. 4
North Tonawanda, 693-0556

Yemma, Michael, LMT
3785 Abbott Rd.
Orchard Park, 597-7143
5977 Main St.
Williamsville, 200-0835

PREPARED MEALS

716 Fresh
3700 N. Buffalo Rd.
Orchard Park, 713-7614
Heathy Prepared Meals

Balanced Body Foods By Jada Blitz
1391 Hertel Ave.
Buffalo, 508-7526
4685 Transit Rd.
Williamsville, 508-PLAN
Healthy Prepared Meals

Real Eats America
122 North Genesee St.
Geneva, (215) 205-0637
Healthy Prepared Meals

VITAMINS AND HERBS

Best of Health
2840 Delaware Ave.
Kenmore, 874-6422
Vitamins & Herbs

Cooley Natural Health Solutions
485 Cayuga Rd.
Cheektowaga, 608-3775
Vitamins & Herbs

Family Medical Pharmacy
120 Plaza Dr.
Williamsville, 568-0800
Vitamins & Herbs

Feel Rite Fresh Market
1445 Niagara Falls Blvd.
Amherst, 834-3385
Vitamins & Herbs

Feel Rite Fresh Market
6000 South Park Ave.
Hamburg, 649-6694
Vitamins & Herbs

Feel Rite Natural Food Shoppe
2141 Delaware Ave.
Buffalo, 837-7661
Vitamins & Herbs

Feel Rite Natural Food Shoppe
3521 Seneca St.
West Seneca, 675-6620
Vitamins & Herbs

Forestville Chiropractic, PC
24 Main St.
Forestville, 965-4343
Vitamins & Herbs

Garden of Health Family Chiropractic
770 Niagara Falls Blvd., #3
Buffalo, 462-4693
Vitamins & Herbs

The Ground Up
4900 Lakeshore Rd.
Hamburg, 627-7742
Vitamins

Herbal Magick, Inc.
402 West Ave.
Lockport, 439-5144
Vitamins

Herbs for Life
69 West Main St.
Dunkirk, 679-4646
Vitamins & Herbs

Herbs R 4U
Health & Wellness
1465 Foote Ave.
Jamestown, 484-0477
Vitamins & Herbs

Kenmore Rx Center
2818 Delaware Ave.
Kenmore, 874-6360
Vitamins & Herbs

Krawczyk Wellness Center
6169 Webster Rd.
Orchard Park, 662-3928
Vitamins & Herbs

Marlene & Phil’s Vitamins & Herb Center
5855 Transit Rd.
Depew, 683-0256
Vitamins & Herbs

Natural Health Solutions
7657 Abbott Hill Rd.
Boston, 867-6718
Vitamins & Herbs
Nature’s Remedy
26 Monroe St.
Ellicottville, 699-4372
Vitamins & Herbs

Nature’s Remedy II
120 West Main St.
Allegany, 372-6398
Vitamins & Herbs

Nature’s Remedy
Natural Living Center
16 South Buffalo St.
Springville, 592-0790
Vitamins & Herbs

Next to Nature
87 Lake St.
Hamburg, 646-0060
Vitamins & Herbs

Omni Pain & Wellness
4855 Camp Rd.
Hamburg, 649-1500
Vitamins

Parker Pharmacy
1388 Hertel Ave.
Buffalo, 725-0887
Vitamins & Herbs

Pine Pharmacy
5110 Main St.
Williamsville, 332-2288
Vitamins & Herbs

Pine Pharmacy of Niagara Falls
1806 Pine Ave.
Niagara Falls, 282-1112
Vitamins & Herbs

Steel Mills Gym, Inc.
1234 Abbott Rd.
Lackawanna, 822-4271
Vitamins & Herbs

Vic Vena Pharmacy
1322 West State St.
Olean, 372-7761
Vitamins & Herbs

Wilson Community Pharmacy
272 Pettit St.
Wilson, 751-0140
Vitamins & Herbs

Ideal Lifestyle of WNY
500 Seneca St., Ste. 118
Buffalo, 799-1513
663 Main St.
East Aurora, 799-1513
Weight Loss Program

Ideal Weight Loss of Hamburg
4250 Southwestern Blvd., Ste. 3
Hamburg, 541-3459
Ideal Protein Program

Ideal Weight Plan
1170 Central Ave.
Dunkirk, 413-4070
Ideal Protein Program

The Ideal You Weight Loss Center
4244 Delaware Ave.
Tonawanda, 631-8446
1066 Union Rd.
West Seneca, 677-0209
8241 Sheridan Dr.
Williamsville, 632-2318
Ideal Protein Program

Weight Watchers
Registration and payment must be completed online. Health Extras card cannot be processed at meeting locations.
To register, visit wellness.weightwatchers.com
Use Independent Health’s Employer ID: 13200811
Passcode: WW13200811
Weight Watchers Wellness Hotline: (866) 204-2885
Weight Loss Program

WEIGHT LOSS PROGRAMS

Biggest Loser Resort Niagara
1083 Pit Rd.
Java Center, (585) 457-3700
Weight Loss Program

The Diet Center
1515 Kensington Ave.
Buffalo, 320-1515
5889 South Transit Rd.
Lockport, 320-1515
Ideal Protein Weight Loss Program