



# Health and Wellness Network

## Participating Vendor Listing: **Health Extras**<sup>SM</sup>

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

### **FITNESS CENTERS AND PROGRAMS**

#### **3 To Be FIT**

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

#### **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*

#### **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*

#### **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*

**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*

**Aurora Arsenal Soccer Club**

P.O. Box 132  
East Aurora, [www.auroraarsenal.org](http://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*

**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*

**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](http://www.bodyshapingbysandy.com)  
(716) 568-0426  
*Personal Training, Group Fitness Classes, Family Fit*

**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*

**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*

**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*

**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**

734 Cayuga St.  
Lewiston, 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 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

**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 2<sup>nd</sup> 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*

**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*

**Ellicott Square Fitness Center**

295 Main St.  
Buffalo, 852-2696  
*Gym, Yoga*

**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 House**

217 Highland Pkwy.  
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*

**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**

1049 Payne Ave.  
North Tonawanda, 743-1919  
*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**

5427 Transit Rd.  
Williamsville, 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*

**Forever Fit**

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

**Free Soul Dance**

4271 Lake Ave.  
Hamburg, 998-3471  
*Youth Dance*

**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*

**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*

**Harborfront Fitness Center**

30 Lake Shore Dr. East  
Dunkirk, 366-8350  
*Gym*

**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

**Ion Yoga & Fitness**

451 Third St.  
Niagara Falls, 476-0230  
Yoga Classes

**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**

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**

6007 Brockton Dr.  
Lockport, 439-1198  
*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**

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

**LA Fitness**

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

**LA Fitness**

6600 Niagara Falls Blvd.  
Niagara Falls, 205-3333  
*Gym, Personal Training, Yoga, Pilates*

**LA Fitness-Henrietta - Marketplace**

100 Marketplace Dr.  
Rochester, (585) 797-0411  
*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*

**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**

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 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 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 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*

**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.norhttownssoccer.org](http://www.norhttownssoccer.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](http://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*

