The following list of health and wellness network participating vendors was updated as of October 1, 2022.

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

During the COVID-19 health emergency, it is especially important to call vendor locations directly for specific information and details regarding availability and access to the unique services and programs being offered.

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.

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

Enjoy the ability to join any gym you choose with the Health Extras card. Use it to help pay for a gym membership at the location of your choice (there is no network of vendors associated with this benefit for members residing outside of Western New York).

**FITNESS CENTERS AND PROGRAMS**

<table>
<thead>
<tr>
<th><strong>3 To Be FIT</strong></th>
<th><strong>Advanced Care Physical Therapy of WNY, PC</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>3984 Burke Pkwy.</td>
<td>12845 Broadway St., Ste. 2</td>
</tr>
<tr>
<td>Blasdell, 425-7444</td>
<td>Alden, 902-5068</td>
</tr>
<tr>
<td>Personal Training, Yoga, Pilates</td>
<td>Gym</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4-H Camp Wyomoco</strong></th>
<th><strong>Adventures in Fitness</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2780 Buffalo Rd.</td>
<td>24 Delray Dr.</td>
</tr>
<tr>
<td>Varysburg, (585) 535-7381</td>
<td>Cheektowaga, 983-5717</td>
</tr>
<tr>
<td>Instructional and Recreational Sports Programs, Lessons and Programs</td>
<td>Personal Training, Youth Adventure Trips</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>9 Round East Amherst</strong></th>
<th><strong>AE Fit 716</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8586 Transit Rd.</td>
<td>479 Amherst St.</td>
</tr>
<tr>
<td>E. Amherst, 689-0090</td>
<td>Buffalo, 392-9754</td>
</tr>
<tr>
<td>462 Evans St.</td>
<td>Fitness Classes and Personal Training</td>
</tr>
<tr>
<td>Williamsville, 458-8477</td>
<td>Personal Training, Youth Performance Training</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>365 Fitness</strong></th>
<th><strong>AFC 716</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>17 East Bank St.</td>
<td>350 Union St.</td>
</tr>
<tr>
<td>Albion, (585) 283-4271</td>
<td>Hamburg, 713-7566</td>
</tr>
<tr>
<td>Group Fitness Classes</td>
<td>Tai Chi, Kung Fu Classes, Lessons and Programming</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>716 Dance Lab</strong></th>
<th><strong>Affirm-Health/Posture Mechanic</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>11 W. Main St.</td>
<td>1109 Delaware Ave.</td>
</tr>
<tr>
<td>Lancaster, 207-9306</td>
<td>Buffalo, 877-0869</td>
</tr>
<tr>
<td>Dance Classes</td>
<td>Personal Training, Yoga</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Absolute Performance</strong></th>
<th><strong>African American Cultural Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>4545 Transit Rd.</td>
<td>350 Masten Ave.</td>
</tr>
<tr>
<td>Williamsville, 634-1329</td>
<td>Buffalo, 884-2013</td>
</tr>
<tr>
<td>Gym, Personal Training &amp; Youth Performance Training</td>
<td>Children’s Day Camp</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Achieve Personal Fitness</strong></th>
<th><strong>Akron Soccer League</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>613 Oakwood Ave.</td>
<td>14 Franklin St.</td>
</tr>
<tr>
<td>East Aurora, 715-9245</td>
<td>Akron, 542-5051</td>
</tr>
<tr>
<td>9 Bernhardt Dr.</td>
<td>Youth Soccer League</td>
</tr>
<tr>
<td>Snyder, 240-9631</td>
<td>Akron, 796-5099</td>
</tr>
<tr>
<td>Personal Training</td>
<td>Youth – Basketball, Baseball and Softball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Advanced Care Fitness</strong></th>
<th><strong>Akron Sports, Inc.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>926 Main St.</td>
<td>P.O. Box 13</td>
</tr>
<tr>
<td>Niagara Falls, 282-2888</td>
<td>Akron, 796-5099</td>
</tr>
<tr>
<td>Gym, Personal Training</td>
<td>Youth – Basketball, Baseball and Softball</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AltYou</strong></th>
<th><strong>Alden Swim Club</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5363 Main St.</td>
<td>13190 Park St.</td>
</tr>
<tr>
<td>Buffalo, 444-0045</td>
<td>Alden, 937-9116 x4100</td>
</tr>
<tr>
<td>Fitness Classes</td>
<td>Youth Swim Club</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>All In Personal Training</strong></th>
<th><strong>Alessi Fitness Inc.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2942 Cleveland Ave.</td>
