The following list of health and wellness network participating vendors was updated as of October 1, 2018. 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 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

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

Aurora Arsenal Soccer Club
P.O. Box 132
East Aurora, www.aurorarsenal.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 Classes

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

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

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

Briarwood 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.
Blasdell, 861-2270
Fitness Classes, Personal Training

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

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

Buffalo Athletic Club for Women
1235 French Rd.
Depew, 656-9999
Gym

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 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, 278-4109
Gym

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

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

Catalyst Fitness Williamsville
770 Wehrle Dr.
Cheektowaga, 626-1963
Gym, Personal Training

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
Turner Community Center
Rte. 394
Chautauqua, 357-6430
Yoga, Pilates, Tai Chi, Gym

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

ChrisFit Personal Training
2423 Hyde Park Blvd.
Niagara Falls, 818-0078
Gym, Yoga

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

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 North 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

Clarence Swim Club and Learn To Swim Program
9625 Main St.
Clarence, 515-5217
Youth Swimming

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

Coach Sal’s Basketball Camps
5930 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
3908 Route 39
Arcade, 560-2696
Gym, Personal Training, Group Fitness

Commit2BFit
2178 Cayuga Dr.
Niagara Falls, 870-1961
Personal Training

Configuration School of Ballet
230 Lexington Ave.
Buffalo, 883-4510
Youth Dance

Configuration School of Ballet
5353 Main St.
Williamsville, 204-8192
Youth Dance

Core Fitness
184 Sweeney St.
N. Tonawanda, 817-0045
Gym, Personal Training,
Adult Fitness Classes
Cornerstone CFCU Arena
34 Chestnut St.
Lockport, 438-7698
Youth Skating Program

Cosmic Fitness
300 Delaware Ave., Ste. 204
Buffalo, 316-1149
Personal Training

Cradle Beach Camp
8038 Old Lakeshore Rd.
Angola, 549-6307
Summer Day Camp

Creating Balance
9611 Deerview Lane
Clarence Center, 335-3754
Fitness Classes, Personal Training

Creative Wellness Group
726 Main Street, Upper
East Aurora, 310-6268
Yoga

Crino Academy of Martial Arts
22 Hawkins St.
Silver Creek, 785-9420
Youth Martial Arts

Cross Training Academy of Martial Arts
3117 Genesee St.
Cheektowaga, 897-1509
Martial Arts

CrossFit Buffalo
3820 Union Rd.
Cheektowaga, 601-7300
Crossfit, Personal Training

CrossFit Nickel City
247 Virginia St.
Buffalo, 392-8818
Gym, Personal Training, Adult Fitness Classes

CrossFit Silver Fox
56 Harvester Ave.
Batavia, (585) 813-9281
Adult Fitness Classes, CrossFit, Personal Training

Crossroads Martial Arts
5421 South Abbott Rd.
Orchard Park, 649-3535
Gym, Martial Arts

Crunch Fitness
3366 Sheridan Dr.
Amherst, 836-3200
Gym, Personal Training

Crunch Fitness
540 Dick Rd.
Depew, 681-7535
Gym, Personal Training

Crunch Fitness
4950 Camp Rd.
Hamburg, 646-4141
Gym, Personal Training

Crunch Fitness
2429 Military Rd.
Niagara Falls, 297-5107
Gym, Personal Training

Crunch Fitness
1000 Young St.
Tonawanda, 693-4141
Gym, Personal Training

Crunch Fitness
5435 Sheridan Dr.
Williamsville, 839-3858
Gym, Personal Training

Curves for Women
1170 Central Avenue
Dunkirk, 679-2878
Gym

Curves for Women
421 East 2nd St., Ste. 1
Jamestown, 664-4114
Gym

Curves for Women
147 Washburn St.
Lockport, 433-3398
Gym

Curves for Women
8656 Buffalo Ave.
Niagara Falls, 236-0775
Gym

Curves of Chautauqua
99 East Chautauqua St.
Mayville, 753-2695
Gym

Curves of West Seneca
4184 Seneca St., Ste. 102
West Seneca, 677-4777
Gym

Cutting Edge Sports Training
9992 Main St.
Clarence, 864-4007
Gym, Personal Training

