The following list of health and wellness network participating vendors was updated as of January 1, 2024.

Please call the locations directly for specific information on the unique services and programs offered through these categories: Fitness Centers and Programs, Online Fitness, Acupuncturists, Community Partners, Massage Therapists, Prepared Meals, Specialty Bike Shops, Vitamins & 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.

If for any reason you are unable to use the Health Extras card at one of the participating vendors, you can pay out of pocket and submit a receipt for reimbursement using the Health Extras Reimbursement Form available on our website.

For Members with the Health Extras Rider Living Outside of Western New York

Enjoy the ability to join any gym you choose with the Health Extras card. Use it to help pay for a gym membership at the location of your choice (there is no network of vendors associated with this benefit for members residing outside of Western New York). In addition, you may also use the card across the country at specialty bicycle shops!

<table>
<thead>
<tr>
<th>Health and Wellness Network Participating Vendor Listing: Health ExtrasSM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FITNESS CENTERS AND PROGRAMS</strong></td>
</tr>
<tr>
<td><strong>3 To Be FIT</strong></td>
</tr>
<tr>
<td>3984 Burke Pkwy.</td>
</tr>
<tr>
<td>Blasdell, 425-7444</td>
</tr>
<tr>
<td>Personal Training, Yoga, Pilates</td>
</tr>
<tr>
<td><strong>4-H Camp Wyomoco</strong></td>
</tr>
<tr>
<td>2780 Buffalo Rd.</td>
</tr>
<tr>
<td>Varysburg, (585) 535-7381</td>
</tr>
<tr>
<td>Instructional and Recreational Sports Programs, Lessons and Programs</td>
</tr>
<tr>
<td><strong>9 Round East Amherst</strong></td>
</tr>
<tr>
<td>8586 Transit Rd.</td>
</tr>
<tr>
<td>E. Amherst, 689-0090</td>
</tr>
<tr>
<td>462 Evans St.</td>
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<tr>
<td>Williamsville, 458-8477</td>
</tr>
<tr>
<td>Group Fitness Classes</td>
</tr>
<tr>
<td><strong>365 Fitness</strong></td>
</tr>
<tr>
<td>17 East Bank St.</td>
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<tr>
<td>Albion, (585) 283-4271</td>
</tr>
<tr>
<td>Yoga</td>
</tr>
<tr>
<td><strong>716 Dance Lab</strong></td>
</tr>
<tr>
<td>11 W. Main St.</td>
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<tr>
<td>Lancaster, 207-9306</td>
</tr>
<tr>
<td>Dance Classes</td>
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<tr>
<td><strong>Absolute Performance</strong></td>
</tr>
<tr>
<td>4545 Transit Rd.</td>
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<tr>
<td>Williamsville, 634-1329</td>
</tr>
<tr>
<td>Gym, Personal Training &amp; Youth Performance Training</td>
</tr>
<tr>
<td><strong>Achieve Personal Fitness</strong></td>
</tr>
<tr>
<td>613 Oakwood Ave.</td>
</tr>
<tr>
<td>East Aurora, 715-9245</td>
</tr>
<tr>
<td>9 Bernhardt Dr.</td>
</tr>
<tr>
<td>Snyder, 240-9631</td>
</tr>
<tr>
<td>Personal Training</td>
</tr>
<tr>
<td><strong>Advanced Care Fitness</strong></td>
</tr>
<tr>
<td>926 Main St.</td>
</tr>
<tr>
<td>Niagara Falls, 282-2888</td>
</tr>
<tr>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td><strong>Advanced Care Physical Therapy of WNY, PC</strong></td>
</tr>
<tr>
<td>12845 Broadway St., Ste. 2</td>
</tr>
<tr>
<td>Alden, 902-5068</td>
</tr>
<tr>
<td><strong>Adventures in Fitness</strong></td>
</tr>
<tr>
<td>24 Delray Dr.</td>
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<tr>
<td>Cheektowaga, 983-5717</td>
</tr>
<tr>
<td><strong>AE Fit 716</strong></td>
</tr>
<tr>
<td>479 Amherst St.</td>
</tr>
<tr>
<td>Buffalo, 392-9754</td>
</tr>
<tr>
<td>Fitness Classes and Personal Training</td>
</tr>
<tr>
<td><strong>AFC 716</strong></td>
</tr>
<tr>
<td>350 Union St.</td>
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<tr>
<td>Hamburg, 713-7566</td>
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<tr>
<td>Tai Chi, Kung Fu Classes, Lessons and Programming</td>
</tr>
<tr>
<td><strong>Affirm-Health/Posture Mechanic</strong></td>
</tr>
<tr>
<td>1109 Delaware Ave.</td>
</tr>
<tr>
<td>Buffalo, 877-0869</td>
</tr>
<tr>
<td>Personal Training, Yoga</td>
</tr>
<tr>
<td><strong>African American Cultural Center</strong></td>
</tr>
<tr>
<td>350 Masten Ave.</td>
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<tr>
<td>Buffalo, 884-2013</td>
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<tr>
<td>Children’s Day Camp</td>
</tr>
<tr>
<td><strong>Akron Soccer League</strong></td>
</tr>
<tr>
<td>14 Franklin St.</td>
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<tr>
<td>Akron, 542-5051</td>
</tr>
<tr>
<td><strong>Akron Sports, Inc.</strong></td>
</tr>
<tr>
<td>P.O. Box 13</td>
</tr>
<tr>
<td>Akron, 796-5099</td>
</tr>
<tr>
<td>Youth – Basketball, Baseball and Softball</td>
</tr>
<tr>
<td><strong>Alden Swim Club</strong></td>
</tr>
<tr>
<td>13190 Park St.</td>
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<tr>
<td>Alden, 937-9116 x4100</td>
</tr>
<tr>
<td>Youth Swim Club</td>
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<tr>
<td><strong>Alessi Fitness Inc.</strong></td>
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<tr>
<td>6215 Transit Rd.</td>
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<tr>
<td>East Amherst, 633-2030</td>
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<tr>
<td>Personal Training, Youth Gym</td>
</tr>
<tr>
<td><strong>All In Personal Training</strong></td>
</tr>
<tr>
<td>2942 Cleveland Ave.</td>
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<tr>
<td>Niagara Falls, 481-8443</td>
</tr>
<tr>
<td>Fitness Classes, Personal Training</td>
</tr>
<tr>
<td><strong>altYou</strong></td>
</tr>
<tr>
<td>5363 Main St.</td>
</tr>
<tr>
<td>Buffalo, 444-0045</td>
</tr>
<tr>
<td>Fitness Classes</td>
</tr>
<tr>
<td><strong>Amazin Grace Dance Studio, Inc.</strong></td>
</tr>
<tr>
<td>6103 Robinson Rd.</td>
</tr>
<tr>
<td>Lockport, 625-8504</td>
</tr>
<tr>
<td>Youth Dance</td>
</tr>
<tr>
<td><strong>American Street Hockey Center</strong></td>
</tr>
<tr>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Youth Indoor Hockey</td>
</tr>
<tr>
<td><strong>Amherst Girls Softball League</strong></td>
</tr>
<tr>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Williamsville, 432-5321</td>
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<tr>
<td>Youth Softball</td>
</tr>
<tr>
<td><strong>Amherst Skating Club</strong></td>
</tr>
<tr>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Amherst, 634-3887</td>
</tr>
<tr>
<td>Youth Ice Skating Instruction</td>
</tr>
<tr>
<td><strong>Amherst Youth Board</strong></td>
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<tr>
<td>Amherst Ice Center</td>
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<tr>
<td>1615 Amherst Manor Dr.</td>
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<tr>
<td>Amherst, 631-7215</td>
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<tr>
<td>Family Room Program: Socialized play for children ages birth-5 with parent</td>
</tr>
<tr>
<td>After-School Activity Programs (Ages 5-11)</td>
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<tr>
<td>Children’s Summer Day Camp (Ages 5-11)</td>
</tr>
<tr>
<td>Children’s Spring Recess Day Camp (Ages 5-11)</td>
</tr>
</tbody>
</table>
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