<td>6215 Transit Rd.</td>
</tr>
<tr>
<td>Niagara Falls, 481-8443</td>
<td>East Amherst, 633-2030</td>
</tr>
<tr>
<td>Fitness Classes, Personal Training</td>
<td>Personal Training, Youth Gym</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Amazin Grace Dance Studio, Inc.</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>6103 Robinson Rd.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Lockport, 625-8504</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Youth Dance</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Amherst Girl’s Softball League</strong></th>
<th><strong>Amherst Ice Center and Arena</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1615 Amherst Manor Dr.</td>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Williamsville, 432-5321</td>
<td>Amherst, 631-7215</td>
</tr>
<tr>
<td>Youth Softball</td>
<td>Family Room Program: Socialized play for children ages birth - 5 with parent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Amherst Swimming Club</strong></th>
<th><strong>Amherst Youth Board</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1615 Amherst Manor Dr.</td>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Amherst, 634-3887</td>
<td>Amherst, 631-7215</td>
</tr>
<tr>
<td>Youth Ice Skating Instruction</td>
<td>Family Room Program: Socialized play for children ages birth - 5 with parent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Amherst Youth Board</strong></th>
<th><strong>Board of Education</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>730 Hopkins Rd.</td>
<td>1615 Amherst Manor Dr.</td>
</tr>
<tr>
<td>Amherst, 631-7215</td>
<td>Amherst, 631-7215</td>
</tr>
<tr>
<td>After-School Activity Programs (Ages 5-11)</td>
<td>After-School Activity Programs (Ages 5-11)</td>
</tr>
<tr>
<td>Children’s Summer Camp (Ages 5-11)</td>
<td>Children’s Summer Camp (Ages 5-11)</td>
</tr>
<tr>
<td>Children’s Spring Recess Day Camp (Ages 5-11)</td>
<td>Children’s Spring Recess Day Camp (Ages 5-11)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Alden Swim Club</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>13190 Park St.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Alden, 937-9116 x4100</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Youth Swim Club</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Affirm-Health/Posture Mechanic</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1109 Delaware Ave.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Buffalo, 877-0869</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Personal Training, Yoga</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>African American Cultural Center</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>350 Masten Ave.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Buffalo, 884-2013</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Children’s Day Camp</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Amherst Youth Board</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1615 Amherst Manor Dr.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Amherst, 634-3887</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Youth Ice Skating Instruction</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Alden Swim Club</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>13190 Park St.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>Alden, 937-9116 x4100</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Youth Swim Club</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Alessi Fitness Inc.</strong></th>
<th><strong>American Street Hockey Center</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>6215 Transit Rd.</td>
<td>70 Chapel Woods W.</td>
</tr>
<tr>
<td>East Amherst, 633-2030</td>
<td>Williamsville, 827-1234</td>
</tr>
<tr>
<td>Personal Training, Youth Gym</td>
<td>Youth Indoor Hockey</td>
</tr>
</tbody>
</table>
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
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 Foundation
4255 Harlem Rd.
Amherst, 631-7215
After-School Activity Programs (Ages 5-11)
Teen Outreach Program
Advantage After-School Program

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Balance Pilates
5820 Main St., Ste. 403
Williamsville, 417-3932
Fitness Classes and Personal Training

Balanced Fitness, LLC
1244 Broadway
Alden, (585) 356-4516
Fitness Classes and Personal Training

Ballroom Dance Center Iliana, Inc.
1761 Orchard Park Rd.
West Seneca, 771-3110
Youth Dance

Ballroom Revolution
354 Cayuga Rd.
Buffalo, 391-2102
Dance Lessons and Fitness Classes

