Health and Wellness Network
Participating Vendor Listing: **Health Extras℠**

The following list of health and wellness network participating vendors was updated as of October 1, 2022. Please call the locations directly for specific information on the unique services and programs offered through these categories: Fitness Centers and Programs, Online Fitness Subscriptions, Acupuncturists, Community Partners, Massage Therapists, Prepared Meals, Specialty Fitness Stores, Vitamins and Herbs and Weight Loss Programs.

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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).

### FITNESS CENTERS AND PROGRAMS

<table>
<thead>
<tr>
<th>3 To Be FIT</th>
<th>Advanced Care Physical Therapy of WNY, PC</th>
<th>All In Personal Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>3984 Burke Pkwy.</td>
<td>12845 Broadway St., Ste. 2</td>
<td>2942 Cleveland Ave.</td>
</tr>
<tr>
<td>Blasdell, 425-7444</td>
<td>Alden, 902-5068</td>
<td>Niagara Falls, 481-8443</td>
</tr>
<tr>
<td>Personal Training</td>
<td>Gym</td>
<td>Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>Yoga, Pilates</td>
<td></td>
<td>altYou</td>
</tr>
<tr>
<td>4-H Camp Wyomoco</td>
<td>Adventures in Fitness</td>
<td>5363 Main St.</td>
</tr>
<tr>
<td>2780 Buffalo Rd.</td>
<td>24 Delray Dr.</td>
<td>Buffalo, 444-0045</td>
</tr>
<tr>
<td>Varysburg, (585) 535-7381</td>
<td>Cheektowaga, 983-5717</td>
<td>Fitness Classes</td>
</tr>
<tr>
<td>Instructional and Recreational Sports Programs, Lessons and Programs</td>
<td><strong>Personal Training, Youth Adventure Trips</strong></td>
<td>Amazin Grace Dance Studio, Inc.</td>
</tr>
<tr>
<td>9 Round East Amherst</td>
<td>AE Fit 716</td>
<td>6103 Robinson Rd.</td>
</tr>
<tr>
<td>8586 Transit Rd.</td>
<td>479 Amherst St.</td>
<td>Lockport, 625-8504</td>
</tr>
<tr>
<td>E. Amherst, 689-0090</td>
<td>Buffalo, 392-9754</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>462 Evans St.</td>
<td><strong>Fitness Classes and Personal Training</strong></td>
<td>American Street Hockey Center</td>
</tr>
<tr>
<td>Williamsville, 458-8477</td>
<td>AFC 716</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Group Fitness Classes</td>
<td>350 Union St.</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>365 Fitness</td>
<td>Hamburg, 713-7566</td>
<td>Youth Indoor Hockey</td>
</tr>
<tr>
<td>17 East Bank St.</td>
<td>Tai Chi, Kung Fu Classes, Lessons and Programming</td>
<td>Amherst Girl’s Softball League</td>
</tr>
<tr>
<td>Albion, (585) 283-4271</td>
<td></td>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Yoga</td>
<td><strong>Personal Training, Yoga</strong></td>
<td>Williamsville, 432-5321</td>
</tr>
<tr>
<td>716 Dance Lab</td>
<td>African American Cultural Center</td>
<td>Youth Softball</td>
</tr>
<tr>
<td>11 W. Main St.</td>
<td>350 Master Ave.</td>
<td>Amherst Skating Club</td>
</tr>
<tr>
<td>Lancaster, 207-9306</td>
<td>Buffalo, 884-2013</td>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Dance Classes</td>
<td><strong>Children’s Day Camp</strong></td>
<td>Amherst, 634-3887</td>
</tr>
<tr>
<td>Absolute Performance</td>
<td>Akron Soccer League</td>
<td>Youth Ice Skating Instruction</td>
</tr>
<tr>
<td>4545 Transit Rd.</td>
<td>14 Franklin St.</td>
<td>Amherst Youth Board</td>
</tr>
<tr>
<td>Williamsville, 634-1329</td>
<td>Akron, 542-5051</td>
<td>Amherst Ice Center</td>
</tr>
<tr>
<td>Gym, Personal Training &amp; Youth Performance Training</td>
<td>Akron Sports, Inc.</td>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Achieve Personal Fitness</td>
<td>P.O. Box 13</td>
<td>Amherst, 631-7215</td>
</tr>
<tr>
<td>613 Oakwood Ave.</td>
<td>Akron, 796-5099</td>
<td>Family Room Program: Socialized play for children ages birth-5 with parent</td>
</tr>
<tr>
<td>East Aurora, 715-9245</td>
<td>Youth – Basketball, Baseball and Softball</td>
<td>After-School Activity Programs (Ages 5-11)</td>
</tr>
<tr>
<td>9 Bernhardt Dr.</td>
<td>Alden Swim Club</td>
<td>Children’s Summer Day Camp (Ages 5-11)</td>
</tr>
<tr>
<td>Snyder, 240-9631</td>
<td>13190 Park St.</td>
<td>Children’s Spring Recruit Day Camp (Ages 5-11)</td>
</tr>
<tr>
<td>Personal Training</td>
<td>Alden, 937-9116 x4100</td>
<td>Amherst Youth Board</td>
</tr>
<tr>
<td>Advanced Care Fitness</td>
<td>Youth Swim Club</td>
<td>Clearfield Youth Center</td>
</tr>
<tr>
<td>926 Main St.</td>
<td>Alessi Fitness Inc.</td>
<td>730 Hopkins Rd.</td>
</tr>
<tr>
<td>Niagara Falls, 282-2888</td>
<td>6215 Transit Rd.</td>
<td>Amherst, 631-7215</td>
</tr>
<tr>
<td>Gym, Personal Training</td>
<td>East Amherst, 633-2030</td>
<td>After-School Activity Programs (Ages 5-11)</td>
</tr>
<tr>
<td></td>
<td>Personal Training, Youth Gym</td>
<td>Children’s Summer Day Camp (Ages 5-11)</td>
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Amherst Youth Board
Harlem Road Community Center
4255 Harlem Rd.
Amherst, 631-7215
Family Room Program: Socialized play
for children ages birth-5 with parent
After-School Activity Programs (Ages 5-11)
Children’s Summer Day Camp
(Ages 5-11 and 12-14)
Children’s Spring and Winter Recess Day
Camps (Ages 5-11)
Model Builders Club (Ages 5-14)
Counselor-in-Training Program (Ages 12-14)
Special Needs Programs (Ages 5-18)