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

Aspire Fitness/Fairway Suites
1433 Conway Rd.
Clymer, 355-5014

Gym Membership, Yoga Classes

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

Yoga

Aurora Arsenal Soccer Club
P.O. Box 132
E. Amherst, 276-9120

Yoga

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

BAC for Women
3157 Eggert Rd.
Tonawanda, 348-3755

Pilates

Balance Pilates
5820 Main St., Ste. 403
Williamsville, 417-3932

Fitness Classes and Personal Training

Balanced Fitness, LLC
1244 Broadway
Alden, (585) 356-4516

Fitness Classes and Personal Training

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

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

Adult Fitness Classes

Baseball Academy of WNY
128 Crosby Blvd.
Amherst, 823-3001

Instructional and Recreational Sports Lessons and Programs

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

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

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*

**Blue Sky Wellness**  
53 E. Main St.  
Springville, 923-3805  
*Fitness Classes*

**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 Design Fit for Life**  
47 Water St.  
Fredonia, 679-1591  
*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*

**Body Sculpting by Newman, Inc.**  
338 Harris Hill Rd.  
Williamsville, 982-3976  
*Personal Training*

**Bodyshaping By Sandy**  
See website for locations  
www.bodyshapingbysandy.com  
P.O. Box 555  
Williamsville, 568-0246  
*Personal Training, Group Fitness Classes, Family Fit*

**Boutique Fitness WNY**  
4311 Transit Rd., Ste. 44-2  
Williamsville, 303-6149  
*Fitness Classes*

**BoxBflo**  
5759 Main St., Ste. 450  
Williamsville, 458-0071  
*Fitness Classes*

**Boxstar Training**  
512 Elmwood Ave.  
Buffalo, 882-12001  
2341 Sheridan Dr.  
Tonawanda, 432-4844  
*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  
102 S. Main St.  
Oakfield, (585) 343-0307  
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*  
*Camp*

**Boys and Girls Club of Elma**  
2080 Girdle Rd.  
Elma, 592-7599  
*Youth Programs*

**Boys and Girls Club of Elma**  
79 Vermont St.  
Holland, 537-9370  
*Instructional and Recreational Sports Camps, Lessons, 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**  
1597 Evergreen Dr.  
Lake View, 316-1789  
*Youth Running*

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

**Brick Fitness**  
129 Main St.  
Randolph, 499-7988  
*Gym*

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

**Brissette Sports Performance**  
485 Cayuga Rd. Ste. 1  
Cheektowaga, 276-9726  
*Youth Sports Development*

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

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

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

**Buff & Flo**  
4203 North Buffalo Rd.  
Orchard Park, 800-5267  
*Fitness Classes*

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

**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 Combat Fitness
3068 Main St.
Buffalo, 533-4745
Instructional and Recreational Sports Camps, Lessons and Programs

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

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 Fighting Spirit
125 Main St.
Buffalo, 534-4657
Youth Cheerleading

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

Buffalo Combat Fitness
3068 Main St.
Buffalo, 533-4745
Instructional and Recreational Sports Camps, Lessons and Programs

Buffalo Curling Club
91 Buffalo China Rd.
Buffalo, 464-2875
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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 Fighting Spirit
125 Main St.
Buffalo, 534-4657
Youth Cheerleading

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

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

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

Buffalo Titans Basketball
Visit buffalotitans.com for locations
2253 Main St.
Buffalo, 536-3288
Instructional and Recreational Classes, Programs and Lessons

Buffalo Warrior
In-line Hockey League
2793 Wehrle Dr.
Williamsville, 580-3241
Youth In-Line Hockey

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

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

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

Camp Duffield
11740 Worden Rd.
Delevan, 440-9833
Instructional and Recreational Sport Camps, Lessons, Programs

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

Cardea Health Integrative
1196 E. Main St.
East Aurora, 685-2361
Fitness Classes

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

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

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

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

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

Catalyst Fitness Amherst
281 Meyer Rd.
Amherst, 529-3309
Gym, Personal Training, Group Fitness Classes

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
Youth Basketball, Soccer, Cheerleading

Cavalier Fitness
162 Mill St.
Williamsville, 982-4291
Gym, Personal Training, Fitness Classes, Sports Camps

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

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

Catalyst Fitness Amherst
281 Meyer Rd.
Amherst, 529-3309
Gym, Personal Training, Group Fitness Classes

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
Youth Basketball, Soccer, Cheerleading

Cavalier Fitness
162 Mill St.
Williamsville, 982-4291
Gym, Personal Training, Fitness Classes, Sports Camps
Cayuga Flow Yoga
31 Central Ave.
Lancaster, 725-7066
Fitness Classes

Cazenovia Park Hockey Association
25 Cazenovia St.
Buffalo, 200-3023
Instructional and Recreational Sports Camps,
Lessons and Programs

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

Center Pilates
313 Genesee St.
Buffalo, 517-0644
Personal Training, Fitness Classes

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

Central Amherst Little League
P.O. Box 1698
Amherst, 839-9709
Youth Baseball

Central Rock Buffalo
55 Chicago St.
Buffalo, 262-0443
Gym, Fitness Classes, Sports Camps

Chase Fitness Buffalo
4174 N. Buffalo Rd.
Orchard Park, 816-6836
Fitness Classes and Personal Training

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

Chautauqua Regional Youth Ballet
21 E. 3rd St., #300
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

Chili Fitness Center
3313 Chili Ave.
Rochester, (585) 889-1000
Fitness Classes, Membership,
Personal Training

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

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

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

Cindy’s Personal Training
69 Keil St.
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
P.O. Box 432
Clarence Center, 830-3076
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

Clark Academy Dance Center
255 Great Arrow Ave., Ste. 118
Buffalo, 573-6288
Dance Programs, Camps and Lessons

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

The Club Racquet and Fitness
5893 Camp Rd., #9
Hamburg, 863-3363
Gym Membership, Fitness Classes,
Personal Training

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

Company Eight Dance Studio
9870 Main St., Ste. A
Clarence, 572-1482
Dance Lessons, Programs, Classes

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 Capacity
3356 Southwestern Blvd.
Orchard Park, 341-3878
Adult Fitness Classes

Core Velocity
571 South Park Ave.
Buffalo, 867-2433
Fitness Classes

Coreen Wozniak’s Balanced Fitness, LLC
12444 Broadway
Alden, (585) 356-4516
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

Courtside Outfitters
5538 Main St.
Williamsville, 631-5703
Specialty Fitness Equipment

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
124 Cedar St.
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 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, 833-2100
Gym, Personal Training

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

Dance Connection
6788 Wellington Dr.
Derby, 220-2679
Dance Classes, Programs, Camps

Dance Like a Star with Serge
442 Niagara Falls Blvd.
Buffalo, 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
3370 Sheridan Dr.
Amherst, 630-5050
Youth Dance Classes

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

David DeMarie Dance Studio
10151 Main St.
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
Youth Dance Lessons

Depew-Lancaster Boys and Girls Club
5440 Roll Rd., Ste. G
Clarence Center, 406-2031
Gym, Personal Training

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
Donna Scott School of Dance
3260 Walden Ave.
Depew, 683-2404
Sports Camps, Lessons, Programs

Dragon Strike Martial Arts
2324 Bowen Rd.
Elma, 553-8711
Youth Karate

Dreams of Dance
21 Main St.
Attica, 374-0524
Youth Dance, Yoga

Dronkey 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, 434-4411
Gym, Yoga

Dynamic Training Systems
6017 S. Transit Rd.
Lockport, 803-2241
Gym, Fitness Classes, Personal Training

E A Fitness
123 Grey St.
East Aurora, 652-1265
Gym

Eade Fitness 24/7
502 North Union St.
Olean, 372-9444
Gym, Yoga

Eagle’s Quest Fitness
1897 Eggert Rd.
Amherst, 408-6511
Personal Training

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

El Sol Pilates Studio
1333 Strad Ave.
North Tonawanda, 807-8789
Fitness Classes

Elite Dance Company
5360 Genesee St., Ste. 202
Bowmansville, 288-7868
Fitness 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