Daemen College
4380 Main St.
Amherst, 839-3600
Basketball Camp

Dance Like a Star with Serge
222 Portage Rd.
Lewiston, 335-8652
Youth Dance Lessons

The Dance Shop
325 Hyde Park Blvd.
Niagara Falls, 282-8157
Youth Dance Lessons

Dance Spectrum
4705 Transit Rd.
Depew, 668-1954
Youth Dance Lessons

Dance Time
54 Delaware Rd.
Kenmore, 563-2446
Youth Dance

Dance Time
7854 Transit Rd.
Williamsville, 563-2446
Youth Dance

Danceability, Inc.
3859 Union Rd.
Cheektowaga, 654-0094
Dance Lessons

Dancentral
2187 Wehrle Dr.
Williamsville, 626-4050
Youth Dance

Dani-Fit
3218 Lakeshore Rd.
Hamburg, 863-3363
Yoga, Pilates, Personal Training

Dansation of WNY
6095 Transit Rd.
Depew, 694-5196
Youth Dance Lessons

Darlene Ceglia’s Dance Project
8202 Main St.
Clarence, 630-5050
Youth Dance Classes

Darlene Ceglia’s Dance Project
2530 Elmwood Ave.
Kenmore, 877-7121
Youth Dance Classes

Darwin’s Health Club, Inc.
47 Water St.
Fredonia, 679-1591
Gym

David DeMarie Dance Studio
8965 Sheridan Dr.
Clarence, 626-9040
Youth Dance Lessons

Defensive Arts Dojo, Inc.
5444 Camp Rd.
Hamburg, 646-1956
Children’s Martial Arts Classes
Personal Training

Delaware Family YMCA
2564 Delaware Ave.
Buffalo, 875-1283
Youth Sports
Before and After-School Programs
Day Camps, Gym, Yoga

Delaware Soccer Club
1424 Hertel Ave.
Buffalo, 833-3616
Youth Soccer Club
Full Court Hoops
28 Commonwealth Ave.
Buffalo, 710-2347
Instructional & Recreational Basketball Camps/Programs

Fusion Dance Studio
1584 Kenmore Ave.
Buffalo, 873-3820
Pilates, Youth Dance Lessons

Future Dance Center
5110 Camp Rd.
Hamburg, 649-5905
Dance Classes

Garage Fitness Studio
10 Orchard Ave.
Angola, 796-5842
Fitness Classes

Genesee County YMCA
209 East Main St.
Batavia, (585) 344-1664
Youth Sports
Children’s Day Camp
Gym, Yoga, Pilates, Tai Chi

Georgetown Fitness, Inc
5225 Sheridan Dr.
Williamsville, 580-3362
Gym Membership, Personal Training

Girl Scouts of Buffalo & Erie County
70 Jewett Pkwy.
Buffalo, 837-6400
Children’s Day Camp

Girl Scouts of Niagara County
5000 Cambria Rd.
Lockport, 434-6212
Children’s Day Camp

Girl Scouts of Southwestern NY
2661 Horton Rd.
Jamestown, 665-2225
Children’s Day Camp

Girl Scouts of WNY Summer Camp
70 Jewett Pkwy.
Buffalo, 837-6400
Children’s Day Camp

Girls on the Run of Buffalo
P.O. Box 1271
Buffalo, 400-1019
Youth Running Program

Gleason’s Gymnastics
3305 Niagara Falls Blvd.
North Tonawanda, 694-6557
Children’s Gymnastics Classes
Yoga, Pilates, Tai Chi