**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**

8860 Main St.  
Williamsville, 308-0126  
*Adult Fitness Classes*

**The Pilates Loft**

166 Allen Street  
Buffalo, 866-8200  
*Pilates*

**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  
*Yoga*

659 Oakwood Ave.  
East Aurora, 218-9642  
*Yoga*

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**

355 Central Ave., Ste. 7  
Fredonia, 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*

**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**

2852 Delaware Ave.  
Kenmore, 903-1009  
*Group Fitness Classes, Personal Training*

**Refuse 2 Lose Martial Arts**

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

**Regenesis Wellness, LLC**

6456 New Taylor Rd.  
Orchard Park, 863-7939  
*Pilates*

**Remedy Pain and Performance**

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

**Resolve Studio**

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

**Restore Medical Fitness Center**

4545 Transit Rd., Ste. 355  
Williamsville, 906-2102  
*Gym Membership, Personal Training*

**Revolution Indoor Cycling, LLC**

1716 Main St.  
Buffalo, 908-0622  
*Group Fitness Classes*

**Revolution Training and Fitness**

433 Locust St.  
Lockport, 201-1998  
*Adult Fitness Classes*

**Rising Sun Yoga**

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

**Riverview Fitness of Youngstown**

445 Main St.  
Youngstown, 745-9820  
*Gym*

**Rochester Regional Health Total Sports Experience**

880 Elmgrove Rd.  
Rochester, (585) 458-2677  
*Gym, Personal Training,  
Youth Sports Camps/Instruction*

**Rolly Pollies of East Amherst**

9630 Transit Rd., Ste. 100  
East Amherst, 689-6151  
*Children's Tumbling/Motor Skills  
Development Classes*

**Rolly Pollies of North Buffalo**

1669 Hertel Ave.  
Buffalo, 833-3318  
*Instructional and Recreational  
Children's Programs*

**Rolly Pollies of Orchard Park**

4058 North Buffalo Rd.  
Orchard Park, 622-7424  
*Youth Programs*

**Route 20 Fitness**

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

**Royal Academy of Ballet and Dance**

949 Englewood Ave.  
Buffalo, 835-3585  
*Youth Dance*

**Rzepka's Family Karate Centers**

121 Hamburg St.  
East Aurora, 714-5446  
*Youth Karate*

6231 Transit Rd.

Depew, 553-8711  
*Youth Karate*

**SABAH**

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

**Saddle, LLC**

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

**Sahlen Sports Park**

7070 Seneca St.  
Elma, 655-7529  
*Kids Classes*

**Sam Smith School of Dance**

2455 Niagara Falls Blvd.  
Amherst, 691-2822  
*Youth Dance*

**School House Wellness Center**

241 Garden St.  
Lockport, 433-8782  
*Yoga, Tai Chi*

**Seneca Nations of Indians Allegany Community Center**

3677 Administration Dr.  
Salamanca, 945-8119  
*Gym Membership*

**Seneca Nations of Indians Cattaraugus Community Center**

12767 Route 438  
Irving, 532-8450  
*Gym Membership*

**Sensational Fun**

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

**Seraphim Personal Training**

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

**Shakti Yoga**

133 Grant Street  
Buffalo, 884-9642  
*Yoga*

**Sheila's Fitness Jam**

8965 Sheridan Dr.  
Williamsville, 633-1833  
*Pilates, Personal Training, Yoga,  
Youth Programs*

**Silver Creek Central**

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

**Skate Great**

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

**Skate Great**

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

**Skate Great**

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

**Skate Great**

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

**Sky Zone Indoor Trampoline Park**

425 Cayuga Rd.  
Cheektowaga, 206-3300  
*Family and Youth Exercise Classes*

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

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

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

**Snap Fitness**  
707 Fairmount Ave.  
Jamestown, 338-9882  
Gym

**Snap Fitness**  
764 Foote Ave.  
Jamestown, 661-3690  
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

**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**  
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