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

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

Amherst Youth Foundation
5005 Sheridan Dr.
Williamsville, 633-6773
Teen Outreach Program
Advantage After-School Program

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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, 833-8864
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

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

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

Boy Scouts of America 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

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

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

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

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

Boys on the Right Track
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

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

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

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

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

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

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

Buffalo Dance Center
2331 Bowen Rd.
Elma, 901-4263
Yoga, Youth and Family Dance Classes
Buffalo Envy All Stars, Inc.
2600 Hamburg Turnpike
Buffalo, 822-2572
Cheerleading Classes

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

Buffalo Scholastic Rowing Association
405 Ohio St.
Buffalo, 800-5460
Instructional and Recreational Sport Camps, Lessons, Programs

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 Stage Dance Studio
4837 Union Rd.
Clarence Center, 741-2049
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

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 Wimer Industrial Estates Rd.
Niagara Falls, 754-4474
Yoga, Pilates, Gym

Cindy Miller Golf
175 Brompton Rd.
Tonawanda, 504-3663
2830 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

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 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

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 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 Broadway
Lancaster, 683-6755
Children’s Sports and Fitness Programs

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

Droney Fit & Wellness 24-7
3132 NYS Route 417
Olean, 372-3488
Personal Training, Youth Sports Programs

Dunkirk Camp and Conference Center
3602 East Lake Rd.
Dunkirk, 366-1900
Youth and Family Camp

Dyan Mulvey Dance Academy
200 Michigan St.
Lockport, 434-4115
Gym, Yoga

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

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

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

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

Elmwood Franklin School
104 New Amsterdam Ave.
Buffalo, 877-5035
Children’s Summer Camp

Embody Health and Wellness
145 N. 4th St.
Lewiston, 523-9965
Adult Classes, Personal Training

Empire United Soccer Academy
403 Main St., Ste. 200
Buffalo, 408-8738
Youth Soccer

Empower Girls Buffalo
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

Esporta Fitness con’t
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

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

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

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

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

F45 Training Black Rock
166 Chandler St.
Buffalo, 525-0009
Fitness Classes, Personal Training

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

F45 Training Williamsville
5475 Sheridan Dr.
Williamsville, 770-5356
Fitness Classes

F45 Training Windom
3144 Orchard Park Rd.
Orchard Park, 428-1999
Gym, Personal Training, Adult Group Fitness