Gold Summit Martial Arts
(formerly Summit Martial Arts Academy)
225 Great Arrow Ave., Ste. 112
Buffalo, 874-3939
Tai Chi, Yoga, Youth Martial Arts

Gotta Dance by Miss Amy
28 West Bank St.
Albion, (585) 354-2320
Dance Studio

Gowanda Fitness
4 E. Main St.
Gowanda, 241-3081
Gym, Group Fitness Classes, Personal Training

Grand Island Soccer Club
P.O. Box 457
Grand Island, 570-1455
Youth Soccer

Greater Buffalo Gymnastics Center
1641 North French Rd.
Getzville, 639-0020
Gym, Youth Gymnastics Classes

Grit House Buffalo
97 Main St.
Hamburg, 864-2228
Fitness Classes

Groff’s Fitness Center
859 Davison Rd.
Lockport, 434-3300
Gym, Yoga, Pilates

Groove Fitness
6696 Route 219
Ellicottville, 435-9591
Gym Membership, Personal Training, Adult Fitness Classes

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

The G.Y.M.
5373 Transit Rd.
Williamsville, 688-8870
Pilates, Gym

Gymnastics Sports Academy (GSA)
4 Wendling Ct.
Lancaster, 683-3945
Youth Gymnastics

Gymnastics Unlimited
70 Weiss Ave.
West Seneca, 677-0338
Youth Gymnastics

Hamburg Hawks Hockey Association
2982 Lake View Rd.
Hamburg, 649-8771
Youth Hockey Programs

Hamburg Monarchs Soccer Club
P.O. Box 2388
Blasdell, 465-0928
Youth Soccer

Hamburg Swim Club
Various Locations
www.hamburgswimclub.org
Hamburg, 648-0565
Swim Club
Harborside Crossfit  
340 Seneca St.  
Buffalo, 200-7720  
Gym Membership, Fitness Classes, Personal Training

Healing Water, LLC  
542 Quaker Rd.  
East Aurora, 655-3924  
Yoga

The Health and Fitness Advantage  
10151 Main St.  
Clarence, 759-8640  
Gym, Personal Training, Yoga, Pilates

Health and Fitness Solution  
3435 Harlem Rd.  
Buffalo, 390-7824  
Personal Training

Health Junction LTD  
35 Main St.  
Akron, 542-5230  
Tai Chi

HEAT Athletic Club  
227 Thorn Ave.  
Orchard Park, 650-0227  
Gym, Personal Training

Hickory Hill Swim & Tennis Club  
5220 Chestnut Ridge Rd.  
Orchard Park, 662-9241  
Youth Swimming & Tennis Lessons

Hilbert College  
5200 South Park Ave.  
Hamburg, 649-7900  
Youth Sports Camps

Hillman’s Martial Arts Center  
6730 S. Transit Rd.  
Lockport, 625-4477  
Youth Martial Arts, Youth Kickboxing

Himalayan Institute  
841 Delaware Ave.  
Buffalo, 833-2223  
Yoga

Hive Lifespan Center  
9570 Transit Rd.  
East Amherst, 625-4483  
Yoga, Pilates, Gym

Hoffman School of Dance  
577 Fillmore Ave.  
East Aurora, 652-8151  
Youth Dance

Holiday Twin Rinks  
3465 Broadway  
Cheektowaga, 685-3660  
Hockey Camps

Holiday Valley  
Holiday Valley Rd.  
Ellicottville, 699-2345  
Children’s Ski Lessons  
Children’s Day Camp  
Children’s Golf Camp

Horizon Martial Arts  
280 Center Rd.  
West Seneca, 675-0899  
Youth Karate Camp, Tai Chi

Hornell Area Family YMCA  
18 Center St.  
Hornell, (607) 324-5520  
Gym, Group Fitness, Personal Training, Youth Sports, Youth Camps

Houghton College  
1 Willard Ave.  
Houghton, (585) 567-9645  
Gym, Youth Soccer Camp