Elite Sports Training
13 Glendale Pl.
Buffalo, 390-2034
Instructional and Recreational Sports Camps,
Lessons, Programs

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

Empower Girls Buffalo
235 McKinley Pkwy.
Buffalo, 866-4911
Youth Camp

Empower Girls Buffalo
1475 Orchard Park Rd.
West Seneca, 866-4911
Youth Camp

EMW Baseball Softball
P.O. Box 107
Elma, 655-3569
Youth Baseball

Enhanced Human Performance
8672 Main St.
Clarence, 565-9347
Sports and Fitness Programs, Gym

Esporta Fitness
3040 Sheridan Dr.
Amherst, 541-0648
69 Delaware Ave.
Buffalo, 845-6660
3733 Union Rd.
Cheektowaga, 391-9110
5089 Transit Rd.
Clarence, 810-1004
1867 West Ridge Rd.
Greece, (585) 441-3899
3701 McKinley Pkwy.
Hamburg, 249-3190

6610 Niagara Falls Blvd.
Niagara Falls, 205-3333
1600 East Ridge Rd.
Rochester, (585) 797-0414
100 Marketplace Dr.
Rochester, (585) 797-0411
929 Holt Rd.
Webster, (585) 236-4359
1012 Union Rd.
West Seneca, 324-2476
Gym, Personal Training, Adult Group Fitness

Eugenia’s Dance Studio
730 Orchard Park Rd.
West Seneca, 675-3128
Youth Dance

Every Body Plus
149 Swan St.
Buffalo, 217-0770
Fitness Classes

Evolation Yoga
476 Rhode Island St.
Buffalo, 882-4151
Yoga

Evolve Buffalo
Buffalo, 288-5677
Gym Membership, Fitness Classes,
Personal Training

Excelsior Orthopaedics
3925 Sheridan Dr.
Amherst, 250-6500
Youth Sports Training

Excelsior Orthopaedics
Sports Performance
6831 Seneca St.
Elma, 906-5564
Instructional and Recreational Sports Camps,
Lessons, Programs, Personal Training,
Fitness Classes

F45 Training Amherst
3202 Sheridan Dr.
Amherst, 909-2929
Adult Group Fitness

F45 Training Black Rock
166 Chandler St.
Buffalo, 525-0099
Fitness Classes, Personal Training

F45 Training East Amherst
9570 Transit Rd., Ste. 250
East Amherst, 666-2444
Gym, Personal Training, Adult Group Fitness

F45 Training Hamburg
4953 Camp Rd., Ste. C
Hamburg, 536-4875
Fitness Classes

F45 Training Williamsville
5475 Sheridan Dr.
Williamsville, 770-5356
Fitness Classes
The Fitness Bunker
9 West Summit
Lakewood, 526-4031
Gym Membership, Personal Training

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

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

Fitness Factory
2852 Delaware Ave.
Kenmore, 877-1053
Gym

Fitness Fusion
491 Erie St.
Lancaster, 681-6350
Fitness Club Membership, Gym

Fight Night Boxing Club
2421 Hyde Park Blvd.
Niagara Falls, 930-6660
Instructional and Recreational Sport Camps, Lessons, Programs

First Athletics & Sports Training
Northtown Center at Amherst
1615 Amherst Manor Dr.
Williamsville, 632-2799
Children’s Sports and Training, Yoga, Pilates, Gym

Fit 716
3366 Sheridan Dr.
Amherst, 444-0018
Gym, Personal Training

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

Fit Women Fitness Center
556 East 2nd St.
Jamestown, 708-6543
Gym Membership, Fitness Classes

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

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

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

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

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

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

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

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

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

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

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

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

Goldfish Swim School
7950 Transit Rd.
Williamsville, 427-6200
Swim Camps, Lessons, Programs

