



# Health and Wellness Network

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

The following list of health and wellness network participating vendors was updated as of July 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!

#### **FITNESS CENTERS AND PROGRAMS**

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

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

##### **4-H Camp Wyomoco**

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

##### **9 Round East Amherst**

8586 Transit Rd.  
E. Amherst, 689-0090  
462 Evans St.  
Williamsville, 458-8477  
*Group Fitness Classes*

##### **365 Fitness**

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

##### **716 Dance Lab**

11 W. Main St.  
Lancaster, 207-9306  
*Dance Classes*

##### **Absolute Performance**

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

##### **Absolute PT**

4 Centre Dr., Ste. G  
Orchard Park, 866-9012  
*Fitness Classes and Personal Training*

##### **Achieve Personal Fitness**

613 Oakwood Ave.  
East Aurora, 715-9245  
9 Bernhardt Dr.  
Snyder, 240-9631  
*Personal Training*

##### **Advanced Care Fitness**

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

##### **Advanced Care Physical Therapy of WNY, PC**

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

##### **Adventures in Fitness**

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

##### **AE Fit 716**

479 Amherst St.  
Buffalo, 392-9754  
*Fitness Classes and Personal Training*

##### **AFC 716**

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

##### **Affirm-Health/Posture Mechanic**

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

##### **African American Cultural Center**

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

##### **Akron Soccer League**

14 Franklin St.  
Akron, 542-5051

##### **Akron Sports, Inc.**

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

##### **Alden Swim Club**

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

##### **Alessi Fitness Inc.**

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

##### **All In Personal Training**

2942 Cleveland Ave.  
Niagara Falls, 481-8443  
*Fitness Classes, Personal Training*

##### **altYou**

5363 Main St.  
Buffalo, 444-0045  
*Fitness Classes*

##### **Amazin Grace Dance Studio, Inc.**

6103 Robinson Rd.  
Lockport, 625-8504  
*Youth Dance*

##### **American Street Hockey Center**

70 Chapel Woods W.  
Williamsville, 827-1234  
*Youth Indoor Hockey*

##### **Amherst Girls Softball League**

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

##### **Amherst Skating Club**

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

**Amherst Youth Board**

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

**Amherst Youth Board**

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

**Amherst Youth Board**

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

**Amherst Youth Board**

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

**Amherst Youth Foundation**

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

**Amherst Youth Foundation**

5005 Sheridan Dr.  
Williamsville, 633-6773  
*Teen Outreach Program*  
*Advantage After-School Program*

**Amherst Youth Hockey**

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

**Anjali Yoga and Wellness, Inc.**

65 Main St.  
North Tonawanda, 909-7919  
*Yoga*

**Anytime Fitness**

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*

**Art of Adaptive Alignment Yoga Therapy**

4476 Main St., Ste. 101  
Amherst, 544-7999  
*Fitness Classes*

**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](http://www.auroraarsenal.org)  
*Children's Summer Camp*

**Aurora Parks & Recreation**

5 South Grove St.  
East Aurora, 652-8866  
*Youth Activities*

**Aurora Waldorf Summer Camp**

525 West Falls Rd.  
West Falls, 655-2029  
*Children's Summer Camp*

**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**  
3510 Amelia Dr.  
Orchard Park, 263-0529  
*Yoga Classes*

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*

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

**Boys and Girls Club of Holland**  
79 Vermont St.  
Holland, 537-9370  
*Instructional and Recreational Sports Camps, Lessons, Programs*

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

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

**The Buffalo Practice**

123 Grey St.  
East Aurora, 523-0999  
*Yoga*

**Buffalo Racquet Club**

111 Twyla Pl.  
Buffalo, 551-0396  
*Instructional and Recreational Sport Camps,  
Lessons, Programs*

**Buffalo River Rowing Club Holdings**

405 Ohio St.  
Buffalo, 997-9158  
*Instructional and Recreational Rowing  
Programs and Lessons*

**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*

**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 Stallions**

P.O. Box 81  
Lancaster, 803-2248  
*Youth Soccer*

**Buffalo Titans Basketball**

Visit [buffalotitans.com](http://buffalotitans.com) for locations  
2253 Main St.  
Buffalo, 536-3288  
*Instructional and Recreational  
Classes, Programs and Lessons*