Hubfit Studio  
149 Swan St.  
Buffalo, 259-9463  
Adult Fitness Classes, Personal Training

The Hurt Locker  
9992 Main St.  
Clarence, 425-8588  
Gym, Group Fitness Classes, Personal Training

I Am Yoga Buffalo  
5459 Main St., Floor 2  
Williamsville, 634-9642  
Adult Fitness Classes

I Love Kickboxing  
9648 Transit Rd., Ste. 200  
East Amherst, 568-8887  
3217F Southwestern Blvd.  
Orchard Park, 427-4552  
Group Fitness

Impact Fitness Systems  
5640 Maelou Dr., Area A  
Hamburg, 649-2022  
Gym Memberships

Impact Sports Performance  
100 Washington St.  
Buffalo, 855-4585  
Gym Memberships

Independent Health Family Branch YMCA  
150 Tech Dr.  
Amherst, 839-2543  
Gym, Personal Training, Youth Sports, Before and After School Programs, Youth Camps

In-Balance Tai Chi  
738 Alberta Dr.  
Amherst, 531-0895  
Adult Fitness Classes

Inferno Baseball  
3950 Broadway  
Depew, 681-3001  
Youth Baseball

Infinity Dance Academy  
183 East Main St.  
Fredonia, 679-6679  
Youth Dance

International Black Belt  
13118 Broadway  
Alden, 937-3772  
Karate School

Iron Cross Training and Fitness  
2026 Lockport Rd.  
Niagara Falls, 393-9452  
Group Fitness, Personal Training

IT Works  
263 Main St.  
Arcade, (585) 433-2180  
Gym

Jacked 24/7 Fitness Club  
42 W. Buffalo St.  
Warsaw, (585) 786-3737  
Gym, Group Fitness, Personal Training

Jada Blitz Training  
4685 Transit Rd.  
Williamsville, 568-9057  
Gym, Personal Training, Group Fitness

Jamestown Area YMCA  
101 East Fourth St.  
Jamestown, 664-2802  
After-School Activity Programs  
Children’s Day Camps  
Children’s Sports  
Gymnastics, Karate, Swim Lessons, Yoga, Pilates, Gym

Jamestown Audubon Society  
1600 Riverside Rd.  
Jamestown, 569-2345  
Youth Day Camp

Jamestown Fitness Factory  
116 Harrison St.  
Jamestown, 397-1711  
Gym, Group Fitness Classes, Personal Training

JCC Total Fitness  
525 Falconer St.  
Jamestown, 338-1260  
Children’s Sports and Fitness Programs  
Swim Lessons, Gym, Yoga, Pilates

Jewish Community Center of Greater Buffalo, Inc.  
787 Delaware Ave.  
Buffalo, 886-3145  
Kids Swim Classes, Martial Arts, Family Place Classes, Early Childhood and Children’s Programs, Yoga, Pilates, Gym

Jewish Community Center of Greater Buffalo, Inc.  
2640 North Forest Rd.  
Getzville, 688-4033  
Kids Swim Classes, Martial Arts, Family Place Classes, Early Childhood and Children’s Programs, Yoga, Pilates, Gym
Jim Kelly Football Camp
8205 Main St., Ste. 13
Williamsville, 204-0900
Youth Football Camp

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, 693-1309
Youth Martial Arts

Joywheel Yoga & Wellness
21 Elm St., 2nd Flr.
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 St.
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

Krack 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
Martial Arts

LA Fitness
3040 Sheridan Dr.
Amherst, 541-0648
Gym, Group Fitness Classes, Personal Training, Youth Sport Leagues

LA Fitness
69 Delaware Ave.
Buffalo, 845-6660
Gym, Group Fitness Classes, Personal Training

LA Fitness
1893 Elmwood Ave., Ste. 200
Buffalo, 541-1092
Gym, Personal Training, Yoga, Pilates