Farfalla Fitness
3465 Broadway St.
Cheektowaga, 380-5897
Group Fitness Classes

Fast Fitness for Women
3825 Bates Rd.
Medina, (585) 318-4003
Gym

Fierce Fitness
167 Ashland Ave.
Buffalo, 715-8682
Gym, Personal Training

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

Fitness 19
6375 Transit Rd.
Depew, 651-1919
Gym

Fitness 19
800 Harlem Rd.
West Seneca, 825-1919
Gym

Fitness 19
722 Maple Rd.
Williamsville, 688-1911
Gym

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

The Fitness Connection
12399 Olean Rd. and Rte. 16
Chaffee, 496-8812
Gym
<table>
<thead>
<tr>
<th><strong>Fitness Factory</strong></th>
<th><strong>Genesee County YMCA</strong></th>
<th><strong>Greater Buffalo Gymnastics Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2852 Delaware Ave.</td>
<td>209 East Main St.</td>
<td>1641 North French Rd.</td>
</tr>
<tr>
<td>Kenmore, 877-1053</td>
<td>Batavia, (585) 344-1664</td>
<td>Getzville, 639-0020</td>
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<tr>
<td>Gym</td>
<td>Youth Sports</td>
<td>Gym, Youth Gymnastics Classes</td>
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<tr>
<td></td>
<td>Children’s Day Camp</td>
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<td></td>
<td>Gym, Yoga, Pilates, Tai Chi</td>
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<tr>
<td></td>
<td><strong>Georgetown Fitness, Inc</strong></td>
<td><strong>Groove Fitness</strong></td>
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<tr>
<td>491 Erie St.</td>
<td>5225 Sheridan Dr.</td>
<td>6696 Route 219</td>
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<tr>
<td>Lancaster, 681-6350</td>
<td>Williamsville, 580-3362</td>
<td>Ellicottville, 435-9591</td>
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<tr>
<td>Fitness Club Membership, Gym</td>
<td>Gym Membership, Personal Training</td>
<td>Gym Membership, Personal Training, Adult Fitness Classes</td>
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<td></td>
<td><strong>Girl Scouts of Buffalo &amp; Erie County</strong></td>
<td><strong>The Ground Up</strong></td>
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<tr>
<td>5841 Transit Rd.</td>
<td>70 Jewett Pkwy.</td>
<td>4900 Lakeshore Rd.</td>
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<tr>
<td>East Amherst, 639-0200</td>
<td>Buffalo, 837-6400</td>
<td>Hamburg, 627-7742</td>
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<tr>
<td>Yoga, Pilates, Personal Training</td>
<td>Children’s Day Camp</td>
<td>Vitamins</td>
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<tr>
<td><strong>The Fitness Institute and Pilates Studio</strong></td>
<td><strong>Girl Scouts of Niagara County</strong></td>
<td><strong>The G.Y.M.</strong></td>
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<tr>
<td>5841 Transit Rd.</td>
<td>5000 Cambria Rd.</td>
<td>5373 Transit Rd.</td>
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<tr>
<td>East Amherst, 639-0200</td>
<td>Lockport, 434-6212</td>
<td>Williamsville, 688-8870</td>
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<tr>
<td>Yoga, Pilates, Personal Training</td>
<td>Children’s Day Camp</td>
<td>Pilates, Gym</td>
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<td></td>
<td><strong>Girl Scouts of Southwestern NY</strong></td>
<td><strong>Gymnastic Sports Academy (GSA)</strong></td>
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<td></td>
<td>2661 Horton Rd.</td>
<td>4 Wendling Ct.</td>
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<td>Jamestown, 665-2225</td>
<td>Lancaster, 683-3945</td>
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<td>Children’s Day Camp</td>
<td>Youth Gymnastics</td>
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<td></td>
<td><strong>Girl Scouts of WNY Summer Camp</strong></td>
<td><strong>Gymnastics Unlimited</strong></td>
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<td>70 Jewett Pkwy.</td>
<td>70 Weiss Ave.</td>
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<td>Buffalo, 837-6400</td>
<td>West Seneca, 677-0338</td>
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<td>Children’s Day Camp</td>
<td>Youth Gymnastics</td>
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<td></td>
