



Health and Wellness Network

Participating Vendor Listing: **Health Extras**SM

The following list of health and wellness network participating vendors was updated as of April 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.

FITNESS CENTERS AND PROGRAMS

3 To Be FIT

3984 Burke Pkwy.
Blasdell, 425-7444
Personal Training, Yoga, Pilates

4-H Camp Wyomoco

2780 Buffalo Rd.
Varysburg, (585) 535-7381
Instructional and Recreational Sports Programs, Lessons and Programs

9 Round East Amherst

8586 Transit Rd.
E. Amherst, 860-7665
Group Fitness Classes

360 Personal Training

2558 Delaware Ave.
Buffalo, 874-2005
Personal Training, Gym

365 Fitness

17 East Bank St.
Albion, (585) 283-4271
Yoga

Absolute Performance

4545 Transit Rd.
Williamsville, 634-1329
Gym, Personal Training & Youth Performance Training

Achieve Personal Fitness

9 Bernhardt Dr.
Snyder, 240-9631
Personal Training

Advanced Care Fitness

926 Main St.
Niagara Falls, 282-2888
Gym, Personal Training

Advanced Care Physical Therapy of WNY, PC

12845 Broadway St., Ste. 2
Alden, 902-5068
Gym

Advantage Fitness

6161 Broadway
Lancaster, 523-4653
Gym Membership, Fitness Classes, Yoga

Advantage Golf Academy

6161 Broadway
Lancaster, 523-4653
Golf Programs and Fitness Training

Adventures in Fitness

24 Delray Dr.
Cheektowaga, 983-5717
Personal Training, Youth Adventure Trips

AFC 716

350 Union St.
Hamburg, 713-7566
Tai Chi, Kung Fu Classes, Lessons and Programming

Affirm-Health/Posture Mechanic

1109 Delaware Ave.
Buffalo, 877-0869
Personal Training, Yoga

African American Cultural Center

350 Masten Ave.
Buffalo, 884-2013
Children's Day Camp

Akron Soccer League

14 Franklin St.
Akron, 542-5051

Akron Sports, Inc.

P.O. Box 13
Akron, 796-5099
Youth - Basketball, Baseball and Softball

Albion Fitness Center

12 N. Main St.
Albion, (585) 283-4063
Gym, Yoga, Pilates

Alden Swim Club

13190 Park St.
Alden, 937-9116 x4100
Youth Swim Club

Alessi Fitness Inc.

6215 Transit Rd.
East Amherst, 633-2030
Personal Training, Youth Gym

Amazin Grace Dance Studio, Inc.

6103 Robinson Rd.
Lockport, 625-8504
Youth Dance

Amerasian Defensive Arts

2512 Elmwood Ave.
Kenmore, 341-8081
Tai Chi

American Street Hockey Center

694 Mineral Springs Rd.
West Seneca, 827-1234
Youth Indoor Hockey

Amherst Girl's Softball League

1615 Amherst Manor Dr.
Williamsville, 432-5321
Youth Softball

Amherst Skating Club

1615 Amherst Manor Dr.
Amherst, 634-3887
Youth Ice Skating Instruction

Amherst Youth Board

Amherst Ice Center
1615 Amherst Manor Dr.
Amherst, 631-7215
Family Room Program: Socialized play for children ages birth-5 with parent After-School Activity Programs (Ages 5-11) Children's Summer Day Camp (Ages 5-11) Children's Spring Recess Day Camp (Ages 5-11)

Amherst Youth Board

Clearfield Youth Center
730 Hopkins Rd.
Amherst, 631-7215
After-School Activity Programs (Ages 5-11) Children's Summer Day Camp (Ages 5-11)

Amherst Youth Board

Harlem Road Community Center
4255 Harlem Rd.
Amherst, 631-7215
Family Room Program: Socialized play for children ages birth-5 with parent After-School Activity Programs (Ages 5-11) Children's Summer Day Camp (Ages 5-11 and 12-14) Children's Spring and Winter Recess Day Camps (Ages 5-11) Model Builders Club (Ages 5-14) Counselor-in-Training Program (Ages 12-14) Special Needs Programs (Ages 5-18)

Amherst Youth Board

Williamsville Youth Center
6350 Main St.
Williamsville, 631-7215
After-School Activity Programs (Ages 5-11)

Amherst Youth Foundation

4255 Harlem Rd.
Amherst, 631-7215
Teen Outreach Program Advantage After-School Program

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

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 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

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, Personal Training

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

Brisette 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

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 Classes

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 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 @ NFMCC**

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*

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

9-1/2 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

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

**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

3008 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

Cooley Natural Health Solutions

485 Cayuga Rd.
Cheektowaga, 608-3775
Personal Training

Core Fitness

184 Sweeney St.
N. Tonawanda, 817-0045
*Gym, Personal Training,
Adult Fitness Classes*

Core Velocity

571 South Park Ave.
Buffalo, 867-2433
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

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

Cryo-Wellness of America

6301 Transit Rd.
Depew, 473-5004
Therapeutic Cryotherapy

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 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.