LA Fitness
3737 Union Rd., Ste. 7
Cheektowaga, 391-9110
Gym Membership, Personal Training, Group Classes

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
After-School Activity Programs
Children’s Day Camp, Yoga, Pilates, Gym

Lancaster Central School
1Forton Dr.
Lancaster, 686-0362
Swim Club/Yoga

Lancaster Depew Baseball League
175 Pavement Rd.
Lancaster, 686-1030
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 Classes

The Little Gym of Williamsville
8175 Sheridan Dr., Ste. 500
Williamsville, 475-4433
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 Athletic & Fitness Club
6017 South Transit Rd.
Lockport, 439-5232
Pilates, Gym

Lockport Family YMCA
19 East Ave.
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 Classes 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
590 Cayuga Rd.
Cheektowaga, 631-3004
Kung Fu Classes, Tai Chi

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
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

METTS 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
Junior Tennis School and Camps

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 Advanced Care PT of WNY
12845 Broadway St., Ste. 2
Alden, 902-5068
Gym

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

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 Lacrosse
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

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

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 Classes

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
210 John Glenn Drive
Amherst, 864-1194
Yoga, Group Fitness, Personal Training, Youth Zumba

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

Orange Theory Fitness
3701 McKinley Parkway
Blasdell, 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
8860 Main St.
Williamsville, 308-0126
Adult Fitness Classes