<td><strong>Girls on the Run of Buffalo</strong></td>
<td><strong>Hamburg Gymnastic Club</strong></td>
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<td></td>
<td>P.O. Box 1271</td>
<td>5715 Maelou Dr.</td>
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<td></td>
<td>Buffalo, 400-1019</td>
<td>Hamburg, 649-1455</td>
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<td></td>
<td>Youth Running Program</td>
<td>Sport Camps, Lessons, Programs</td>
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<td></td>
<td><strong>Gleason’s Gymnastics</strong></td>
<td><strong>Hamburg Hawks Hockey Association</strong></td>
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<td></td>
<td>3305 Niagara Falls Blvd.</td>
<td>2982 Lake View Rd.</td>
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<td></td>
<td>North Tonawanda, 694-6557</td>
<td>Hamburg, 649-8771</td>
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<td></td>
<td>Children’s Gymnastics Classes</td>
<td>Youth Hockey Programs</td>
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<td>Yoga, Pilates, Tai Chi</td>
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<td></td>
<td><strong>Gold Summit Martial Arts</strong></td>
<td><strong>Hamburg Monarchs Soccer Club</strong></td>
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<td></td>
<td>(formerly Summit Martial Arts Academy)</td>
<td>P.O. Box 2388</td>
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<td></td>
<td>225 Great Arrow Ave., Ste. 112</td>
<td>Blasdell, 465-0928</td>
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<td></td>
<td>Buffalo, 874-3939</td>
<td>Youth Soccer</td>
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<td>Tai Chi, Yoga, Youth Martial Arts</td>
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<td></td>
<td><strong>Goldfish Swim School</strong></td>
<td><strong>Hamburg Swim Club</strong></td>
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<td></td>
<td>7950 Transit Rd.</td>
<td>Various Locations</td>
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<td></td>
<td>Williamsville, 427-6200</td>
<td><a href="http://www.hamburgswimclub.org">www.hamburgswimclub.org</a></td>
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<td></td>
<td>Swim Camps, Lessons, Programs</td>
<td>Hamburg, 648-0565</td>
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<td></td>
<td><strong>Gotta Dance by Miss Amy</strong></td>
<td><strong>Swim Club</strong></td>
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<td>28 West Bank St.</td>
<td>340 Seneca St.</td>
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<td>Albion, (585) 354-2320</td>
<td>Buffalo, 200-7720</td>
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<td></td>
<td>Dance Studio</td>
<td>Gym Membership, Fitness Classes, Personal Training</td>
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<td></td>
<td><strong>Gowanda Fitness</strong></td>
<td><strong>Health and Fitness Solution</strong></td>
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<td>4 E. Main St.</td>
<td>3435 Harlem Rd.</td>
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<td>Gowanda, 241-3081</td>
<td>Buffalo, 390-7824</td>
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<td>Gym, Group Fitness Classes, Personal Training</td>
<td>Personal Training</td>
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<td><strong>Grand Island Soccer Club</strong></td>
<td><strong>Health Junction LTD</strong></td>
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<td></td>
<td>P.O. Box 457</td>
<td>35 Main St.</td>
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<td>Grand Island, 570-1455</td>
<td>Akron, 542-5230</td>
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<td>Youth Soccer</td>
<td>Tai Chi</td>
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<td><strong>Heart-Fire Yoga</strong></td>
<td><strong>Harborside Crossfit</strong></td>
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<td>442 Connecticut St.</td>
<td>340 Seneca St.</td>
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<td></td>
<td>Buffalo, (585) 750-0499</td>
<td>Gym, Youth Gymnastics Classes</td>
</tr>
<tr>
<td></td>
<td>Fitness Classes</td>
<td></td>
</tr>
</tbody>
</table>