**Buffalo Warriors  
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*

**BWI Health and Wellness  
BWI 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  
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 Pilates**

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

**Center Stage Dance Studio**

4837 Union Rd.  
Cheektowaga, 634-3395  
Youth Dance Lessons

**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

**The Champion Project**

The R.O.C.K.  
425 Meyer Rd.  
West Seneca, 677-9100  
Instructional and Recreational  
Sports Camps, Lessons, Programs

**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

**Childress Performance Center**

2399 Grand Island Blvd.  
Grand Island, 775-5052  
Gym Membership, Personal Training

**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**

502 Main St.  
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  
*Yoga*

**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*

**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*

**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*

**Evolution Yoga**

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

**Evolve Buffalo**

722 W. Delevan Ave., Ste. B2  
Buffalo, 288-5677  
*Gym Membership, Fitness Classes,  
Personal Training*

**Excelsior Orthopaedics  
Sports Performance**

3925 Sheridan Dr.  
Amherst, 250-6500  
*Youth Sports Training, Adult Group Fitness,  
Personal Training*

**Excelsior Orthopaedics  
Sports Performance**

6831 Seneca St.  
Elma, 906-5564  
*Instructional and Recreational Sports Camps,  
Lessons, Programs, Personal Training, Fitness  
Classes (Adult and Youth)*

**F45 Training Amherst**

3202 Sheridan Dr.  
Amherst, 909-2929  
*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*

**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*

**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*

**The Fitness Institute and Pilates Studio**

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

**FitnessAbility**

1940 Kenmore Ave.  
Buffalo, 249-2010  
*Instructional and Recreational Sports Camps,  
Lessons, Programs, Gym Membership, Fitness  
Classes, Personal Training*

**Flips Gymnastic and Sport**

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

**Fly Spin Club LLC**

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

**Forever Fit**

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

**Free Soul Dance**

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

**Freetime Fitness 24/7**

3135 Niagara Falls Blvd.  
Amherst, 768-0037  
*Gym, Personal Training*

**Full Court Hoops**

P.O. Box 204  
Amherst, 912-0795  
*Instructional & Recreational  
Basketball Camps/Programs*