BAMF, Inc.
3095 Elmwood Ave.
Buffalo, 875-2263
Gym Membership, Personal Training, Instructional and Recreational Sports Camps, Lessons and Programs

Barb Denny’s Studio of Dance Arts
25 Lake Ave.
Lancaster, 681-6515
Youth Classes

Barre Centric
8075 Main Street
Williamsville, 276-8349
Pilates

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

Baseball Academy of WNY
128 Crosby Blvd.
Amherst, 823-3001
Instructional and Recreational Sports Lessons and Programs

Basic Principles Pilates
9059 Main St.
Clarence, 631-4857
Pilates

Be Fit with Karen, LLC
107 Scott St.
City of Tonawanda, 380-8916
Zumba Classes

Be Healthy Institute
40 Main St.
Hamburg, 648-3400
Yoga, Tai Chi, Pilates

Be Moved Fitness
3376 Niagara Falls Blvd.
North Tonawanda, 525-1245
Fitness Classes, Personal Training

Befit
7 Florence Ave.
Buffalo, 536-7214
Gym Membership, Personal Training

Before and After Fitness Center
525 Wheatfield St.
North Tonawanda, 692-0905
Gym, PT and Classes

Beyond Bending Yoga
54 Delaware Rd.
Kenmore, 771-2604
Yoga, Personal Training

Bigger Stronger Smarter Enterprises, LLC
477 South Transit Road, Ste. 100
Lockport, 433-3400
Adult Fitness Classes, Personal Training, Gym Membership

BikeorBar, LLC
904 Elmwood Ave.
Buffalo, 259-9109
Group Fitness Classes, Personal Training

Bill Adams Martial Arts
3211 Transit Rd.
Elma, 668-5004
Martial Arts Classes, Tai Chi

The Bird’s Nest Circus Arts
64 Fillmore Ave.
Buffalo, 248-4421
Instructional and Recreational Sports Camps, Lessons, Programs, Personal Training

Blackwater Fitness Club
1370 Exchange St.
Alden, 937-7110
Gym
Blue Pearl Yoga
200 East Main St.
Batavia, (585) 343-1257
Yoga

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

Bob Alessi Personal Training
3981 Harlem Rd.
Amherst, 833-8664
Personal Training

Body and Soul Fitness
613 Oakwood Ave.
East Aurora, 572-1536
Group Fitness Classes

Body and Soul Fitness
8012 Transit Rd.
Williamsville, 572-1536
Group Fitness Classes

Body Blocks
496 Pearl St.
Buffalo, 847-2639
Yoga, Pilates, Tai Chi, Gym

Body By Baby
Various Locations, 759-4470
Mommy and Me Exercise Classes

Body By Ford
5000 Saunders Settlement Rd.
North Tonawanda, 807-7755
Personal Training

Body Design Fit for Life
47 Water St.
Fredonia, 679-1591
Personal Training

Body Glyphix Studio
12377 Big Tree Rd.
East Aurora, 652-7805
Yoga

Body of Wealth
3053 Main Street
Buffalo, 254-7756
Adult Fitness Classes, Personal Training

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

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

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

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

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

Boy Scouts of American Iroquois Trail Council
7121 Rochester Rd.
Lockport, 434-2851
102 S. Main St.
Oakfield, (585) 343-0307
45 Liberty St., Ste. 2
Batavia, (585) 343-0307
Camp, Sports Programs

Boys and Girls Club of East Aurora
24 Paine St.
East Aurora, 652-1060
Children’s Sports and Fitness Programs
After-School Programs
Day Camps

Boys and Girls Club of Eden
8284 Main St.
Eden, 992-2702
Children’s Sports and Fitness Programs
After-School Programs

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

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

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

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

Boys on the Right Track
1597 Evergreen Dr.
Lake View, 316-1789
Youth Running

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

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

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

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

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

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

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

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

The Buffalo Practice
123 Grey St.
East Aurora, 523-0999
Yoga

Buffalo Racquet Club
111 Tuyla Pl.
Buffalo, 551-0396
Instructional and Recreational Sport Camps, Lessons, Programs