Gotta Dance by Miss Amy
28 West Bank St.
Albion, (585) 354-2320
Dance Studio
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>City, Zip</th>
<th>Phone</th>
<th>Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gowanda Fitness</td>
<td>4 E. Main St.</td>
<td>Gowanda, 241-3081</td>
<td>Gym, Group Fitness Classes, Personal Training</td>
<td></td>
</tr>
<tr>
<td>Grand Island Soccer Club</td>
<td>P.O. Box 457</td>
<td>Grand Island, 570-1455</td>
<td>Youth Soccer</td>
<td></td>
</tr>
<tr>
<td>Greater Buffalo Gymnastics Center</td>
<td>1641 North French Rd.</td>
<td>Getzville, 639-0020</td>
<td>Gym, Youth Gymnastics Classes</td>
<td></td>
</tr>
<tr>
<td>Groove Fitness</td>
<td>6696 Route 219</td>
<td>Ellicottville, 435-9591</td>
<td>Gym Membership, Personal Training, Adult Fitness Classes</td>
<td></td>
</tr>
<tr>
<td>The Ground Up</td>
<td>4900 Lakeshore Rd.</td>
<td>Hamburg, 627-7742</td>
<td>Vitamins</td>
<td></td>
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<tr>
<td>GX Warehouse Fitness &amp; Wellness</td>
<td>3469 Main St., Ste. A</td>
<td>Dunkirk, 785-2099</td>
<td>Fitness Classes</td>
<td></td>
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<tr>
<td>The G.Y.M.</td>
<td>5373 Transit Rd.</td>
<td>Williamsville, 688-8870</td>
<td>Pilates, Gym</td>
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<tr>
<td>Gymnastic Sports Academy (GSA)</td>
<td>4 Wendling Ct.</td>
<td>Lancaster, 683-3945</td>
<td>Youth Gymnastics</td>
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</tr>
<tr>
<td>Gymnastics Unlimited</td>
<td>70 Weiss Ave.</td>
<td>West Seneca, 677-0338</td>
<td>Youth Gymnastics</td>
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</tr>
<tr>
<td>Hamburg Gymnastic Club</td>
<td>5715 Maelou Dr.</td>
<td>Hamburg, 649-1455</td>
<td>Sport Camps, Lessons, Programs</td>
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</tr>
<tr>
<td>Hamburg Hawks Hockey Association</td>
<td>2982 Lake View Rd.</td>
<td>Hamburg, 649-8771</td>
<td>Youth Hockey Programs</td>
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<tr>
<td>Hamburg Monarchs Soccer Club</td>
<td>P.O. Box 2388</td>
<td>Blasdell, 465-0928</td>
<td>Youth Soccer</td>
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<tr>
<td>Hamburg Swim Club</td>
<td>Various Locations</td>
<td>Hamburg, 648-0565</td>
<td>Swim Club</td>
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<tr>
<td>Harborside Crossfit</td>
<td>340 Seneca St.</td>
<td>Buffalo, 200-7720</td>
<td>Gym Membership, Fitness Classes, Personal Training</td>
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</tr>
<tr>
<td>Health and Fitness Solution</td>
<td>3435 Harlem Rd.</td>
<td>Buffalo, 390-7824</td>
<td>Personal Training</td>
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</tr>
<tr>
<td>Health Junction LTD</td>
<td>35 Main St.</td>
<td>Akron, 542-5230</td>
<td>Tai Chi</td>
<td></td>
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<tr>
<td>Heart-Fire Yoga</td>
<td>442 Connecticut St.</td>
<td>Buffalo, (585) 750-0499</td>
<td>Fitness Classes</td>
<td></td>
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<tr>
<td>HEAT Athletic Club</td>
<td>227 Thorn Ave.</td>
<td>Orchard Park, 650-0227</td>
<td>Gym, Personal Training</td>
<td></td>
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<tr>
<td>Hickory Hill Swim &amp; Tennis Club</td>
<td>P.O. Box 83</td>
<td>Orchard Park, 662-9241</td>
<td>Youth Swimming &amp; Tennis Lessons</td>
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<tr>
<td>Hilbert College</td>
<td>5200 South Park Ave.</td>
<td>Hamburg, 649-7900</td>
<td>Youth Sports Camps</td>
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</tr>
<tr>
<td>Hillman's Martial Arts Center</td>
<td>6730 S. Transit Rd.</td>
<td>Lockport, 625-4477</td>
<td>Youth Martial Arts, Youth Kickboxing</td>
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<tr>
<td>Himalayan Institute</td>
<td>841 Delaware Ave.</td>
<td>Buffalo, 833-2223</td>
<td>Yoga</td>
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<tr>
<td>Hive Lifespan Center</td>
<td>9570 Transit Rd.</td>
<td>East Amherst, 625-4483</td>
<td>Yoga, Pilates, Gym</td>
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<tr>
<td>Hoffman School of Dance</td>
<td>577 Fillmore Ave.</td>
<td>East Aurora, 652-8151</td>
<td>Youth Dance</td>
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<tr>
<td>Holiday Twin Rinks</td>
<td>3465 Broadway</td>
<td>Cheektowaga, 685-3660</td>
<td>Hockey Camps</td>
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<tr>
<td>Holiday Valley</td>
<td>Holiday Valley Rd.</td>
<td>Ellicottville, 699-2345</td>
<td>Children's Ski Lessons, Children's Day Camp, Children's Golf Camp</td>
<td></td>
</tr>
<tr>
<td>Hometown Wellness Center</td>
<td>119 Pearl St.</td>
<td>Medina, (585) 409-3452</td>
<td>Adult Fitness Classes</td>
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<tr>
<td>Horizon Martial Arts</td>
<td>280 Center Rd.</td>
<td>West Seneca, 675-0899</td>
<td>Youth Karate Camp, Tai Chi</td>
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<tr>
<td>Hornell Area Family YMCA</td>
<td>18 Center St.</td>
<td>Hornell, (607) 324-5520</td>
<td>Gym, Group Fitness, Personal Training, Youth Sports, Youth Camps</td>
<td></td>
</tr>
<tr>
<td>Houghton College</td>
<td>1 Willard Ave.</td>
<td>Houghton, (585) 567-9645</td>
<td>Gym, Youth Soccer Camp</td>
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</tr>
<tr>
<td>The Hurt Locker</td>
<td>9992 Main St.</td>
<td>Clarence, 425-8588</td>
<td>Gym, Group Fitness Classes, Personal Training</td>
<td></td>
</tr>
<tr>
<td>Hustl House</td>
<td>12 N. Main St.</td>
<td>Albion, (585) 205-1795</td>
<td>Gym, Yoga, Pilates</td>
<td></td>
</tr>
<tr>
<td>I Am Yoga Buffalo</td>
<td>5459 Main St., Floor 2</td>
<td>Williamsville, 634-9642</td>
<td>Adult Fitness Classes</td>
<td></td>
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<tr>
<td>ID Pilates</td>
<td>1275 Delaware Ave.</td>
<td>Buffalo, 881-2057</td>
<td>Group Fitness Classes</td>
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<tr>
<td>Impact Fitness Systems</td>
<td>5640 Maelou Dr., Area A</td>
<td>Hamburg, 649-2022</td>
<td>Gym Memberships</td>
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<tr>
<td>Impact Sports Performance</td>
<td>100 Washington St.</td>
<td>Buffalo, 855-4585</td>
<td>Gym Memberships</td>
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</tr>
<tr>
<td>In-Balance Tai Chi</td>
<td>738 Alberta Dr.</td>
<td>Amherst, 531-0895</td>
<td>Adult Fitness Classes</td>
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</tr>
<tr>
<td>Independent Health Family Branch YMCA</td>
<td>150 Tech Dr.</td>
<td>Amherst, 839-2543</td>
<td>Gym, Personal Training, Youth Sports, Before and After School Programs, Youth Camps</td>
<td></td>
</tr>
<tr>
<td>The Independent Health Gym and Wellness Center at Jericho Road</td>
<td>1021 Broadway</td>
<td>Depew, 681-3001</td>
<td>Youth Baseball</td>
<td></td>
</tr>
<tr>
<td>Inferno Baseball</td>
<td>3950 Broadway</td>
<td>Depew, 681-3001</td>
<td>Youth Baseball</td>
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</tr>
</tbody>
</table>
Krav Maga
8200 Main St.
Williamsville, 565-9568
Karate School, Tai Chi, Gym

Kula Yoga Studio
266 Buffalo St.
Hamburg, 627-0088
Adult Group Fitness

Kung Fu Buffalo
350 Union St.
Hamburg, 341-8070
Fitness Classes

Kwandrans Tae Kwon Do
P.O. Box 454
Lockport, (585) 798-6091
Martial Arts

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
3376 Niagara Falls Blvd.
N. Tonawanda, 361-4415
Personal Training, Yoga

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

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

Lockport Soccer Club
Various Locations
Lockport, 514-3133
Instructional and Recreational Classes, Programs and Lessons

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

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

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

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

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

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

MAC Fitness
4040 Clinton St.
West Seneca, 408-6520
Gym Membership, Fitness Classes, Personal Training, Online Subscription

MADD-FIT 716
1360 Niagara St.
Buffalo, (814) 594-2829
Personal Training

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

Mari Fox Wellness
1515 Kensington Ave.
Buffalo, 220-8108
Yoga

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
1551 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
Tae Kwon Do

Youth 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
4154 McKinley Pkwy.
Blsadell, 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

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

MG Sullivan Pilates
429 Rhode Island St.
Buffalo, (917) 569-9076
Group Fitness Classes

Michael Phelps Swim School of NY
1590 Hopkins Rd.
Amherst, 689-6777
Youth Swim Instruction

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

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

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

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

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

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

Move Wysely
2207 Sweet Home Rd.
Amherst, 583-0052
Personal Training

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

Neighborhood Barre Buffalo
1020 Elmwood Ave.
Buffalo, 339-2018
Adult Fitness Classes

NexGen Fitness
50 Fountain Plaza, Ste. 110
Buffalo, 455-0555
Personal Training

Next Level Bootcamp
by GCope Fitness
3563 Sheridan Dr.
Amherst, 860-7546
Fitness Classes, Personal Training, Online Subscriptions

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

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

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

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

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

Niagara University
Kiernan Center, 286-8055
Children’s Sports and Fitness Programs
Children’s Summer Day Camp, Gym, Yoga
Niagara University Athletic Camps
Niagara University, 286-8600
Baseball Camp (ages 6-18)
Basketball Camp (ages 8-16)
Ice Hockey (ages 6-17)
Soccer Camp (ages 5-18)
Softball Camp (ages 8-18)
Swimming Camp (ages 9-18)
Tennis Camp (ages 3-18)

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

Niagara Wheatfield Athletics Alumni
P.O. Box 280
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 Longsword Academy
227 Thorn Ave.
Orchard Park, 200-3800
Instructional and Recreational Classes, Programs and Lessons

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

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

Nick’s Tennis Shop
5959 Sheridan Dr.
Orchard Park, 406-7599
Fitness Equipment

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

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

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

Nunda Physical Therapy
25 South West St.
Nunda, (585) 468-2020
Gym, Personal Training

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

One Up Sports Performance and Wellness
2700 Commerce Pkwy.
Lancaster, 913-7206
Personal Training

One/Gym Buffalo
635 Campbell Blvd.
Getzville, 471-3828
Gym Membership, Personal Training, Group Fitness

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

Orange Theory Fitness
1551 Niagara Falls Blvd.
Amherst, 970-4441
3701 McKinley Parkway
Blasdell, 338-4630
4900 Transit Rd., Ste. 400
Depew, 247-5005
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

Original 6 Hockey
Depew Ice Pavilion
Depew, 685-4910

Olean Sport & Wellness Center
North Buffalo Ice Rink
Buffalo, 873-8481
Instructional and Recreational Sports Camps, Lessons and Programs

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., #120
Buffalo, 626-6301
Gym Membership, Fitness Classes, Yoga