**Fusion Dance Studio**

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

**Future Dance Center**

5110 Camp Rd.  
Hamburg, 649-5905  
*Dance Classes*

**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*

**Genesee County YMCA**

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

**Georgetown Fitness, Inc**

5225 Sherdian Dr.  
Williamsville, 580-3362  
*Gym Membership, Personal Training*

**Girl Scouts of Buffalo & Erie County**

70 Jewett Pkwy.  
Buffalo, 837-6400  
*Children's Day Camp*

**Girl Scouts of Niagara County**

5000 Cambria Rd.  
Lockport, 434-6212  
*Children's Day Camp*

**Girl Scouts of Southwestern NY**

2661 Horton Rd.  
Jamestown, 665-2225  
*Children's Day Camp*

**Girl Scouts of WNY Summer Camp**

70 Jewett Pkwy.  
Buffalo, 837-6400  
*Children's Day Camp*

**Girls on the Run of Buffalo**

P.O. Box 1271  
Buffalo, 400-1019  
*Youth Running Program*

**Gleason's Gymnastics**

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

**Gold Summit Martial Arts**

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

**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*



**Gowanda Fitness**

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

**Grand Island Soccer Club**

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

**Greater Buffalo Gymnastics Center**

1641 North French Rd.  
Getzville, 639-0020  
*Gym, Youth Gymnastics Classes*

**Groove Fitness**

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

**The Ground Up**

4900 Lakeshore Rd.  
Hamburg, 627-7742  
*Vitamins*

**GX Warehouse Fitness & Wellness**

3469 Main St., Ste. A  
Dunkirk, 785-2099  
*Fitness Classes*

**The G.Y.M.**

5373 Transit Rd.  
Williamsville, 688-8870  
*Pilates, Gym*

**Gymnastic Sports Academy (GSA)**

4 Wendling Ct.  
Lancaster, 683-3945  
*Youth Gymnastics*

**Gymnastics Unlimited**

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

**Hamburg Gymnastic Club**

5715 Maelou Dr.  
Hamburg, 649-1455  
*Sport Camps, Lessons, Programs*

**Hamburg Hawks  
Hockey Association**

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

**Hamburg Monarchs Soccer Club**

P.O. Box 2388  
Blasdell, 465-0928  
*Youth Soccer*

**Hamburg Swim Club**

Various Locations  
www.hamburgswimclub.org  
Hamburg, 648-0565  
*Swim Club*

**Harborside Crossfit**

340 Seneca St.  
Buffalo, 200-7720  
*Gym Membership, Fitness Classes,  
Personal Training*

**Health and Fitness Solution**

3435 Harlem Rd.  
Buffalo, 390-7824  
*Personal Training*

**Health Junction LTD**

35 Main St.  
Akron, 542-5230  
*Tai Chi*

**Heart-Fire Yoga**

442 Connecticut St.  
Buffalo, (585) 750-0499  
*Fitness Classes*

**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*

**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*

**Hometown Wellness Center**

119 Pearl St.  
Medina, (585) 409-3452  
*Adult Fitness Classes*

**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*

**ID Pilates**

1275 Delaware Ave.  
Buffalo, 881-2057  
9055 Main St.  
Clarence, 881-2057  
*Group Fitness Classes, Online Subscriptions*

**Impact Fitness Systems**

5640 Maelou Dr., Area A  
Hamburg, 649-2022  
*Gym Memberships*

**Impact Sports Performance**

100 Washington St.  
Buffalo, 855-4585  
*Gym Memberships*

**In-Balance Tai Chi**

738 Alberta Dr.  
Amherst, 531-0895  
*Adult Fitness Classes*

**Independent Health  
Family Branch YMCA**

150 Tech Dr.  
Amherst, 839-2543  
*Gym, Personal Training, Youth Sports,  
Before and After School Programs,  
Youth Camps*

**The Independent Health Gym and  
Wellness Center at Jericho Road**

1021 Broadway  
Buffalo, 529-3020  
*Gym, Fitness Classes, Personal Training*

**Inferno Baseball**

3950 Broadway  
Depew, 681-3001  
*Youth Baseball*

**Infinite Fitness Performance**

9570 Transit Rd., Ste. 250  
East Amherst, 461-8080  
*Adult Fitness Classes*

**Infinity Dance Academy**

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

**International Black Belt**

13118 Broadway  
Alden, 937-3772  
*Karate School*

**Intrepid Athletics**

722 Maple Rd.  
Williamsville, 688-1911  
*Personal Training, Fitness Classes*

**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*

**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  
*Gym*

**Jewish Community Center  
of Greater Buffalo, Inc.**

787 Delaware Ave.  
Buffalo, 886-3145  
*Kids Swim Classes, Martial Arts,  
Family Place Classes, Early Childhood  
and Children's Programs, Yoga,  
Pilates, Gym*

**Jewish Community Center  
of Greater Buffalo, Inc.**

2640 North Forest Rd.  
Getzville, 688-4033  
*Kids Swim Classes, Martial Arts,  
Family Place Classes, Early Childhood  
and Children's Programs, Yoga,  
Pilates, Gym*

**Jim Kelly Football Camp**

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

**Jindo Martial Arts Fitness  
and Self Defense**

3173 Eggert Rd.  
Tonawanda, 870-2971  
*Youth Martial Arts and Tai Chi*

**Jon Tong Tae Kwon Do**

228 Zimmerman St.  
N. Tonawanda, 693-1309  
*Youth Martial Arts*

**Jong Park Tae Kwon Do  
Institute and Fitness**

1321 Erie Ave.  
North Tonawanda, 695-3552  
*Martial Arts Classes, Gym*

**Journey II Health**

7311 Porter Rd.  
Niagara Falls, 298-8603  
*Yoga*

**Joywheel Yoga & Wellness**

21 South Grove St.  
East Aurora, 868-8443  
*Yoga, Pilates*

**JT's Fitness Club**

30 Pine St.  
Lockport, 249-9990  
*Gym, Personal Training, Adult Group  
Fitness, Boxing, Kickboxing Instruction*

**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*

**Kevin T. Keane Sports Park  
at Nardin Academy**

97 Rosalia St.  
Buffalo, 881-6262, x3200  
*Instructional and Recreational  
Classes, Programs and Lessons*

**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**

2899 Sheridan Dr.  
Tonawanda, 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*

**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  
*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 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  
Pilates*