**Additional Listings:**

- Fitness Fusion
- The Fitness Institute and Pilates Studio
- Fitness By Linda
- Flips Gymnastic and Sport
- Fly Spin Club LLC
- Forever Fit
- Free Soul Dance
- Freetime Fitness 24/7
- Full Court Hoops
- Fusion Dance Studio
- Future Dance Center
- Garage Fitness Studio
- Heart-Fire Yoga
- Health and Fitness Solution
- Health Junction LTD
- The G.Y.M.
- Gymnastics Unlimited
- Harborside Crossfit
- Health Junction LTD
HEAT Athletic Club  
227 Thorn Ave.  
Orchard Park, 650-0227  
Gym, Personal Training  

Hickory Hill Swim & Tennis Club  
P.O. Box 83  
Orchard Park, 662-9241  
Youth Swimming & Tennis Lessons  

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

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

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

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

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

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

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

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

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

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

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

Hustl House  
12 N. Main St.  
Albion, (585) 205-1795  
Gym, Yoga, Pilates  

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

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

ID Pilates  
1275 Delaware Ave.  
Buffalo, 881-2057  
Group Fitness Classes  

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

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

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

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

Inferno Baseball  
3950 Broadway  
Depew, 681-3001  
Youth Baseball  

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

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

Iron 9 Pilates  
8469 Sheridan Dr.  
Williamsville, 440-4686  
Fitness Classes  

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

JT’s Fitness Club  
30 Pine St.  
Lockport, 249-9990  
Gym, Personal Training, Adult Group Fitness, Boxing, Kickboxing Instruction  

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

Jaclyn Carol’s School of Dance  
2751 Main St.  
Newfane, 754-1073  
Youth Dance  

Jada Blitz Training  
4687 Transit Rd.  
Williamsville, 568-9057  
Gym, Personal Training, Group Fitness  

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

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

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

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

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

Jewish Community Center of Greater Buffalo, Inc.  
2640 North Forest Rd.  
Getzville, 688-4033  
Kids Swim Classes, Martial Arts, Family Place Classes, Early Childhood and Children’s Programs, Yoga, Pilates, Gym  

Jim Kelly Football Camp  
8205 Main St., Ste. 13  
Williamsville, 204-0900  
Youth Football Camp  

Jindo Martial Arts Fitness and Self Defense  
3173 Eggert Rd.  
Tonawanda, 870-2971  
Youth Martial Arts and Tai Chi  

Jon Tong Tae Kwon Do  
228 Zimmerman St.  
N. Tonawanda, 693-1309  
Youth Martial Arts
Jong Park Tae Kwon-Do Institute and Fitness
1321 Erie Ave.
North Tonawanda, 695-3552
Martial Arts Classes, Gym

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kinderdance
39 Berryman Dr.
Amherst, 445-1009
Children’s Fitness/Dance/Gymnastics

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

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

Kissing Bridge Ski Resort
10296 State Rd.
Glenwood, 592-4963
Lessons, Programs, Ski Rentals and Passes

Kobza Fitness
442 Niagara Falls Blvd.
Buffalo, 909-8792
Fitness Classes, Personal Training

Krav Maga Ne Regional
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

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

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 Ransoms Rd.
Lancaster, 864-1460
Youth Soccer

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

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

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

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

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

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

Lifestyle Health and Fitness
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 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

MADDS-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
Youth Tae Kwon Do

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

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

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

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

Master Khechen School of Tae Kwon Do
4154 McKinley Pkwy.
Blasdell, 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’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

The M.O.G.
1801 Grand Island Blvd.
Grand Island, 773-1600
Fit Kid Classes
Yoga, Pilates, Tai Chi, Gym
The M.O.G.  
1491 Sheridan Dr., Ste. 300  
Kenmore, 871-1100  
Gym, Yoga, Pilates, Tai Chi

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

The M.O.G. at Jericho Road  
1021 Broadway  
Buffalo, 510-3067  
Gym, Fitness Classes, Personal Training

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

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

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

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

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

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 Lacrosse Club  
510-3067  
Youth Lacrosse

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

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

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

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

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

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

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

Niagara Wheatfield Athletics Alumni  
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 Race Club  
School Pools  
Lake View, 480-1919  
Youth Swim Club

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

North Tonawanda Athletic Association  
1241 Strad Ave.  
North Tonawanda, 479-4195  
Youth Cheerleading, Youth Football, Youth Lacrosse

Northern Chautauqua County Youth Hockey Association  
P.O. Box 442  
Fredonia, 673-3233  
Youth Hockey

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

NY Icons of Buffalo  
510-3183  
Youth Programming

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

NY Icons of Buffalo  
510-3183  
Youth Programming

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

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

Oasis Yoga and Wellness  
3445 Sheriand 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

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

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

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

Orange Theory Fitness
1551 Niagara Falls Blvd.
Amherst, 970-4441
Group Fitness Classes, Gym, PT

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

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

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

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

Osteopathic Wellness Medicine of WNY
235 S. Elmwood Ave., #120
Buffalo, 626-6301
Gym Membership, Fitness Classes, Yoga

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

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

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

Peake '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

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

Perfecting 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

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

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

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

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

Planet Fitness
333 W. Henrietta Rd.
Hennepin, (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
4575 Main St.
Snyder, 218-9642
Yoga