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

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
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planet Fitness West Seneca</td>
<td>3225 Seneca St. West Seneca, 677-9310 Gym</td>
</tr>
<tr>
<td>Platinum Health &amp; Fitness, LLC</td>
<td>9450 Transit Rd. East Amherst, 688-7100 Gym, Personal Training</td>
</tr>
<tr>
<td>Power Yoga Buffalo</td>
<td>758 Elmwood Ave. Buffalo, 218-9642</td>
</tr>
<tr>
<td>The Powerhouse Studios</td>
<td>531 Virginia St. Buffalo, 308-4256 Personal Training, Pilates</td>
</tr>
<tr>
<td>Prescribed Motion PT Fitness</td>
<td>55501 Main St. Williamsville, 580-3713 Personal Training</td>
</tr>
<tr>
<td>Presti Karate &amp; Fitness Center, Inc.</td>
<td>2809 Pine Ave. Niagara Falls, 285-9242 Youth Karate Class, Gym</td>
</tr>
<tr>
<td>Prestige Fitness Solutions Inc.</td>
<td>23 Lake St. Hamburg, 228-9411 Personal Training</td>
</tr>
<tr>
<td>Pride Martial Arts Academy</td>
<td>5451 Sheridan Dr. Williamsville, 565-0202 Martial Arts, Tai Chi</td>
</tr>
<tr>
<td>Primeroan Fitness</td>
<td>1647 Military Rd. Niagara Falls, 205-8893 Gym, Personal Training</td>
</tr>
<tr>
<td>Primordial Strength Inc.</td>
<td>226 Pine St. East Aurora, 213-8895 Personal Training</td>
</tr>
<tr>
<td>Proformance Sports Training</td>
<td>Northtown Center at Amherst 1615 Amherst Manor Dr., 2nd Flr. Williamsville, 632-2799 Youth Sports Camps, Personal Training</td>
</tr>
<tr>
<td>Pump It Up Fitness</td>
<td>355 Central Ave., Ste. 7 Fredonia, 640-6803 Personal Training/Group Fitness, Youth Gymnastics</td>
</tr>
<tr>
<td>Pure Barre Buffalo</td>
<td>7660 Transit Rd. Buffalo, 276-3570 Group Fitness Classes</td>
</tr>
<tr>
<td>Queen City Cycling</td>
<td>830 Abbott Rd. Buffalo, 903-3236 Adult Group Classes</td>
</tr>
<tr>
<td>Radisson Niagara Falls – Grand Island</td>
<td>100 Whitehaven Rd. Grand Island, 773-0729 Children’s Swimming Lessons, Yoga, Pilates, Gym</td>
</tr>
<tr>
<td>Red Dragon School of Martial Arts</td>
<td>McKinley Mall 3701 McKinley Pkwy. Blasdell, 822-0222 Children’s Tai Chi and Kung Fu Tai Chi</td>
</tr>
<tr>
<td>Reform Fitness, LLC</td>
<td>6562 East Quaker St. Orchard Park, 662-3181 Adult Fitness Classes</td>
</tr>
<tr>
<td>Reform with Rachel</td>
<td>2852 Delaware Ave. Kenmore, 903-1009 Group Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>Refuse 2 Lose Martial Arts</td>
<td>214 East Main St., Ste. 7 Batavia, (585) 813-4137 Youth Martial Arts</td>
</tr>
<tr>
<td>Regenesis Wellness, LLC</td>
<td>6456 New Taylor Rd. Orchard Park, 863-7939 Pilates</td>
</tr>
<tr>
<td>Remedy Pain and Performance</td>
<td>3518 Southwestern Blvd. Orchard Park, 220-9907 Youth Sports Performance Classes, Adult Fitness Classes, Personal Training</td>
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<tr>
<td>Resolve Studio</td>
<td>4174 N. Buffalo Rd. Orchard Park, 515-5765 Adult Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>Restore Medical Fitness Center</td>
<td>4545 Transit Rd., Ste. 355 Williamsville, 906-2102 Gym Membership, Personal Training</td>
</tr>
<tr>
<td>Revolution Indoor Cycling, LLC</td>
<td>1716 Main St. Buffalo, 908-0622 Group Fitness Classes</td>
</tr>
<tr>
<td>Revolution Training and Fitness</td>
<td>433 Locust St. Lockport, 201-1998 Adult Fitness Classes</td>
</tr>
<tr>
<td>Rising Sun Yoga</td>
<td>Georgetown Square 5225 Sheridan Dr. Williamsville, 632-5802 Yoga, Family/Kids Yoga, Tai Chi, Vitamins &amp; Herbs</td>
</tr>
<tr>
<td>Riverview Fitness of Youngstown</td>
<td>445 Main St. Youngstown, 745-9820 Gym</td>
</tr>
<tr>
<td>Rolly Pollies of East Amherst</td>
<td>9630 Transit Rd., Ste. 100 East Amherst, 689-6151 Children’s Tumbling/Motor Skills Development Classes</td>
</tr>
<tr>
<td>Rolly Pollies of North Buffalo</td>
<td>1669 Hertel Ave. Buffalo, 833-3318 Instructional and Recreational Children’s Programs</td>
</tr>
<tr>
<td>Royal Academy of Ballet and Dance</td>
<td>949 Englewood Ave. Buffalo, 835-3585 Youth Dance</td>
</tr>
<tr>
<td>SABAH</td>
<td>2607 Niagara St. Buffalo, 362-9600 Instructional and Recreational Sport Programs</td>
</tr>
<tr>
<td>Saddle, LLC</td>
<td>1096 Hertel Ave. Buffalo, 875-7433 Yoga and Cycle Classes</td>
</tr>
<tr>
<td>Sahlen Sports Park</td>
<td>7070 Seneca St. Elma, 655-7529 Kids Classes</td>
</tr>
<tr>
<td>Sam Smith School of Dance</td>
<td>2455 Niagara Falls Blvd. Amherst, 691-2822 Youth Dance</td>
</tr>
<tr>
<td>School House Wellness Center</td>
<td>241 Garden St. Lockport, 433-8782 Yoga, Tai Chi</td>
</tr>
</tbody>
</table>
Seneca Nations of Indians
Allegany Community Center
3677 Administration Dr.
Salamanca, 945-8199
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
3976A Lockport-Olcott Rd.
Lockport, 201-4663
Gym