**Niagara Frontier Volleyball**  
425 Meyer Rd.  
West Seneca, (757) 618-0778  
*Sports Camps, Lessons*

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

**Niagara University**

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

**Niagara University Athletic Camps**

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

**Niagara University Lacrosse Camps**

Niagara University, 286-8757  
*Youth Lacrosse*

**Niagara Wheatfield Athletics Alumni**

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.  
Buffalo, 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, 247-50051  
8242 Transit Rd.  
Williamsville, 200-1350  
*Group Fitness Classes, Gym, PT*

**Orchard Park Fitness and Exercise Therapy**

3170 Orchard Park Rd.  
Orchard Park, 982-8818  
*Adult Fitness Classes and Personal Training*

**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  
Cazenovia Buffalo Ice Rink  
Buffalo, 875-4820  
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*

**Pacillo'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*

**Peaks Health and Fitness**

6129 Rte. 219  
Ellicottville, 699-5588  
*Yoga, Pilates, Gym*

**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*

**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*

**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

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*

**Rainbow Bridge Culture Center**  
2390 North Forest Rd., Ste. 8  
Getzville, 548-8330  
*Instructional and Recreational Sports Camps,  
Lessons and Programs*

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

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

**Reach Power Yoga**  
1510 Hertel Ave.  
Buffalo, 324-5978  
*Yoga Classes*

**Rebel Ride Indoor Cycling &  
Strength**  
6449 Transit Rd., Ste. 3  
East Amherst, 691-7433  
*Fitness Classes*

**Red Dragon School of Martial Arts**  
McKinley Mall  
3701 McKinley Pkwy.  
Blasdell, 822-0222  
*Children's Tai Chi and Kung Fu  
Tai Chi*

**Reform Fitness**  
467 Elmwood Ave.  
Buffalo, 623-3181  
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 Pollies of East Amherst**  
9630 Transit Rd., Ste. 100  
East Amherst, 689-6151  
*Children's Tumbling/Motor Skills  
Development Classes*