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, 691-7433
Fitness Classes

Red Dragon School of Martial Arts
Mckinley Mall
3701 Mckinley Pkwy.
Bldg 2, 2nd Fl.
Children’s Tai Chi and Kung Fu
Tai Chi

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

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

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

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

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

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

Regenesis Wellness, LLC
6456 New Taylor Rd.
Orchard Park, 863-7939
Pilates
Rolly Pollies of Orchard Park  
4058 North Buffalo Rd.  
Orchard Park, 622-7424  
Youth Programs

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

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

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, 633-1833  
Pilates, Personal Training, Yoga, Youth Programs

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

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

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

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

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

Southtowns Pilates  
123 Grey St.  
East Aurora, 420-3447  
Fitness Classes

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

Sow it Now Fitness  
1292 Sheridan Dr.  
Buffalo, 331-3671  
Gym Membership, Personal Training, Group Classes

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

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

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

Soma Cura Wellness Center  
2500 Grand Island Blvd.  
Grand Island, 1-855-SOMACURA  
Yoga, Tai-Chi

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

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

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

Southtowns Family YMCA  
750 Southwestern Blvd.  
West Seneca, 674-9622  
Youth Sports  
Before and After-School Programs  
Day Camps

Southtowns Fitness Center  
23 Lake St.  
Hamburg, 648-0677  
Yoga, Pilates, Gym

Southtowns Pilates  
123 Grey St.  
East Aurora, 420-3447  
Fitness Classes
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

Town of Tonawanda Aquatic and Fitness Center
1 Pool Plaza
Buffalo, 876-7245
Children’s Swim Lessons
Yoga, Tai Chi, Pilates

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

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

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

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

Trabucco Fitness, Inc.
6200 Goodrich Rd.
Clarence Center, 741-3488
Personal Training

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Uplift Yoga & Strength
8200 Main St.
Williamsville, 308-5980
Fitness Classes

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

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

Village Fitness Club
77 Cayuga St.
Lewiston, 998-0057
Gym Membership, Fitness Classes and Personal Training

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

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

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

The Warrior Factory
4691 Transit Rd.
Williamsville, 276-3491
Programs, Camps, Lessons

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

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

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

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

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

West Seneca Youth Hockey Assoc.
1250 Union Rd.
West Seneca, 675-1831
Youth Hockey
West Side Rowing Club  
1 Rotary Row  
Buffalo, 881-9797  
Rowing Program, Camps and Membership

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

Whole Life Fitness  
624 E. Main St.  
Batavia, (585) 813-2369  
Gym, Personal Training, Adult Group Fitness

Wild All Stars  
227 Thorn Ave.  
Orchard Park, 697-6256  
Youth Cheerleading, Tumbling

William-Emslie Family YMCA  
585 William St.  
Buffalo, 845-5440  
Gym

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

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

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

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

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

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

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

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, 692-2738  
Youth Martial Arts Classes

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ONLINE FITNESS SUBSCRIPTIONS

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

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

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 FITNESS STORES

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

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

Fitbit
www.fitbit.com
Fitbit Purchase
Must submit receipt using Health Extras
Reimbursement Form available on our website.

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

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

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

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

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

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

Rick’s Cycle Shop
58 Allen St.
Buffalo, 586-8488
Fitness Equipment

Tom’s Pro Bike
3144 Orchard Park Rd.
Orchard Park, 559-1599
3687 Walden Ave.
Lancaster, 651-9995
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 Czechoinski, 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

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

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

Seneca Springs Wellness
Stephanie Pawelek, L.Ac
3684 Seneca St.
West Seneca, 771-1254

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 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,
Explorer Passes, 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

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

Reddy Bikeshare
640 Ellicott St.
Buffalo, 407-7474
Bike Rentals
<table>
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<tr>
<th>MASSAGE THERAPISTS</th>
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| **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 |
| **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**  
5324 Rogers Rd.  
Hamburg, 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 |
| **Campbell, Teresa, LMT**  
400 International Dr.  
Williamsville, 947-0139  
7060 Erie Rd.  
Derby, 947-0139 |
| **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 |
| **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 |
| **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**  
9430 Transit Rd.  
East Amherst, 861-4546 |
| **Fundalinski, Suzanne, LMT**  
2400 Main St.  
Buffalo, 598-3607 |
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

Grant, Brittany J, 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

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

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

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

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

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

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

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

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

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

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
12001 Broadway St., Ste. B
Alden, 777-0616

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

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

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

Kelley, Nicole, LMT
5500 Main St., #106
Williamsville, 622-9970

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

Leous, 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 Retard 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, 289-3618