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

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

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

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

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

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

BWl Health and Wellness
BWl 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

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

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

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

Chautauqua Health & Fitness
1170 Central Ave.
Dunkirk, 363-6383
Yoga, Pilates, Tai Chi, Gym
Chautauqua Regional Youth Ballet
21 E. 3rd St., #300
Jamestown, 664-9766
Children’s Dance Classes

Chautauqua Tennis Club
1089 Central Ave.
Dunkirk, 366-0121
Tennis Lessons

Cheektowaga Parks, Recreation & Youth Services
275 Alexander Ave.
Cheektowaga, 897-7207
Children’s Sports and Fitness Programs
Adapted Recreation Programs
Children’s Day Camps
Yoga

Cheerforce Wolfpack USA
2500 Commerce Parkway
Lancaster, 821-5301
Youth Cheerleading Program

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

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

Chris 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 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

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

Cross Training Academy of Martial Arts
3117 Genesee St.
Cheektowaga, 879-1509
Martial Arts

Crunch Fitness
540 Dick Rd.
Depew, 681-7535
Gym, Personal Training

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

Cornerstone CFCU Arena
34 Chestnut St.
Lockport, 438-7698
Youth Skating Program

Cosmic Fitness
300 Delaware Ave., Ste. 204
Buffalo, 316-1149
Personal Training

Cradle Beach Camp
8038 Old Lakeshore Rd.
Angola, 549-6307
Summer Day Camp

Creating Balance
9611 Deerview Lane
Clarence Center, 335-3754
Fitness Classes, Personal Training

Creative Wellness Group
726 Main Street, Upper East Aurora, 310-6268
Youth and Adult Training

Crossroads Martial Arts
5421 South Abbott Rd.
Orchard Park, 697-8584
Youth Martial Arts

Creating Balance
9611 Deerview Lane
Clarence Center, 335-3754
Fitness Classes, Personal Training

Creative Wellness Group
726 Main Street, Upper East Aurora, 310-6268
Youth and Adult Training

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

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, 697-8584
Youth Martial Arts

Crunch Fitness
540 Dick Rd.
Depew, 681-7535
Gym, Personal Training
Crunch Fitness
4950 Camp Rd.
Hamburg, 646-4141
Gym, Personal Training

Crunch Fitness
2429 Military Rd.
Niagara Falls, 297-5107
Gym, Personal Training

Crunch Fitness
1000 Young St.
Tonawanda, 693-4141
Gym, Personal Training

Crunch Fitness
5435 Sheridan Dr.
Williamsville, 839-3858
Gym, Personal Training

Cryo-Wellness of America
6301 Transit Rd.
Depew, 473-5004
Therapeutic Cryotherapy

Curves of Chautauqua
99 East Chautauqua St.
Mayville, 753-2695
Gym

Curves of West Seneca
4184 Seneca St., Ste. 102
West Seneca, 677-4777
Gym

Cutting Edge Sports Training
9992 Main St.
Clarence, 833-2100
Gym, Personal Training

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

Dance Like a Star with Serge
442 Niagara Falls Blvd.
Buffalo, 335-8652
Youth Dance Lessons

The Dance Shop
325 Hyde Park Blvd.
Niagara Falls, 282-8157
Youth Dance Lessons

Dance Spectrum
4705 Transit Rd.
Depew, 668-1954
Youth Dance Lessons

Dance Time
54 Delaware Rd.
Kenmore, 563-2446
Youth Dance

Dance Time
7854 Transit Rd.
Williamsville, 563-2446
Youth Dance

Danceability, Inc.
2365 George Urban Blvd.
Depew, 654-0094
Dance Lessons

Dancentral
2187 Wehrle Dr.
Williamsville, 626-4050
Youth Dance

Dani-Fit
3218 Lakeshore Rd.
Hamburg, 863-3363
Yoga, Pilates, Personal Training

Dansation of WNY
6095 Transit Rd.
Depew, 694-5196
Youth Dance Lessons

Darlene Ceglia’s Dance Project
3370 Sheridan Dr.
Amherst, 630-5050
Youth Dance Classes