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

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

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

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

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

**Skate Great**

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

**Skate Great**

Healthy Zone Rink  
41 Riley St.  
East Aurora, 580-3458  
*Skate Lessons*

**Skate Great**

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

**Skate Great**

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

**Sky Zone Indoor Trampoline Park**

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

**Snap Fitness**

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

**Snap Fitness**

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

**Snap Fitness**

2488 Grand Island Blvd.  
Grand Island, 775-8486  
*Gym*

**Snap Fitness**

6507 Wheeler Rd.  
Lockport, 201-4663  
*Gym, Personal Training*

**Snap Fitness**

11184 Maple Ridge Rd.  
Medina, (585) 735-4201  
*Gym, Group Fitness Classes, Personal Training*

**Snap Fitness**

4180 North Buffalo Rd.  
Orchard Park, 508-8400  
*Gym*

**Soccer Shots Buffalo**

355 Lang Blvd.  
Buffalo, 408-3071  
*Youth Soccer*

**Softball Central**

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

**Soma Cura Wellness Center**

2710 Grand Island Blvd.  
Grand Island, 1-855-SOMACURA  
*Yoga, Tai-Chi*

**Soul 2 Sole**

571 W. Main St.  
Arcade, 560-1678  
*Youth Dance Classes*

**South Towns Tennis Center**

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

**Southern Tier Barbell**

100 Institute St.  
Jamestown, 499-2229  
*Gym Membership, Personal Training*

**Southtowns Family YMCA**

1620 Southwestern Blvd.  
West Seneca, 674-9622  
*Youth Sports  
Before and After-School Programs  
Day Camps*

**Southtowns Fitness Center**

23 Lake St.  
Hamburg, 648-0677  
*Yoga, Pilates, Gym*

**Southtowns MMA**

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

**Southtowns Pilates**

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

**Sow it Now Fitness**

1292 Sheridan Dr.  
Buffalo, 331-3671  
*Gym Membership, Personal Training,  
Group Classes*

**SPAR Self Defense**

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

**Spark Fitness Buffalo, LLC**

790 Young St.  
Tonawanda, 301-5040  
*Fitness Classes and Personal Training*

**Spezio's Dance Dynamics, Inc.**

1639 North French Rd., Ste 300  
Getzville, 688-9590  
*Dance Lessons*

**Sport International, Inc.  
Hockey Camp**

3800 Dewey Ave.  
Rochester, (585) 820-6754

**Sports Performance Park**

4545 Transit Rd.  
Williamsville, 565-2096  
*Instructional and Recreational Sport Programs,  
Camps and Lessons*

**Sports Stars Skills & Drills, L.L.C.**

139 Lorelee Drive  
Tonawanda, 713-7456  
*Youth Sports Program*

**SportsFocus Physical Therapy**

3940 California Rd.  
Orchard Park, 662-2922  
*Gym, Yoga, Personal Training*

**Sportsplex**

90 Ridge Rd.  
North Tonawanda, 694-8877  
*Youth Soccer and Tennis Lessons*

**Spring Creek Athletic Club**

535 W. Main St.  
Springville, 592-2000  
*Adult Classes, Gym Membership,  
Personal Training*

**Springville Health & Fitness**

243 West Main St., Ste. 4  
Springville, 592-5510  
*Gym, Yoga, Pilates*

**Springville Youth, Inc.**

79 South Buffalo St.  
Springville, 289-6364  
*Youth Sports, Recreation*

**STA Sports Performance**

7070 Seneca St.  
Elma, 544-4824  
*Personal Training, Youth Sports Training*

**Start with Sleep**

1211 Hertel Ave.  
Buffalo, 235-1505  
*Yoga*



**Steel Mill Gym, Inc.**

1234 Abbott Rd.  
Lackawanna, 822-4271  
Gym

**Step By Step Physical Therapy**

56 Main St.  
Akron, 542-1135  
Gym

**Step-In-Time Studio of Dance**

2920 Grand Island Blvd.  
Grand Island, 773-1881  
Youth Dance Lessons, Pilates

**Stingrays Swim Club**

P.O. Box 47  
Cheektowaga, 465-0711  
Youth Swimming

**Stretch**

1127 Wehrle Dr.  
Williamsville, 626-7484  
Pilates, Gym, Personal Training

**Stretch Beyond Massage**

3395 Orchard Park Rd.  
Orchard Park, 539-0300  
Fitness Classes

**Stretchd Out Buffalo**

3171 Delaware Ave.,  
Kenmore, 908-5649  
Adult Fitness Classes, Massage Therapy  
and Sports Program

**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 B Fitness**

560 Center Rd.  
West Seneca, 807-1479  
Fitness Classes, 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

**Stumpfs Gymnastics**

2187 Wehrle Dr.  
Williamsville, 634-4401  
Youth Gymnastics

**Sub Zero Jiu Jitsu**

1 Memorial Dr.  
Hamburg, 364-1705  
Instructional and Recreational Sports Camps,  
Lessons & Programs, Gym Membership,  
Personal Training