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

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

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

O’Donnell, Katherine, LMT
Body Sense
450 Central Ave.
Lancaster, 681-7666

Olivieri, Melanie, LMT
5225 Sheridan Dr.
Buffalo, 713-5087
<table>
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<tr>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Ordon, Justin, LMT</td>
<td>2711 Transit Road, Ste. 130</td>
<td>Elma, 706-0005</td>
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<tr>
<td>Orffeo, Andres, LMT</td>
<td>2122 Eggert Rd., Ste. 1</td>
<td>Amherst, 834-6001</td>
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<tr>
<td>Orffeo, Ann East, LMT</td>
<td>2122 Eggert Rd., Ste. 1</td>
<td>Amherst, 834-6001</td>
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<tr>
<td>Pacana, Eileen, LMT</td>
<td>424 Robinson St. N. Tonawanda, 692-0021</td>
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<tr>
<td>Pamela Frank Massage</td>
<td>2809 Wehrle Dr.</td>
<td>Williamsville, 316-5519</td>
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<tr>
<td>Parks, Alicia, LMT</td>
<td>Face Body and Soul Massage &amp; Skin Care 229 Lake St.</td>
<td>Hamburg, 432-1288</td>
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<td>Plew, Alysa, LMT</td>
<td>6320 Seneca St. Elma, 228-8749</td>
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<td>Puglisi, Gina, LMT</td>
<td>920 Main St. Niagara Falls, 940-0411</td>
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<td>Quarantillo, Karen, LMT</td>
<td>210 John Glenn Dr., Ste. 1 Amherst, 525-1076</td>
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<td>Radice, Stephanie, LMT</td>
<td>12399 Olean Rd. Chaffee, 698-7284</td>
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<td>Randall, Jamie, LMT</td>
<td>8370 Main St. Williamsville, 955-9809</td>
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<td>Randles, Lori, LMT</td>
<td>5136 Sheridan Dr., Ste. 1 Williamsville, 864-7675</td>
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<td>Ray, Vali, LMT</td>
<td>8370 Main St. Williamsville, 830-2828</td>
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<td>Reich, Kerry, LMT</td>
<td>5899 South Park Ave. Hamburg, 445-7851</td>
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<td>Relaxation Station</td>
<td>3281 Transit Rd. Elma, 656-7600</td>
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<td>Rizzo, Maria, LMT</td>
<td>162 Mill St. Williamsville, 913-5628</td>
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<td>Roberts, Jill, LMT</td>
<td>2283 Grand Island Blvd. Grand Island, 773-2222</td>
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<td>Russo, Erin, LMT</td>
<td>1088 Brighton Rd. Tonawanda, 837-1711</td>
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<tr>
<td>Russo, Tami, LMT</td>
<td>The Spa at Parklane 33 Gates Cir., Ste. 1A Buffalo, 885-2872</td>
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<tr>
<td>Salon Belle Vie - Joseph Myers, LMT</td>
<td>33 Church St. Fredonia, 785-6143</td>
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<tr>
<td>Savage, Katherine, LMT</td>
<td>3597 Old Lakeview Rd. Hamburg, 648-6805</td>
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<td>Sawynsky, Jennifer, LMT</td>
<td>2437 Berg Rd. West Seneca, 583-9435</td>
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<tr>
<td>Schaner, Janice, LMT</td>
<td>50 Saint Mary’s St. Lancaster, 603-7304</td>
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<tr>
<td>Schichtel, Elizabeth, LMT</td>
<td>1967 Wehrle Dr., Ste. 12 Williamsville, 430-3130</td>
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<tr>
<td>Schiller, Britttnay, LMT</td>
<td>400 International Dr. Williamsville, 631-1516</td>
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<tr>
<td>Schmitt, Elizabeth, LMT</td>
<td>400 International Dr. Williamsville, 631-1516</td>
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<td>Senko, Christen, LMT</td>
<td>3083 William St. Cheektowaga, 400-3680</td>
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<td>Share, Jennifer, LMT</td>
<td>2728 Niagara Falls Blvd. Niagara Falls, 628-8911</td>
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<td>Silverman, Eric, LMT</td>
<td>372 Ellen Dr. Cheektowaga, 480-9430</td>
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<td>Stachowiak, Sara, LMT</td>
<td>3568 East Robinson Rd. Amherst, 912-1281</td>
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<td>Stafford, Tammy, LMT</td>
<td>3781 South Park Ave. Blasdell, 913-2346</td>
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<td>Strickland, Stacey, LMT</td>
<td>147 Hazelwood Ave. Buffalo, 602-2030</td>
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<td>Swiatkowski, Nicole, LMT</td>
<td>1660 Kensington Ave. Buffalo, 200-3599</td>
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<td>Synrod, Marie, LMT</td>
<td>5336 Broadway St. Lancaster, 681-1099</td>
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<td>TMG Wellness</td>
<td>6728 Main St. Williamsville, 812-9825</td>
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<td>Townsend, Joshua, LMT</td>
<td>705 North Union St. Olean, 373-1050</td>
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<td>Townsend, Steven, LMT</td>
<td>54 Carolina St. Springville, 592-3187</td>
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<td>Tranquil Touch</td>
<td>Kimberly Wollschlager, LMT 2070 Eggert Rd. Amherst, 831-0011</td>
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<td>Transform Massage Studio</td>
<td>Christina Vendetti, LMT 9200 Niagara Falls Blvd. Niagara Falls, 534-4454</td>
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<td>Tres Aurae Spa</td>
<td>Stephanie Jacobs, LMT 5195 Main St. Williamsville, 478-7546</td>
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<td>Trinkle, Alicia, LMT</td>
<td>400 Olean Rd. East Aurora, 714-5837</td>
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<td>Vasey, Katherine, LMT</td>
<td>4390 Quinby Dr., Ste. D Hamburg, 523-4229</td>
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<td>Warren, Michelle, LMT</td>
<td>928 French Road Cheektowaga, 207-1845</td>
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<td>West, Karen, LMT</td>
<td>Essence of Massage 2728 Niagara Falls Blvd. Wheatfield, 864-9628</td>
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<td>Whispering Winds</td>
<td>561 W. Main St. Arcade, 353-2027</td>
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<td>Whitton, Donna, LMT</td>
<td>13305 Broadway St. Alden, 604-5486</td>
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<td>Wilkins, Cheryl, LMT</td>
<td>10158 Niagara Falls Blvd. Niagara Falls, 298-0368</td>
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<tr>
<td>Williams, Sue, LMT</td>
<td>433 North Main St. Warsaw, (585) 727-6480</td>
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</table>
Williams, Valencia, LMT
2122 Eggert Rd.
Amherst, 923-3769