OttFit Pilates
3518 Southwestern Blvd.
Orchard Park, 791-9088
Group Fitness Classes

Outside Chronicles
3997 Tudor Pl.
Hamburg, 807-4040
Instructional and Recreational Sport Programs and Lessons

Pacifico’s Fitness Gear
3493 Sheridan Dr.
Amherst, 873-4333
1000 Hylan Dr.
Rochester, (585) 424-4213
Fitness Equipment

The Park School
4625 Harlem Rd.
Buffalo, 839-1242
Camp, Sports Programs
Parkinson’s Boxing
2852 Delaware Ave.
Buffalo, 348-2823
Boxing Classes

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

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

Peek ’n Peak Recreation, Inc.
1405 Old Rd.
Clymer, 355-4141
Gym

Pelitera’s Fitness and Performance Center
4881 Tonawanda Creek Rd.
North Tonawanda, 861-7205
Gym, Personal Training

Pelitera’s Fitness and Performance Center
2441 Main St.
Syracuse, 371-2460
Gym

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

Performance Rehabilitation Training
3571 Niagara Falls Blvd., #9
North Tonawanda, 601-8351
Fitness Classes, Personal Training

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

Pickleball Island
401 Lang Blvd.
Grand Island, 570-2383
Instructional and Recreational Sport Camps, Lessons, Programs

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

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

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

Planet Fitness
100 Thruway Plaza Dr.
Cheektowaga, 989-0524
Gym

Planet Fitness
78 Spencerport Rd.
Gates, (585) 426-6989
Gym

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

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

Planet Fitness
1850 E. Ridge Rd.
Irondequoit, (585) 544-9213
Gym

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

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

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

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

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

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

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

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

Power Yoga Buffalo
758 Elmwood Ave.
Buffalo, 218-9642

Prescribed Motion PT Fitness
5501 Main St.
Williamsville, 218-8215
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
9135 Sheridan Dr.
Clarence, 565-0202
Martial Arts, Tai Chi

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

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

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

Pro Training Basketball, Inc.
3790 Commerce Ct., Ste. 100
Wheatfield, 253-1454
Lessons, Programs

Professional Scuba, LLC
5777 Camp Rd.
Hamburg, 649-3483
Instructional and Recreational Sport Camps, Lessons, Programs

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

Rally Niagara Badminton & Pickleball
6205 Main St.
Williamsville, 816-8764
Instructional and Recreational Sports

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

Rebel Ride Indoor Cycling & Strength
6449 Transit Rd., Ste. 3
East Amherst, 691-9424
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

Releve Dance Company
5940 Goodrich Rd.
Clarence Center, 598-1606
Instructional and Recreational Classes, Programs and Lessons

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

REPS Fitness
2495 Main St., #413
Buffalo, 262-3341
Gym, 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

Rise Fitness Studio
97 Main St.
Hamburg, 912-9424
Fitness Classes

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

Riverview Fitness
445 Main St.
Youngstown, 219-4097
Gym Membership, Fitness Classes,
Personal Training

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

Rock Pile Athletics
1235 Main St.
Buffalo, 768-1861
Fitness Classes

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

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

Rolly Polleys 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

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
10151 Main St.
Clarence, 633-1937
Pilates, Personal Training, Yoga,
Youth Programs

Silver Creek Central
1 Dickinson St.
Silver Creek, 934-2603
Gym Membership
<table>
<thead>
<tr>
<th><strong>Skate Great</strong></th>
<th><strong>Holiday Twin Rinks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>3465 Broadway</td>
<td>Cheektowaga, 580-3458</td>
</tr>
<tr>
<td>Skate Lessons</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Skate Great</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>41 Riley St.</td>
<td>East Aurora, 580-3458</td>
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<tr>
<td>Skate Lessons</td>
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<thead>
<tr>
<th><strong>Skate Great</strong></th>
<th><strong>Hamburg Town Arena</strong></th>
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<tbody>
<tr>
<td>2982 Lakeview Rd.</td>
<td>Hamburg, 580-3458</td>
</tr>
<tr>
<td>Skate Lessons</td>
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<thead>
<tr>
<th><strong>Sky Zone Indoor Trampoline Park</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>425 Cayuga Rd.</td>
<td>Cheektowaga, 206-3300</td>
</tr>
<tr>
<td>Family and Youth Exercise Classes</td>
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</tbody>
</table>

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<thead>
<tr>
<th><strong>Snap Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>6950 Erie Rd.</td>
<td>Derby, 947-9010</td>
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<tr>
<td>Gym</td>
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</table>

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<thead>
<tr>
<th><strong>Snap Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>572 Main St.</td>
<td>East Aurora, 655-6600</td>
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<tr>
<td>Gym</td>
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</table>