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
1515 Kensington Ave.
Buffalo, 253-6548
Yoga Classes

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

Southeastern 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 Classes

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 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 Classes
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

Stick & Ball At The Mall, LLC
4545 Transit Rd.
Williamsville, 565-2096
Sport Instruction

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 Classes

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, 634-440
Youth Gymnastics

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

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

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

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

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

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

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

Timberstrength 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.ttsccswimming.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
Youth, 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.
Delaware, 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

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

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
50 Public Sq.
Holley, (585) 507-9326
Personal Training, Pilates, Yoga

Wild All Stars
1560 Harlen 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, 635-7529
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

Yoga Parkside
2 Wallace Ave.
Buffalo, 584-1841
Yoga, Parent-Child Yoga

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

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

Ferst, Kevin, L.Ac
80 N. 4th. St.
Allegany, 378-9414

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

Iannaccone, 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

Southtowns Acupuncture
266 Buffalo St.
Hamburg, 378-9414

Wilkinson, Elaine, LAC
12 Buffalo St.
Bergen, (585) 709-1482

Zhan, James, L.Ac
8962 Porter Rd.
Niagara Falls, 297-7669

D’Avolio
5409 Main St.
Williamsville, 810-9354
Oils, Vinegars and Dry Goods

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

Gears and Grub
Various Locations
Buffalo, 635-4959
Food and Bike Tour

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 Ellicott St.
Buffalo, 407-7474
Bike Rentals

M ASSAGE 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
373 Davison Road, Back
Lockport, 866-4863

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

Amborski, Beverly, LMT
4477 Arondale Dr.
Williamsville, 939-0365

COM MUNITY 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
1900 Military Rd.
Niagara Falls, 297-0571
Oils, Vinegars and Dry Goods
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

Boldt, Gina, LMT  
400 International Dr.  
Williamsville, 671-1516

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

Brachman, Jaclyn, LMT  
90 Hamburg St.  
East Aurora, 655-2533

Brainard, Donna, LMT  
658 Main St.  
East Aurora, 572-2817

Brainard, Donna, LMT  
658 Main St.  
East Aurora, 572-2817

Bridges, Donna, LMT  
320 North Benzing Rd.  
Orchard Park, 830-7511

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

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

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

Campbell, Teresa, LMT  
400 International Dr.  
Williamsville, 947-0139

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

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

Cheman, Julie, LMT  
767 Mineral Springs Rd.  
West Seneca, 823-1314

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

Cormiglia, Debra, LMT  
535 West Main St.  
Springville, 560-9884

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

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

Cummings, Dawn, LMT  
5250 Genesee St.  
Bowmansville, 430-7755

Dempsey, Margaret, LMT  
44 Ridge Rd.  
West Seneca, 675-4135

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

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

Dossett, Jennifer, LMT  
3648 Seneca St.  
West Seneca, 771-1354

Dueringer, Daniel, LMT  
737 Main St.  
West Seneca, 674-4665

Elwell, Sharon, LMT  
2157 Main St.  
Buffalo, 862-1386

Fiegli, Susan, LMT  
9450 Transit Rd.  
East Amherst, 861-4546

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

Gian, Marybeth, LMT  
120 Gardenville Pkwy. West  
West Seneca, 666-3060

Gonzales, Craig, LMT  
534 Center St.  
Lewiston, 754-8966

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

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

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

Griffen-Owens, Carrie, LMT  
120 Gardenville Pkwy. West  
West Seneca, 666-3060

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

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

Hastings, Deborah, LMT  
205 Green St.  
Lockport, 201-1300
Hausauer, Lisa, LMT
100 North Main St.
Holland, 913-8074

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, 444-3331

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

Hetrack, 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, Shanna, 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, Shanty, LMT
6161 Transit Rd., Ste. 6
East Amherst, 691-5738