2365 George Urban Blvd.
Depew, 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

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

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

Elmwood Franklin School

104 New Amsterdam Ave.
Buffalo, 877-5035
Children's Summer Camp

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

Empower Girls Buffalo

1475 Orchard Park Rd.
West Seneca, 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

3631 Main St.
Strykersville, (585) 457-3386
Gym

Fitch Fitness Solutions

3685 Southwestern Blvd.
Orchard Park, 830-0145
Group Fitness, Personal Training

FitNation

6035 Transit Rd.
E. Amherst, 632-1742
Group Fitness Classes, Personal Training

Fitness 19

2141 Elmwood Ave.
Buffalo, 447-1919
Gym

Fitness 19

6375 Transit Rd.
Depew, 651-1919
Gym

Fitness 19

800 Harlem Rd.
West Seneca, 825-1919
Gym

Fitness 19

722 Maple Rd.
Williamsville, 688-1911
Gym

The Fitness Bunker

9 West Summit
Lakewood, 526-4031
Gym Membership, Personal Training

The Fitness Connection

12399 Olean Rd. and Rte. 16
Chaffee, 496-8812
Gym

Fitness Factory

2852 Delaware Ave.
Kenmore, 877-1053
Gym

Fitness Fusion

18 Brunswick Rd.
Depew, 681-6350
Fitness Club Membership, Gym

The Fitness Institute and Pilates Studio

5841 Transit Rd.
East Amherst, 639-0200
Yoga, Pilates, Personal Training

Fitness By Linda

454 Main St.
Niagara Falls, 285-5261
Pilates, Swim Lessons

Flips Gymnastic and Sport

6017 South Transit Rd.
Lockport, 433-8811
*Children's Sports
Gymnastics, Tumbling, Dance*

Fly Spin Club LLC

33 Elm St.
East Aurora, 805-1883
Group Fitness, Cycle Classes

Forever Fit

6229 Transit Rd.
Depew, 479-8585
Adult Fitness Classes, Groove Classes

Free Soul Dance

4271 Lake Ave.
Hamburg, 998-3471
Youth Dance

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 Sherdian 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*

Graceful Warrior Yoga

9055 Main St., Ste. 202
Clarence, 417-3932
Yoga

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

Gymnastic 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, 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 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

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
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

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 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 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 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

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

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 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 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 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

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

1551 Niagara Falls Blvd.
Amherst, 970-4441

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

Peaks 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

4140 Veterans Memorial Dr.
Batavia, (585) 536-8650
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 West Seneca

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

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 Classes

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
Allegheny 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 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

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 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 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 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

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 Classe

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 Classes

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

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.ttscswimming.com
Youth Swimming

Town of Aurora Parks and Recreation

300 Glead 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, 998-0057
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

50 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

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

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

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, 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
1900 Military Rd.
Niagara Falls, 297-0571
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

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

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
373 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

Bridges, Donna, LMT

3320 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

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

Cummings, Dawn, LMT

5250 Genesee St.
Bowmansville, 430-7755

70 Jane Dr.

Cheektowaga, 430-7755

Devine, Danielle, LMT

141 Chautauqua 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

2340 Bowen Rd.

Elma, 997-9020

Epolito-Jemiolo, Holly, LMT

4729 Transit Rd.
Depew, 713-6725

2577 Sheridan Dr.

Tonawanda, 713-6725

Ethic Massage & Bodywork

Samantha Heinaman, LMT

484 Main St.

East Aurora, 341-1978

Felicetta, Erika, LMT

167 Ashland Ave.
Buffalo, 551-0970

Fiegl, Susan, LMT

9450 Transit Rd.
East Amherst, 861-4546

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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

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Grant, Brittany J, LMT

2 Fountain Plaza
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730 N. Ellicott Creek Rd.
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5532 Broadway
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Gugliuzza, Loretta, LMT

27 Evans St.
Williamsville, 523-8720

Hardy, Jesse, LMT

989 Kenmore Ave.
Kenmore, 335-9711

Hastings, Deborah, LMT

205 Green St.
Lockport, 201-1300

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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

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233 East Ave.
Lockport, 622-6111

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5861 Seneca St.
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4390 Quinby Dr., Ste. D
Hamburg, 673-5410

Hughes, Suan, LMT

614 Central Ave.
Dunkirk, 366-1656

Hunt, Shawna, LMT

6179 West Quaker St.
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2167 Wehrle Dr.
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989 Kenmore Ave., Ste. 1
Kenmore, 877-2728

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6161 Transit Rd., Ste. 6
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5532 Broadway Ave.
Lancaster, 316-9445

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1592 Hertel Ave.
Buffalo, 536-0799

Kaiser, Erica, LMT

2448 Union Rd.
Cheektowaga, 656-0200

Karing Therapeutic Massage, LMT

12001 Broadway St., Ste. B
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Lockport, 799-2878

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Hamburg, 984-8798

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726 Main St.
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2829 Wehrle Dr., Ste. 13
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Kelly, Michael, LMT

76 Bosse Ln.
West Seneca, 868-9097

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903 Seneca Ave.
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473 Washburn St.
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1923 Seneca St., Upper Level
Buffalo, 253-1561

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Leous, Thomas, III, LMT

228 Old Falls Blvd.
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Cheektowaga, 668-8021

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415 Tremont St.
North Tonawanda, 743-8844

Markowski, Laurie, LMT

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

Masterson, Mary, LMT

33 Longmeadow Dr.
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Mayabella Massage, LMT

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Ordon, Justin, LMT

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Angola, 444-5654
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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
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Ray, Valli M, LMT

8370 Main St.
Williamsville, 830-2828
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400 International Dr.
Williamsville, 631-1516

Schmitt, Elizabeth, LMT

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Williams, Sue, LMT

433 North Main St.
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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.
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Williamsville, 568-0800
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Feel Rite Fresh Market

6000 South Park Ave.
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5425 Transit Rd.
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Vitamins & Herbs

Feel Rite Natural Food Shoppe

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Buffalo, 837-7661
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Akron, 542-5230
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Depew, 683-0256
Vitamins & Herbs

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7657 Abbott Hill Rd.
Boston, 867-6718
Vitamins & Herbs

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16 South Buffalo St.
Springville, 592-0790
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1806 Pine Ave.
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Steel Mills Gym, Inc.

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Lackawanna, 822-4271
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