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<tr>
<th><strong>Snap Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>2488 Grand Island Blvd.</td>
<td>Grand Island, 775-8486</td>
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<tr>
<td>Gym</td>
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<tr>
<th><strong>Snap Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>6507 Wheeler Rd.</td>
<td>Lockport, 201-4663</td>
</tr>
<tr>
<td>Gym, Personal Training</td>
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<th><strong>Snap Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>11184 Maple Ridge Rd.</td>
<td>Medina, (585) 735-4201</td>
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<tr>
<td>Gym, Group Fitness Classes, Personal Training</td>
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<tr>
<th><strong>Snap Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>4180 North Buffalo Rd.</td>
<td>Orchard Park, 508-8400</td>
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<td>Gym</td>
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<thead>
<tr>
<th><strong>Soccer Shots Buffalo</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tr>
<td>355 Lang Blvd.</td>
<td>Buffalo, 408-3071</td>
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<tr>
<td>Youth Soccer</td>
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<tr>
<th><strong>Softball Central</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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<tbody>
<tr>
<td>1800 Broadway</td>
<td>Buffalo, 288-9455</td>
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<tr>
<td>Instructional and Recreational Softball Programs and Lessons</td>
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<thead>
<tr>
<th><strong>Soma Cura Wellness Center</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2710 Grand Island Blvd.</td>
<td>Grand Island, 1-855-SOMACURA</td>
</tr>
<tr>
<td>Yoga, Tai-Chi</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Soul 2 Sole</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>571 W. Main St.</td>
<td>Arcade, 560-1678</td>
</tr>
<tr>
<td>Youth Dance Classes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>South Towns Tennis Center</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>75 Mid County Dr.</td>
<td>Orchard Park, 662-9396</td>
</tr>
<tr>
<td>Junior Excellence Tennis Program</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southern Tier Barbell</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Institute St.</td>
<td>Jamestown, 499-2229</td>
</tr>
<tr>
<td>Gym Membership, Personal Training</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southtowns Family YMCA</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1620 Southwestern Blvd.</td>
<td>West Seneca, 674-9622</td>
</tr>
<tr>
<td>Youth Sports</td>
<td></td>
</tr>
<tr>
<td>Before and After-School Programs Day Camps</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southerns Fitness Center</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>23 Lake St.</td>
<td>Hamburg, 648-0677</td>
</tr>
<tr>
<td>Yoga, Pilates, Gym</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southtowns MMA</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>3984 Burke Pkwy.</td>
<td>Blasdell, 649-2300</td>
</tr>
<tr>
<td>Yoga, Pilates, Tai Chi</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southtowns Pilates</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>123 Grey St.</td>
<td>East Aurora, 420-3447</td>
</tr>
<tr>
<td>Fitness Classes</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sow it Now Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1292 Sheridan Dr.</td>
<td>Buffalo, 331-3671</td>
</tr>
<tr>
<td>Gym Membership, Personal Training, Group Classes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SPAR Self Defense</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2309 Eggert Rd.</td>
<td>Tonawanda, 835-7727</td>
</tr>
<tr>
<td>Group Fitness, Self Defense, Personal Training, Yoga</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Spark Fitness Buffalo, LLC</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>790 Young St.</td>
<td>Tonawanda, 301-5040</td>
</tr>
<tr>
<td>Fitness Classes and Personal Training</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th><strong>Spezio’s Dance Dynamics, Inc.</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1639 North French Rd., Ste 300</td>
<td>Getzville, 688-9590</td>
</tr>
<tr>
<td>Dance Lessons</td>
<td></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Sport International, Inc.</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>Hockey Camp</td>
<td></td>
</tr>
<tr>
<td>3800 Dewey Ave.</td>
<td>Rochester, (585) 820-6754</td>
</tr>
<tr>
<td>Sports Performance Park</td>
<td></td>
</tr>
<tr>
<td>4545 Transit Rd.</td>
<td>Williamsville, 565-2096</td>
</tr>
<tr>
<td>Instructional and Recreational Sport Programs, Camps and Lessons</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sports Stars Skills &amp; Drills, L.L.C.</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>139 Lorelee Drive</td>
<td>Tonawanda, 713-7456</td>
</tr>
<tr>
<td>Youth Sports Program</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SportsFocus Physical Therapy</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>3940 California Rd.</td>
<td>Orchard Park, 662-2922</td>
</tr>
<tr>
<td>Gym, Yoga, Personal Training</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sportsplex</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>90 Ridge Rd.</td>
<td>North Tonawanda, 694-8877</td>
</tr>
<tr>
<td>Youth Soccer and Tennis Lessons</td>
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<table>
<thead>
<tr>
<th><strong>Spring Creek Athletic Club</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>535 W. Main St.</td>
<td>Springville, 592-2000</td>
</tr>
<tr>
<td>Adult Classes, Gym Membership, Personal Training</td>
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<table>
<thead>
<tr>
<th><strong>Springville Health &amp; Fitness</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>243 West Main St., Ste. 4</td>
<td>Springville, 592-5510</td>
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<tr>
<td>Gym, Yoga, Pilates</td>
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<table>
<thead>
<tr>
<th><strong>Springville Youth, Inc.</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>79 South Buffalo St.</td>
<td>Springville, 289-6364</td>
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<tr>
<td>Youth Sports, Recreation</td>
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<table>
<thead>
<tr>
<th><strong>STA Sports Performance</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>7070 Seneca St.</td>
<td>Elma, 544-4824</td>
</tr>
<tr>
<td>Personal Training, Youth Sports Training</td>
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<thead>
<tr>
<th><strong>Start with Sleep</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>1211 Hertel Ave.</td>
<td>Buffalo, 235-1505</td>
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<tr>
<td>Yoga</td>
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<table>
<thead>
<tr>
<th><strong>Steel Mill Gym, Inc.</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>1234 Abbott Rd.</td>
<td>Lackawanna, 822-4271</td>
</tr>
<tr>
<td>Gym</td>
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<table>
<thead>
<tr>
<th><strong>Step By Step Physical Therapy</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>56 Main St.</td>
<td>Akron, 542-1135</td>
</tr>
<tr>
<td>Gym</td>
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<table>
<thead>
<tr>
<th><strong>Step-In-Time Studio of Dance</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>2920 Grand Island Blvd.</td>
<td>Grand Island, 773-1881</td>
</tr>
<tr>
<td>Youth Dance Lessons, Pilates</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Stingrays Swim Club</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>P.O. Box 47</td>
<td>Cheektowaga, 465-0711</td>
</tr>
<tr>
<td>Youth Swimming</td>
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<table>
<thead>
<tr>
<th><strong>Stretch</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>1127 Wehrle Dr.</td>
<td>Williamsville, 626-7484</td>
</tr>
<tr>
<td>Pilates, Gym, Personal Training</td>
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<table>
<thead>
<tr>
<th><strong>Stretch Beyond Massage</strong></th>
<th><strong>Healthy Zone Rink</strong></th>
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</thead>
<tbody>
<tr>
<td>3395 Orchard Park Rd.</td>
<td>Orchard Park, 539-0300</td>
</tr>
<tr>
<td>Fitness Classes</td>
<td></td>
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</tbody>
</table>
StretchLab Northtowns
8214 Transit Rd.
Amherst, 559-7653
Stretch Lessons

StretchLab Southtowns
3860 McKinley Pkwy., Ste. 230
Blasdell, 303-0518
Stretch Lessons

Strive Sports Performance
8965 Sheridan Dr.
Clarence, 949-2153
Personal Training

Studio 14 Circuit Training
217 Highland Pkwy.
Buffalo, (585) 217-2328
Adult Group 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
1094 Hertel Ave.
Buffalo, 903-1009
Personal Training, Yoga, Pilates

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

Sumisu Dojo
4184 Seneca St.
West Seneca, 359-7480
Instructional and Recreational Sports Programs and Lessons

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

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

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

Swan’s Martial Arts Academy
275 Alexander Ave.
Buffalo, 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

Swimkins Synchronized Swimming
UB Clark Hall Pool
Buffalo, 481-1154
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

T & K Martial Arts Center
338 South Transit St.
Lockport, 727-3635
Instructional and Recreational Sports Lessons

Tailored Fitness, L.L.C.
4525 Main St.
Amherst, 698-3866
Adult Group Fitness Classes

Tai Chi

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

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

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

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

Time To Dance
2419 Hyde Park Blvd.
Niagara Falls, 946-7909
Dance Lessons

Town of Aurora Parks and Recreation
300 Gleed Ave.
East Aurora, 652-8866
Youth Activities

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

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

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

Tonawanda Titans Swim Club
1 Pool Plaza
Tonawanda, www.ttscswimming.com
Youth Swimming

Town of Tonawanda Aquatic and Fitness Center
1 Pool Plaza
Tonawanda, 876-7424
Children’s Swim Lessons