**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

**Taoist Tai Chi Society USA, Inc.**

968 Kenmore Ave.  
Buffalo, 876-7218  
Tai Chi

**Teen Treks**

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

**Terrie's Workout Center**

1473 Hertel Ave.  
Buffalo, 833-6529  
Kids Karate, Yoga, Pilates, Gym

**Thurman Thomas Sports Training**

7070 Seneca St.  
Elma, 805-1594  
Gym

**Timberstrength Health & Fitness**

1049 Payne Ave.  
North Tonawanda, 743-1919  
Gym

**Time To Dance**

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

**Tonawanda American Little League**

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

**Tonawanda Dance Arts**

2311 Military Rd.  
Tonawanda, 683-4456  
Youth Dance Classes

**Tonawanda Titans Swim Club**

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

**Town of Aurora Parks and Recreation**

300 Glead Ave.  
East Aurora, 652-8866  
Youth Activities

**Town of Hamburg Recreation Dept.**

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

**Town of North Collins**

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

**Town of Orchard Park**

4295 Buffalo St.  
Orchard Park, 662-6450  
*Youth Sports Programs*  
*Yoga, Pilates*

**Town of Tonawanda Aquatic and Fitness Center**

1 Pool Plaza  
Buffalo, 876-7424  
*Children's Swim Lessons*  
*Yoga, Tai Chi, Pilates*

**Town of Tonawanda Aquettes**

212 Lowell Rd.  
Kenmore, 876-7424  
*Youth Swimming*

**Town of Tonawanda Youth Parks & Recreational Dept.**

299 Decatur Rd.  
Buffalo, 831-1001  
*Youth Activities*

**Town of West Seneca**

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

**Town Park Fitness Center**

4420 Lakeshore Rd.  
Hamburg, 627-4168  
*Gym*

**Trabucco Fitness, Inc.**

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*

**UHCD/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*

**Vibe Yoga Lab**

2084 George Urban Blvd.  
Depew, 901-4777  
*Yoga 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*

**Warrior Fitness & Wellness**

5A Park Ave.  
Ellicottville, 699-1100  
*Gym Membership, Personal Training,*  
*Group Fitness, Online Subscription*

**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 Little Loop Football Inc.**

4620 Seneca St.  
West Seneca, 785-0588  
*Recreational Sports Programs and Camps*

**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 at the Locker**

9992 Main St.  
Clarence, 906-9281  
*Yoga*

**Yoga Parkside Foundation**

2 Wallace Ave.  
Buffalo, 772-8092  
*Yoga, Parent-Child Yoga*

**YogaBetsy Yoga Center**

109 South Sixth St.  
Olean, 372-5850  
*Yoga*

**YWCA of Niagara**

32 Cottage St.  
Lockport, 433-6714  
*Children's Sports and Fitness Programs  
Children's Day Camps  
Gym*

**YWCA of the Tonawandas**

49 Tremont St.  
North Tonawanda, 692-5580  
*Gym, Youth Programs, Yoga, Tai Chi*

**YWCA of Western New York**

1005 Grant St.  
Buffalo, 852-6120  
*After-School Activity Programs  
Children's Day Camp*

**YWCA Westfield**

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

**Z-Party Fitness**

4 Park St.  
Arcade, 863-7831  
*Pilates, Yoga*

**Zero Gravity Gymnastics Center**

6119 First St.  
Newfane, 778-7100  
*Youth Gymnastics*

**ZPAC – Stacy Zawadzki's  
Performing Arts Center**

954A Union Rd., Ste. 3  
West Seneca, 608-1010  
*Youth Dance*

**Zumba By Bobby**

205 Bidwell Pkwy.  
Buffalo, 983-7391  
*Group Fitness Classes*

**Zumba By Samira**

2 Nottingham Terr.  
Buffalo, 868-1578  
*Group Fitness Classes*

**Zumba Gold with Jaime**

2 Nottingham Terr.  
Buffalo, 574-9303  
*Group Fitness Classes*

**Zumba with Dawn**

4625 Harlem Rd.  
Snyder, 491-3830  
*Zumba*

**Zumbini with Jody**

307 Wayside Dr.  
Depew, 480-3722  
*Zumbini Classes*

**ONLINE FITNESS****Beach Body On Demand**

[www.beachbody.com](http://www.beachbody.com)  
*Online Fitness Subscription*

**Calm**

<https://www.calm.com/signup-flow>  
*Online Fitness Subscription*

**Fitbit**

[www.fitbit.com](http://www.fitbit.com)  
*Fitbit Purchase*

**Headspace**

<https://www.headspace.com/checkout?oucherCode=B2C14DANNUAL>  
*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](http://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*