Jewell, Shelley, LMT
6692 Big Tree Rd.
Livonia, (585) 519-1013

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
241 Garden St.
Lockport, 799-2878

Kedge, Becky, LMT
229 Lake St.
Hamburg, 984-8798

Kelkar, Nyaya, LMT
726 Main St.
East Aurora, 545-0036
2829 Wehrle Dr., Ste. 13
Williamsville, 545-0036

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

Kent, Colleen, LMT
80 North Fourth St., Ste. 230
Allegany, 307-0377

Kimball, David, LMT
1400 Sweet Home Rd., Ste. 3
Amherst, 864-1563

Kinder, Patricia, LMT
229 Lake St.
Hamburg, 432-1288

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

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473 Washburn St.
Lockport, 830-4294

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 Therapy
928 French Rd.
Cheektowaga, 668-8021

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

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

Marx, Colleen, LMT
1515 Kensington Ave., Ste. 110
Buffalo, 725-0264

Masterson, Mary, LMT
33 Longmeadow Dr.
East Aurora, 652-2644
707 Main St.
East Aurora, 652-2644

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

Millard, Valerie, LMT
295 Main St., Ste. 1095
Buffalo, 854-4555

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

Mitrowski, Justine, LMT
80 Main St., Ste. J
Lockport, 433-0086
6997 Campbell Blvd.
North Tonawanda, 625-7106

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

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

Neeson, Samantha, LMT
3776 N. Buffalo Rd.
Orchard Park, 997-7496

Nowak, James, LMT
229 Lake St.
Hamburg, 888-0456
666 Main St.
East Aurora, 652-0220

Obermiller, Melissa, LMT
225 Delaware Ave., Ste. 1A
Buffalo, 893-7900

O’Donnell, Katherine, LMT
Body Sense
450 Central Ave.
Lancaster, 681-6766

Ohnmieß, 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.
Niagara Falls, 885-1581

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

Plewa, Alysia, LMT
271 West Main St.
Springville, 940-0411

Primeau, Carla, LMT
62 Eagle St.
Williamsville, 818-4866

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

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

Raczkas, 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

Regan, Kathleen, LMT
160 North St.
Buffalo, 885-1581

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, Diane, LMT
5893 Camp Rd., Ste. 1
Hamburg, 649-6590

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

Schichtel, Elizabeth, LMT
1967 Wehrle Dr., Ste. 12
Williamsville, 430-3130

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

Schmitt, Elizabeth, LMT
400 International Dr.
Williamsville, 361-3555

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

Spuller, Christina, LMT
6612 Lincoln Ave.
Lockport, 534-4454

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

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

Stein, Robyn, LMT
5550 Main St.
Williamsville, 316-4546

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

Szpila, Stephanie, LMT
4685 Transit Rd.
Buffalo, 266-3261

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
2107 Eggert Rd.
Amherst, 831-0011

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

Trinkle, Alicia, LMT
400 Olean Rd.
East Aurora, 714-5837
271 W. Main St.
Springville, 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
**VITAMINS AND HERBS**

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

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

- **Feel Rite Fresh Market**
  3912 Maple Rd.  
  Amherst, 834-3385
  Vitamins & Herbs

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

- **Feel Rite Fresh Market**
  5425 Transit Rd.  
  Williamsville, 636-1000
  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

- **The Health Junction**
  35 Main St.  
  Akron, 542-5230
  Tai Chi, Vitamins & Herbs

- **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

**PREPARED MEALS**

- **716 Fresh**
  3700 N. Buffalo Rd.  
  Orchard Park, 713-7614
  Healthy 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

- **Healthy Prepared Meals**
  716 Fresh  
  3700 N. Buffalo Rd.  
  Orchard Park, 713-7614
  Healthy 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
Wilson Community Pharmacy
272 Pettit St.
Wilson, 751-0140
Vitamins & Herbs

WEIGHT LOSS PROGRAMS

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

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

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