Tree of Life Yoga Studio
1517 Main Street
Niagara Falls, 939-0892
Yoga, Youth Yoga, Baby and Me Yoga
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
<th>Services Offered</th>
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<tbody>
<tr>
<td>TREO Sports and Fitness</td>
<td>425 Meyer Rd.</td>
<td>West Seneca</td>
<td>677-4022</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Tri-Town Aquatic Club</td>
<td>Iroquois Central School</td>
<td>West Seneca</td>
<td>677-0950</td>
<td>Instructional &amp; Recreational Swim Programs</td>
</tr>
<tr>
<td>Tumble Bee Gym</td>
<td>136 Evans St.</td>
<td>Hamburg</td>
<td>868-1525</td>
<td>Youth Fitness Programs, Youth Gymnastics</td>
</tr>
<tr>
<td>UB Recreation &amp; Intramural Services</td>
<td>130 Alumni Arena</td>
<td>Amherst</td>
<td>645-2286</td>
<td>Pilates</td>
</tr>
<tr>
<td>UHCPDA/Glora J. Parks Community Center</td>
<td>3242 Main St.</td>
<td>Buffalo</td>
<td>832-1010</td>
<td>Children's Day Camps</td>
</tr>
<tr>
<td>Ultimate Physique Fitness Club</td>
<td>50 Rogers Ave.</td>
<td>Lockport</td>
<td>439-4094</td>
<td>Group Fitness</td>
</tr>
<tr>
<td>Underground Gym</td>
<td>3315 N. Benzing Rd.</td>
<td>Orchard Park</td>
<td>563-1392</td>
<td>Gym Membership</td>
</tr>
<tr>
<td>United World Martial Arts</td>
<td>17 Buffalo St.</td>
<td>Hamburg</td>
<td>648-8889</td>
<td></td>
</tr>
<tr>
<td>University at Buffalo Men's Basketball Camp</td>
<td>206 Alumni Arena</td>
<td>Buffalo</td>
<td>645-3488</td>
<td>Youth Basketball Camp</td>
</tr>
<tr>
<td>Uplift Yoga &amp; Strength</td>
<td>8200 Main St.</td>
<td>Williamsville</td>
<td>308-5980</td>
<td>Fitness Classes</td>
</tr>
<tr>
<td>Urban Spin</td>
<td>110 Mall Blvd.</td>
<td>Lakewood</td>
<td>969-0063</td>
<td>Cycle Classes</td>
</tr>
<tr>
<td>Village Fitness</td>
<td>3 West Ave.</td>
<td>Elma</td>
<td>998-0057</td>
<td>Gym Membership, Fitness Classes and Personal Training</td>
</tr>
<tr>
<td>Village Fitness Club</td>
<td>77 Cayuga St.</td>
<td>Lewiston</td>
<td>866-1656</td>
<td>Fitness Classes</td>
</tr>
<tr>
<td>Village Glen Tennis Club</td>
<td>162 Mill St.</td>
<td>Williamsville</td>
<td>633-1635</td>
<td>Youth Tennis</td>
</tr>
<tr>
<td>Village Spin</td>
<td>538 Main St.</td>
<td>Medina</td>
<td>866-1100</td>
<td>Fitness Classes</td>
</tr>
<tr>
<td>Vitality Buffalo, Inc.</td>
<td>3720 South Park Ave.</td>
<td>Blasdell</td>
<td>239-6500</td>
<td>Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>The Warrior Factory</td>
<td>4691 Transit Rd.</td>
<td>Williamsville</td>
<td>276-3491</td>
<td>Programs, Camps, Lessons</td>
</tr>
<tr>
<td>Warrior Fitness &amp; Wellness</td>
<td>5A Park Ave.</td>
<td>Ellicottville</td>
<td>699-1100</td>
<td>Gym Membership, Personal Training, Group Fitness</td>
</tr>
<tr>
<td>We Rock The Spectrum Buffalo- Northtowns</td>
<td>6427 Transit Rd.</td>
<td>Williamsville</td>
<td>428-3434</td>
<td>Youth Gymnastics, Yoga, Open Gym and Camp</td>
</tr>
<tr>
<td>We Rock The Spectrum Buffalo- Southtowns</td>
<td>6950 Erie Rd., Ste. 200</td>
<td>Derby</td>
<td>562-7274</td>
<td>Youth Gymnastics, Yoga, Open Gym and Camp</td>
</tr>
<tr>
<td>Wellness Through Fitness Gym</td>
<td>2875 Union Rd., Ste. 350</td>
<td>Cheektowaga</td>
<td>395-3685</td>
<td>Gym Membership, Adult Classes</td>
</tr>
<tr>
<td>West Seneca Center</td>
<td>Community Education</td>
<td>West Seneca</td>
<td>677-3180</td>
<td>Children's Sports Programs, Yoga, Pilates</td>
</tr>
<tr>
<td>West Seneca Youth Hockey Assoc.</td>
<td>1250 Union Rd.</td>
<td>West Seneca</td>
<td>675-1831</td>
<td>Youth Hockey</td>
</tr>
<tr>
<td>West Side Rowing Club</td>
<td>1 Rotary Row</td>
<td>Buffalo</td>
<td>881-9797</td>
<td>Rowing Program, Camps and Membership</td>
</tr>
<tr>
<td>The Whole Approach</td>
<td>50 Public Sq.</td>
<td>Holley</td>
<td>507-9326</td>
<td>Personal Training, Pilates, Yoga</td>
</tr>
<tr>
<td>Whole Life Fitness</td>
<td>624 E. Main St.</td>
<td>Batavia</td>
<td>813-2369</td>
<td>Gym, Personal Training, Adult Group Fitness</td>
</tr>
<tr>
<td>Wild All Stars</td>
<td>227 Thorn Ave.</td>
<td>Orchard Park</td>
<td>697-6256</td>
<td>Youth Cheerleading, Tumbling</td>
</tr>
<tr>
<td>William-Emslie Family YMCA</td>
<td>585 William St.</td>
<td>Buffalo</td>
<td>845-5440</td>
<td>Gym</td>
</tr>
<tr>
<td>Williamsville Jr. Football</td>
<td>1615 Amherst Manor Dr.</td>
<td>Williamsville</td>
<td>632-8346</td>
<td>Youth Football and Cheerleading</td>
</tr>
<tr>
<td>Winifred Crawford Dibert Boys and Girls Club of Jamestown</td>
<td>62 Allen St.</td>
<td>Jamestown</td>
<td>664-2902</td>
<td>Gym, Youth Swimming</td>
</tr>
<tr>
<td>WNY Flash Academy</td>
<td>7070 Seneca St.</td>
<td>Elma</td>
<td>655-7529</td>
<td>Instructional Sports Programs</td>
</tr>
<tr>
<td>WNY Karate Center</td>
<td>4209 Transit Rd.</td>
<td>Williamsville</td>
<td>631-5065</td>
<td>Youth Karate, Tai Chi</td>
</tr>
<tr>
<td>WNY MMA &amp; Fitness</td>
<td>255 Great Arrow Ave.</td>
<td>Buffalo</td>
<td>898-8924</td>
<td>Adult Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>WNY Outlaw Allstars</td>
<td>10060 County Rd., Bldg. A</td>
<td>Clarence Center</td>
<td>471-8167</td>
<td>Youth Cheerleading, Tumbling</td>
</tr>
<tr>
<td>WNY Physical &amp; Occupational Therapy</td>
<td>6301 Transit Rd.</td>
<td>Depew</td>
<td>684-0400</td>
<td>Gym</td>
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</tbody>
</table>
World Class Karate
6929 Erie Rd.
Derby, 510-5575
Classes, Lessons

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

XGen Elite
694 Mineral Springs Rd.
West Seneca, 474-3829
Instructional and Recreational Sport Camps, Lessons, Programs

Xpress Fitness
13303 Ridge Rd. W.
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, 608-1010
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
Youth Camps

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

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

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

Zumbini with Jody
307 Wayside Dr.
Depew, 480-3722
Zumbini Classes

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

Zumbini with Jody
307 Wayside Dr.
Depew, 480-3722
Zumbini Classes

ONLINE FITNESS

Beach Body On Demand
www.beachbody.com
Online Fitness Subscription

Calm
https://www.calm.com/signup-flow
Online Fitness Subscription

Fitbit
www.fitbit.com
Fitbit Purchase

Headspace
Online Fitness Subscription

L.I.F.E. with Marina
2655 Millersport Hwy.
P.O. Box 451
Getzville, 281-3167
https://lifewithmarina.com/

Limitless Performance
1002 Strawberry Lane
Big Flats, (607) 425-3369
Online Fitness Subscription, Personal Training

Peloton
www.onepeloton.com
Online Fitness Subscription and Equipment

Strength by Cat
4203 North Buffalo St.
Orchard Park, 777-0105
Online Fitness Classes and Personal Training Subscription

Yoga for Everybody
8101 Sheridan Dr.
Buffalo, 888-2077
Online Fitness Subscription

SPECIALTY BIKE SHOPS

Beeton’s Cyclery
1219 Main St.
Niagara Falls, 282-3220
Fitness Equipment

Bert’s Bikes & Fitness
4857 Transit Rd.
Depew, 646-0028

100 Jay Scutti Blvd.
Henrietta, (585) 424-5777

4050 Southwestern Blvd.
Orchard Park, 903-7666

1550 Niagara Falls Blvd.
Tonawanda, 837-4882

1217 Bay Rd.
Webster, (585) 446-0199

7510 Transit Rd.
Williamsville, 634-4882
Fitness Equipment

Campus WheelWorks
744 Elmwood Ave.
Buffalo, 881-3613
Fitness Equipment

Handlebars Cycle Company
685 Englewood Ave.
Buffalo, 835-0334
Fitness Equipment

Kickstand Culture
654 Main St.
East Aurora, 249-2453
Fitness Equipment

Love & Sprockets Bike Shop
243 Buffalo St.
Hamburg, 713-5997
Fitness Equipment

Northstar Bikes
224 Plaza Dr., Ste. B
Williamsville, 466-2135
Fitness Equipment
ACUPUNCTURISTS

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, Zhipei, L.Ac
 19 Limestone #6
  Williamsville, 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

Lotus Chiropractic & Acupuncture
 Dr. Cara Czechowski, L.Ac
 33 Pearl St.
  Springville, 341-9249

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

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

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

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 & Erie County Botanical Gardens
 2655 South Park Ave.
  Buffalo, 827-1584
  Community Partner