**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

**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  
Gym

**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*

**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*

**Thurman Thomas Sports Training**

7070 Seneca St.  
Elma, 805-1594  
*Gym*

**Time To Dance**

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

**Tonawanda American Little League**

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

**Tonawanda Dance Arts**

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

**Tonawanda Titans Swim Club**

One Pool Plaza  
Tonawanda, www.ttscswimming.com  
*Youth Swimming*

**Town of Aurora Parks and Recreation**

300 Gleed Ave.  
East Aurora, 652-8866  
*Youth Activities*

**Town of Hamburg Recreation Dept.**

2982 Lakeview Rd.  
Hamburg, 646-5145  
*Youth Sports Programs*

**Town of 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*

**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*

**Village Fitness**

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

**Village Glen Tennis Club**

162 Mill St.  
Williamsville, 633-1635  
*Youth Tennis*

**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*

**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

**Horner, Craig, L.Ac**

3648 Seneca St.  
West Seneca, 771-1354  
400 International Drive  
Williamsville, 631-3555

**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*

**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*

**Gears and Grub**

Various Locations  
Buffalo, 635-4959  
*Food and Bike Tour*

**GObike Buffalo**

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

**Healthy Options Cooking Classes**

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

**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, Lauren, LMT**

7166 Boston State Rd.  
Hamburg, 208-9975

**Amborski, Beverly, LMT**

4477 Arondale Dr.  
Williamsville, 939-0365

**Anderson, Elizabeth, LMT**

2341 Bowen Rd.  
Elma, 655-3129

**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

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

**Catania, Angela, LMT**

1223 Military Rd.  
Tonawanda, 913-0410

**Chatham, Jennifer, LMT**

2157 Main St.  
Buffalo, 862-1386

**Chemmanur, 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  
433 N. Main St.  
Warsaw, (585) 315-6812

**Corcimiglia, Debra, LMT**

535 West Main St.  
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

**Dempsey, Margaret, LMT**

44 Ridge Rd.  
West Seneca, 675-4135

**Dickinson Therapeutic Massage**

1201 Colvin Blvd., Ste. 3  
Tonawanda, 446-1244

**Dommell, Daniel, LMT**

4536 Main St.  
Amherst, 295-5144

**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

**Felicetta, Erika, LMT**

167 Ashland Ave.  
Buffalo, 551-0970

**Ferraro, Jessica, LMT**

181 Allen St.  
Buffalo, 253-5494

**Fiegl, Susan, LMT**

9450 Transit Rd.  
East Amherst, 861-4546

**Fulle, Nadine, LMT**

12845 Broadway St., Ste. 2  
Alden, 427-9076

**Fundalinski, Suzanne, LMT**

2400 Main St.  
Buffalo, 598-3607

**Glian, Marybeth, LMT**

120 Gardenville Pkwy. West  
West Seneca, 668-3600

**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, 668-3600

**Grzankowski, Elaine, LMT**

5532 Broadway  
Lancaster, 632-9406

**Gugliuzza, Loretta, LMT**

27 Evans St.  
Williamsville, 523-8720

**Hastings, Deborah, LMT**

205 Green St.  
Lockport, 201-1300

**Hausauer, Lisa, LMT**

100 North Main St.  
Holland, 913-8074

**The Healing Space**

359 Potter Rd.  
Buffalo, 480-0242

**Heer, Valerie, LMT**

9635 Clarence Center Rd.  
Clarence, 444-3331

**Henn, Kevin, LMT**

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

**Hetrick, Susan, LMT**

233 East Ave.  
Lockport, 622-6111

**Hilyard, Linda, LMT**

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

**Hornburg, Rebecca, LMT**

4390 Quinby Dr., Ste. D  
Hamburg, 673-5410

**Hughes, Suan, LMT**

614 Central Ave.  
Dunkirk, 366-1656

**Hunt, Shawna, LMT**

6179 West Quaker St.  
Orchard Park, 207-9529

**Janczak, Michelle, LMT**

2167 Wehrle Dr.  
Williamsville, 983-3266

**Jarvis, Monique, LMT**

989 Kenmore Ave., Ste. 1  
Kenmore, 877-2728

**Jaworski, Alicia, LMT**

Face Body and Soul Massage & Skin Care  
4855 Camp Rd., Ste. 400  
Hamburg, 432-1288