**Dick's Bicycle Shop**

781 Niagara St.  
Tonawanda, 694-9232  
*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*

**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 Roman, L.Ac**  
13939 Whitney Rd.  
Holland, 217-0105

**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, 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*

**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*

**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., St. 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

**Epolito Jemiolo, Holly, LMT**

4721 Transit Rd.  
Depew, 713-6725

2577 Sheridan Dr.

Tonawanda, 713-6725

**Felicetta, Erika, LMT**

167 Ashland Ave.  
Buffalo, 551-0970

**Fiegl, 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

**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

**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 Radcliff Dr.  
Getzville, 545-0036

**Heer, Valerie, LMT**

9635 Clarence Center Rd.  
Clarence, 444-3331

**Henn, Kevin, LMT**

2360 Sweet Home Road, Ste. 7  
Amherst, 807-1266

**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

**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, Shanthi, 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  
2829 Wehrle Dr., Ste. 13  
Williamsville, 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  
2283 Grand Island Blvd.  
Grand Island, 773-2222

**Leous, Thomas, III, LMT**

228 Old Falls Blvd.  
North Tonawanda, 260-5276

**Lindell Chiropractic & Massage**

928 French Rd.  
Cheektowaga, 668-8021

**Lymphatic Wellness & Massage****Linda Hilyard, LMT**

8201 Main St., Ste. 7  
Williamsville, 970-5151

**Markowski, Laurie, LMT**

240 Redtail 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

666 Main St.

East Aurora, 652-0220

**Nowinski, Cristie, 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

5132 Transit Rd.  
Depew, 698-7284

1961 Wehrle Dr., Ste. 7  
Williamsville, 698-7284

**Randall, Jamie, LMT**

8370 Main St.  
Williamsville, 955-9809

**Randles, Lori, LMT**

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

**Ray, Valli M, LMT**

8370 Main St.  
Williamsville, 830-2828

10440 Main St.  
Clarence, 830-2828

**Reich, Kerry, LMT**

5899 South Park Ave.  
Hamburg, 445-7851

**Relaxation Station**

3281 Transit Rd.  
Elma, 656-7600

**Rizzo, Maria, LMT**

162 Mill St.  
Williamsville, 913-5628

**Roberts, Jill, LMT**

2283 Grand Island Blvd.  
Grand Island, 773-2222  
10158 Niagara Falls Blvd.  
Niagara Falls, 208-0368

**Russo, Erin, LMT**

1088 Brighton Rd.  
Tonawanda, 837-1711

**Russo, Tami, LMT**

The Spa at Parklane  
33 Gates Cir., Ste. 1A  
Buffalo, 885-2872

**Salon Belle Vie -  
Joseph Myers, LMT**

33 Church St.  
Fredonia, 785-6143

**Savage, Katherine, LMT**

3597 Old Lakeview Rd.  
Hamburg, 648-6805

**Sawynsky, Jennifer, LMT**

2437 Berg Rd.  
West Seneca, 583-9435

**Schaner, Janice, LMT**

50 Saint Mary's St.  
Lancaster, 603-7304

**Schichtel, Elizabeth, LMT**

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

**Schiller, Brittnay, LMT**

400 International Dr.  
Williamsville, 631-1516

**Schmitt, Elizabeth, LMT**

400 International Dr.  
Williamsville, 631-3555

**Senko, Christen, LMT**

3083 William St.  
Cheektowaga, 400-3680

**Serenity Massage  
Hetrick, Susan, LMT**

7397 Ridge Rd.  
Lockport, 622-6111

**Share, Jennifer, LMT**

2728 Niagara Falls Blvd.  
Niagara Falls, 628-8911

**Silverman, Eric, LMT**

372 Ellen Dr.  
Cheektowaga, 480-9430

**Stachowiak, Sara, LMT**

3868 East Robinson Rd.  
Amherst, 912-1281

**Stafford, Tammy, LMT**

3781 South Park Ave.  
Blasdell, 913-2346

**Sutton, Stacey, LMT**

Hands on Wellness, Inc.  