Buffalo Museum of Science
 1020 Humboldt Pkwy.
  Buffalo, 896-5200
  Community Partner

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

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

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

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

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.
  Eden, 208-9975

Anam Cara Heart & Soul Space For Her
Rebecca Meidenbauer, LMT
  4250 Southwestern Blvd.
  Hamburg, 246-4466

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

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

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

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

Bergmann, Beth, LMT
  5136 Sheridan Dr., Ste. 1A
  Williamsville, 626-4466

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

Blu Spa & Salon
  3030 Orchard Park Ave.
  West Seneca, 675-2258

The Body Bar
  40 Gardenville Pkwy. W.
  West Seneca, 308-6493

Boka, Emily, LMT
  853 Brighton Rd.
  Tonawanda, 534-9614

Bowman Chiropractic
 Monica Spencer, LMT
  3868 East Robinson Rd.
  Amherst, 564-2225

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

Brainard, Donna, LMT
  611 Oakwood Ave.
  East Aurora, 572-2817

Bridges, Donna, LMT
  4 Centre Dr., Ste. G
  Orchard Park, 830-7511
Buchwald, Tricia, LMT
466 Evans St.
Williamsville, 308-6493

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

Callahan, Janelle, LMT
229 Lake St.
Hamburg, 566-8828

Catania, Angela, LMT
1223 Military Rd.
Tonawanda, 913-0410

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

Dempsey, Margaret, LMT
1953 Ridge Rd.
Orchard Park, 675-4134
Manual Reimbursement Only

Destination Massage
Karen Roth, LMT
9500 Main St., #400
Clarence, 407-3357

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

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

DiPaola, Emily, LMT
500 Helendale Rd., Ste. 130
Rochester, (585) 727-7795

Dossett, Jennifer, LMT
3648 Seneca St.
West Seneca, 771-0142

D-stress-me
Jennifer A Rivier, LMT
4000 Main St.
Amherst, 603-5700

Elle Therapeutic Massage PC
Stephanie Gajewski, LMT
Joy Glover, LMT
Jason Gortzig, LMT
Nina Nadolny, LMT
1909 Union Rd.
West Seneca, 675-3380

Elwell, Sharon, LMT
2157 Main St.
Buffalo, 862-1386
2340 Bowen Rd.
Elma, 997-9020

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

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

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

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

Geraci, Nicole, LMT
338 Harris Hill Rd., Ste. 109
Williamsville, 622-9770

Getting Back to Nature
Regina Mowry, LMT
52 Martin Ave.
Blasdell, 244-1311

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

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

Grand Island Chiropractic
Karen Roth, LMT
2 Fountain Plaza
Buffalo, 510-3942

Green Pastures Still Waters
259 Greenhaven Terrace
Tonawanda, 435-0020

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

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

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

Hausauer, Lisa, LMT
673 Main St.
East Aurora, 913-8074

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

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

Heer, Valerie, LMT
9635 Clarence Center Rd.
Clarence, 444-3331

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

Hornburg, Rebecca, LMT
4390 Quinnby 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

ID Pilates
Scott Ickowski, LMT
1275 Delaware Ave.
Buffalo, 881-2057

Jagodzinski, Katie, LMT
6164 Transit Rd.
Depew, 939-0161

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

Jarvis, Monique, LMT
160 Columbia Pkwy.
West Seneca, 877-2728

Jayakumar, Shanthy, LMT
6161 Transit Rd., Ste. 6
East Amherst, 691-5738
Jessie, Angela, LMT  
1201 Colvin Blvd., Ste. 5  
Tonawanda, 218-0676

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

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

Kalobius, Sarah, LMT  
2982 Delaware Ave.  
Buffalo, 861-4795

Karing Therapeutic Massage, LMT  
13219 Broadway, Ste. A  
Alden, 777-0616

Kavanagh, Patti, LMT  
241 Garden St.  
Lockport, 799-2878

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

Kelkar, Nyaya, LMT  
726 Main St.  
East Aurora, 545-0036

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

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

Lentini, Alana, LMT  
10158 Niagara Falls Blvd.  
Niagara Falls, 298-0368

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

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

Lymphatic Wellness & Massage  
Linda Hilyard, LMT  
8835 Sheridan Dr.  
Williamsville, 970-5151

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

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

Mayabella Massage, LMT  
466 Evans St.  
Williamsville, 523-8720

Maybee, Andrea, LMT  
39 Main St.  
Silver Creek, 289-3899

McCarthy, Andrea, LMT  
786 Terrace Blvd.  
Depew, 713-5607

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

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

MHM Massage  
Jason DiBartolomeis, LMT  
745 Millersport Hwy.  
Amherst, 243-6154

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

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

MLW Massage  
415 West Ave.  
Medina, (585) 301-2938

Nickel City Massage, LMT  
Katie Roberts, LMT  
38 Harding Ave.  
Kenmore, 389-3618

Nickel City Skin Spa & Boutique  
4500 Harlem Rd.  
Buffalo, 768-2089

Nowak, James, LMT  
5893 Camp Rd., Ste. 1  
Hamburg, 888-0456

Nowinski, Crisitie, LMT  
989 Kenmore Ave.  
Kenmore, 335-9711

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

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

Ordon, Justin, LMT  
2711 Transit Road, Ste. 130  
Elma, 706-0005

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

Pamela Frank Massage  
2809 Wehrle Dr.  
Williamsville, 316-5519

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

Plewa, Alysia, LMT  
6320 Seneca St.  
Elma, 228-8749

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

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

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

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

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

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

Relaxation Station  
3281 Transit Rd.  
Elma, 656-7600

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

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

Salon Belle Vie - Joseph Myers, LMT  
33 Church St.  
Fredonia, 785-6143

Savage, Katherine, LMT  
3597 Old Lakeview Rd.  
Hamburg, 648-6805
**Cooley Natural Health Solutions**  
485 Cayuga Rd.  
Cheektowaga, 608-3775  
Vitamins & Herbs

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

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

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

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

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

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

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

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

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

**Harmony’s Wellness Center**  
16 S. Buffalo St.  
Springville, 794-3268  
Vitamins & Herbs

**The Health Junction**  
35 Main St.  
Akon, 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

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

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

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

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

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

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

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

**Olean’s Wellness Store**  
1403 W. State St.  
Olean, 790-8626  
Vitamins & Herbs

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

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

**Pautler Chiropractic and Wellness**  
13305 Broadway  
Tonawanda, 631-THIN  
Alden, 903-5261  
Vitamins & Herbs

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

**Pain & Wellness**  
13015 Broadway  
Lockport, 824-3721  
Vitamins & Herbs

**Vassalage Wellness Shop**  
1609 22nd St.  
Niagara Falls, 298-7156  
Vitamins & Herbs

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

**Vitality Natural Health and Wellness Center, LLC**  
130 Chautauqua Ave.  
Lakewood, 763-8880  
Vitamins & Herbs

**Vitamin World**  
2730 Delaware Ave.  
Buffalo, 447-0103  
Vitamins & Herbs

**WEIGHT LOSS PROGRAMS**

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

**Diet Mentor**  
3955 Main St.  
Amherst, (716) 500-DIET  
3835 McKinley Pkwy.  
Hamburg, (716) 500-DIET  
5889 South Transit Rd.  
Lockport, (716) 500-DIET  
Weight Loss Program

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

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

**The Ideal You Weight Loss Center**  
2560 Sheridan Dr,  
Tonawanda, 631-THIN  
1066 Union Rd.  
West Seneca, 631-THIN  
8241 Sheridan Dr.  
Williamsville, 631-THIN  
Ideal Protein Program

**Infinite 30 WNY, Inc.**  
239 Buffalo St.  
Hamburg, 337-6223  
Diet Classes, Programs

**Niagara Apothecary, Inc.**  
8745 Niagara Falls Blvd.  
Niagara Falls, 297-3530  
Diet Classes, Programs
Weight Watchers
https://www.weightwatchers.com
(212) 589-2700
Online or In-Person Weight Loss Program