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

Yemma, Michael, LMT
3785 Abbott Rd.
Orchard Park, 597-7143

Young, Melissa, LMT
6164 Transit Rd.
Depew, 598-1777

Zinter, Susan, LMT
Soma Cura Body Care
2154 Grand Island Blvd.
Grand Island, 481-4737

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Elma, 713-7614
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415 Commerce Dr.
Amherst
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Buffalo
576 Dick Rd.
Depew
141 Buffalo St.
Hamburg
5758 S. Transit Rd.
Lockport
1520 Military Rd., Ste. 142
Niagara Falls
400 Commerce Dr., Ste. 700
Victor
3525 Seneca St.
West Seneca
1612 Hopkins Rd.
Williamsville
4125 Transit Rd.
Williamsville
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Balanced Body Foods
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Buffalo, 508-PLAN
4685 Transit Rd.
Williamsville, 508-PLAN
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San Jose, CA, (855) 204-7597
Prepared Meals, Meal Kits

Real Eats America
122 North Genesee St.
Geneva, (215) 205-0637
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Tonawanda, 447-0176
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Best of Health
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Kenmore, 874-6422
Vitamins & Herbs

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

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

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

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

Feel Rite 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

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

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

Herbal Magick, Inc.
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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

Lakewood Apothecary & Natural Health Center
130 Chautauqua Ave.
Lakewood, 763-0016
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
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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
Alden, 903-5261
Vitamins & Herbs
Pine Pharmacy
5110 Main St.
Williamsville, 332-2288
Vitamins & Herbs

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

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Biggest Loser Resort Niagara
1083 Pit Rd.
Java Center, (585) 457-3700
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Amherst, (716) 500-DIET
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Buffalo, (716) 500-DIET
5889 South Transit Rd.
Lockport, (716) 500-DIET
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Ideal Weight Loss of Hamburg
4250 Southwestern Blvd., Ste. 3
Hamburg, 541-3459
Ideal Protein Program

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

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

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
Registration and payment must be completed online. Health Extras card cannot be processed at meeting locations.

To register, visit
wellness.weightwatchers.com

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