3850 Seneca St.  
West Seneca, 400-5142

**Swiatkowski, Nicole, LMT**

1660 Kensington Ave.  
Buffalo, 200-3599

**Synrod, Marie, LMT**

5336 Broadway St.  
Lancaster, 681-1099

**TMG Wellness**

338 Harris Hill Rd., Ste. 109  
Williamsville, 812-9825

**Townsend, Joshua, LMT**

705 North Union St.  
Olean, 373-1050

**Townsend, Steven, LMT**

54 Carolina St.  
Springville, 592-3187

**Tranquil Touch**

**Kimberly Wollschlager, LMT**  
2070 Eggert Rd.  
Amherst, 831-0011

**Transform Massage Studio**

**Christina Vendetti, LMT**  
9200 Niagara Falls Blvd.  
Niagara Falls, 534-4454

**Tres Aurae Spa  
Stephanie Jacobs, LMT**

5195 Main St.  
Williamsville, 478-7546

**Trinkle, Alicia, LMT**

400 Olean Rd.  
East Aurora, 714-5837  
271 W. Main St.  
Springville, 714-5837

**Ulrich, Sandy, LMT**

162 Main St.  
Hamburg, 627-4704

**Vasey, Katherine, LMT**

928 French Road  
Cheektowaga, 207-1845

**Warren, Michelle, LMT**

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

**West, Karen, LMT**

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

**Whispering Winds**

561 W. Main St.  
Arcade, 353-2027

**Whitton, Donna, LMT**

13305 Broadway St.  
Alden, 604-5486

**Wilkins, Cheryl, LMT**

10158 Niagara Falls Blvd.  
Niagara Falls, 298-0368  
2283 Grand Island Blvd.  
Grand Island, 773-2222

**Williams, Sue, LMT**

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

**Williams, Valencia, LMT**

2122 Eggert Rd.  
Amherst, 923-3769

**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

**PREPARED MEALS****95 Nutrition**

465-1920

415 Commerce Dr.  
Amherst

2674 Delaware Ave.  
Buffalo

576 Dick Rd.  
Depew

141 Buffalo St.  
Hamburg

5758 S. Transit Rd.  
Lockport

1520 Military Rd., Ste. 142  
Niagara Falls

100 Marketplace Dr.,  
Rochester

1250 University Ave.,  
Rochester

2522 Ridgeway Ave.,  
Rochester

3525 Seneca St.  
West Seneca

1612 Hopkins Rd.  
Williamsville

4125 Transit Rd.  
Williamsville

400 Commerce Dr., Ste. 700  
Victor  
*Healthy Prepared Meals*

### **716 Fresh**

6120 Seneca St.  
Elma, 662-7255  
*Healthy Prepared Meals*

### **Balanced Body Foods**

1391 Hertel Ave.  
Buffalo, 508-PLAN  
4685 Transit Rd.  
Williamsville, 508-PLAN  
*Healthy Prepared Meals*

### **Eat Rite Foods**

1 Delaware Rd., Unit A  
Kenmore, 445-1067  
*Healthy Prepared Meals*

### **Nutrition by Newman**

338 Harris Hill Rd.  
Williamsville, 982-3976  
*Healthy Prepared Meals*

### **Real Eats America**

122 North Genesee St.  
Geneva, (215) 205-0637  
*Healthy Prepared Meals*

## **VITAMINS AND HERBS**

### **Advantage Nutrition Forte**

4080 Delaware Ave.  
Tonawanda, 447-0176  
*Vitamins & Herbs*

### **Best of Health**

2840 Delaware Ave.  
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*

### **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.  
Akron, 542-5230  
*Tai Chi, Vitamins & Herbs*

### **Herbal Magick, Inc.**

402 West Ave.  
Lockport, 439-5144  
*Vitamins*

### **Herbs for Life**

69 West Main St.  
Dunkirk, 679-4646  
*Vitamins & Herbs*

### **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*

### **Natural Living, Holistic Wellness LLC**

1771 Foote Ave. Ext.  
Jamestown, 488-7298  
*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  
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*



**Vitality Natural Health  
and Wellness Center, LLC**

130 Chautauqua Ave.  
Lakewood, 763-8880  
*Vitamins & Herbs*

**Vitamin World**

2730 Delaware Ave.  
Buffalo, 447-0103

Wegmans Plaza  
1641 Military Rd.  
Niagara Falls, 297-4019

Niagara Falls Outlet  
1904 Military Rd.  
Niagara Falls, 297-0064  
*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*