**Jayakumar, Shanthi, 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**

4930 Quinby Dr., Ste. D  
Hamburg, 984-8798

**Keleher, Nancey, LMT**

5556 Davison Rd.  
Lockport, 622-1488

**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

**Koplas, Jennifer, LMT**

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**

928 French Rd.  
Cheektowaga, 668-8021

**Lirussi, Teresa, LMT**

2340 Bowen Rd.  
Elma, 923-3233

**Mansouri, Mak, LMT**

8290 Main St.  
Williamsville, 634-5950  
8416 Main St.  
Williamsville, 444-4740

**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

**Noeson, 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

**Ohnmeiss, Crystal, LMT**

10158 Niagara Falls Blvd.  
Niagara Falls, 298-0368

**Olivieri, Melanie, LMT**

5225 Sheridan Dr.  
Buffalo, 713-5087

**Ordon, Janice, LMT**

4917 William St., Ste. A  
Lancaster, 706-0005

**Ordon, Justin, LMT**

4917 William St., Ste. A  
Lancaster, 706-0005

**Orffeo, Andres, LMT**

2122 Eggert Rd., Ste. 1  
Amherst, 834-6001

**Orffeo, Ann East, LMT**

2122 Eggert Rd., Ste. 1  
Amherst, 834-6001

**Pacana, Eileen, LMT**

424 Robinson St.  
N. Tonawanda, 692-0021

**Plewa, Alysia, LMT**

271 West Main St.  
Springville, 655-2533  
90 Hamburg St.  
Hamburg, 655-2533

**Primeau, Carla, LMT**

62 Eagle St.  
Williamsville, 818-4866

**Puglisi, Gina, LMT**

920 Main St.  
Niagara Falls, 940-0411

**Quarantillo, Karen, LMT**

327 Niagara St.  
Buffalo, 799-9973  
210 John Glenn Dr., Ste. 1  
Amherst, 525-1076

**Racine, Laura, LMT**

10158 Niagara Falls Blvd., Ste. 3  
Niagara Falls, 298-0368

**Raczka, Mary, LMT**

486 Walnut Ave.  
Angola, 444-5654  
1045 Union Rd.  
West Seneca, 444-5654

**Radice, Stephanie, LMT**

12399 Olean Rd.  
Chaffee, 698-7284  
1961 Wehrle Dr., Ste. 7  
Williamsville, 698-7284

**Randall, Jamie, LMT**

8370 Main St.  
Williamsville, 955-9809

**Randles, Lori, LMT**

5136 Sheridan Dr., Ste. 1  
Williamsville, 864-7675

**Ray, Valli, LMT**

338 Harris Hill Rd., Ste. 110  
Williamsville, 830-2828

**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

**Rogers, Hope, LMT**

90 Hamburg St.  
East Aurora, 655-2533

**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

**Sayles, Susan, LMT**

229 Main St.  
Hamburg, 491-5882

**Schaner, Janice, LMT**

4775 Harris Hill Rd.  
Williamsville, 603-7304

**Schichtel, Elizabeth, LMT**

1967 Wehrle Dr., Ste. 12  
Williamsville, 430-3130

**Schiller, Brittnay, LMT**

400 International Dr.  
Williamsville, 631-1516

**Schmitt, Elizabeth, LMT**

400 International Dr.  
Williamsville, 631-3555

**Senko, Christen, LMT**

3083 William St.  
Cheektowaga, 400-3680

**Share, Jennifer, LMT**

2728 Niagara Falls Blvd.  
Niagara Falls, 628-8911

**Silverman, Eric, LMT**

372 Ellen Dr.  
Cheektowaga, 480-9430

**Sneed, Lizzie, LMT**

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

**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

**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

**Warren, Michelle, LMT**

4390 Quinby Dr., Ste. D  
Hamburg, 523-4229

**Weinstein, Jarin, LMT**

5225 Sheridan Dr.  
Williamsville, 364-3032

**West, Karen, LMT**

Essence of Massage  
2728 Niagara Falls Blvd.  
Wheatfield, 864-9628

**Whitton, Donna, LMT**

13305 Broadway St.  
Alden, 604-5486

**Wilkins, Cheryl, LMT**

10158 Niagara Falls Blvd.  
Niagara Falls, 298-0368

2283 Grand Island Blvd.  
Grand Island, 773-2222

**Williams, Sue, LMT**

433 North Main St.  
Warsaw, (585) 727-6480

**Williams, Valencia, LMT**

2122 Eggert Rd.  
Amherst, 923-3769

**Wilson, Wendy, LMT**

431 Terrace Ave.  
Depew, 683-2633

**Yaple, Amy, LMT**

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

**Yemma, Michael, LMT**

3785 Abbott Rd.  
Orchard Park, 597-7143

5977 Main St.  
Williamsville, 200-0835

**Zinter, Susan, LMT**

2154 Grand Island Blvd.  
Grand Island, 481-4737

**Zwack, Erin, LMT**

2982 Delaware Ave.  
Kenmore, 877-2858

**PREPARED MEALS****716 Fresh**

3700 N. Buffalo Rd.  
Orchard Park, 713-7614  
*Healthy Prepared Meals*

**Balanced Body By JadaBlitz**

4685 Transit Rd.  
Williamsville, 508-PLAN  
*Healthy Prepared Meals*

**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*

**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**  
1465 Foote Ave.  
Jamestown, 484-0477  
*Vitamins & Herbs*

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

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

**Natural Health Solutions**  
7657 Abbott Hill Rd.  
Boston, 867-6718  
*Vitamins & Herbs*

**Nature's Remedy**  
26 Monroe St.  
Ellicottville, 699-4372  
*Vitamins & Herbs*

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

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

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

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

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

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

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

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

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

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

## WEIGHT LOSS PROGRAMS

**Biggest Loser Resort Niagara**  
1083 Pit Rd.  
Java Center, (585) 457-3700  
*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](http://wellness.weightwatchers.com)

Use Independent Health's Employer ID:  
13200811  
Passcode: WW13200811  
Weight Watchers Wellness Hotline:  
(866) 204-2885

*Weight Loss Program*