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

David DeMarie Dance Studio
10151 Main St.
Clarence, 626-9040
Youth Dance Lessons

Defensive Arts Dojo, Inc.
5444 Camp Rd.
Hamburg, 646-1956
Children’s Martial Arts Classes
Personal Training

Delaware Family YMCA
2564 Delaware Ave.
Buffalo, 875-1283
Youth Sports
Before and After-School Programs
Day Camps, Gym, Yoga

Delaware Soccer Club
1424 Hertel Ave.
Buffalo, 833-3616
Youth Soccer Club

Dent Neurologic Group, LLP
3980 Sheridan Dr.
Amherst, 250-2000
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 |
| Elmwood Franklin School | 104 New Amsterdam Ave.  
Buffalo, 877-5035  
Children’s Summer Camp |
| Embody Health and Wellness | 145 N. 4th St.  
Lewiston, 523-9965  
Adult Classes, Personal Training |
| Empire United Soccer Academy | 403 Main St., Ste. 200  
Buffalo, 408-8738  
Youth Soccer |
| Empower Girls Buffalo | 235 McKinley Pkwy.  
Buffalo, 866-4911  
Youth Camp |
| Empower Girls Buffalo | 1475 Orchard Park Rd.  
West Seneca, 866-4911  
Youth Camp |
| EMW Baseball Softball | P.O. Box107  
Elma, 655-3569  
Youth Baseball |
| Enhanced Human Performance | 8672 Main St.  
Clarence, 565-9347  
Sports and Fitness Programs, Gym |
| Esporta Fitness | 3040 Sheridan Dr.  
Amherst, 541-0648  
69 Delaware Ave.  
Buffalo, 845-6660  
3733 Union Rd.  
Cheektowaga, 391-9110  
5089 Transit Rd.  
Clarence, 810-1004  
1867 West Ridge Rd.  
Greece, (585) 441-3899  
3701 McKinley Pkwy.  
Hamburg, 249-3190  
6610 Niagara Falls Blvd.  
Niagara Falls, 205-3333  
1600 East Ridge Rd.  
Rochester, (585) 797-0414  
100 Marketplace Dr.  
Rochester, (585) 797-0411  
929 Holt Rd.  
Webster, (585) 236-4359 |
| Esporta Fitness con’t | 1012 Union Rd.  
West Seneca, 324-2476  
Gym, Personal Training, Adult Group Fitness |
| Eugen’s Dance Studio | 730 Orchard Park Rd.  
West Seneca, 675-3128  
Youth Dance |
| Evolution Yoga | 476 Rhode Island St.  
Buffalo, 882-4151  
Yoga |
| Excelsior Orthopaedics | 3925 Sheridan Dr.  
Amherst, 250-6500  
Youth Sports Training |
| F45 Training Amherst | 3202 Sheridan Dr.  
Amherst, 909-2929  
Adult Group Fitness |
| F45 Training East Amherst | 9570 Transit Rd., Ste. 250  
East Amherst, 666-2444  
Gym, Personal Training, Adult Group Fitness |
| F45 Training Black Rock | 166 Chandler St.  
Buffalo, 525-0009  
Fitness Classes, Personal Training |
| F45 Training Hamburg | 4953 Camp Rd., Ste. C  
Hamburg, 536-4875  
Fitness Classes |
| F45 Training Williamsville | 5475 Sheridan Dr.  
Williamsville, 770-5356  
Fitness Classes |
| F45 Training Windom | 3144 Orchard Park Rd.  
Orchard Park, 428-1999  
Gym, Personal Training, Adult Group Fitness |
| Farfalla Fitness | 3465 Broadway St.  
Cheektowaga, 380-5897  
Group Fitness Classes |
| Fast Fitness for Women | 3825 Bates Rd.  
Medina, (585) 318-4003  
Gym |
| Fierce Fitness | 167 Ashland Ave.  
Buffalo, 715-8682  
Gym, Personal Training |
| Fight Night Boxing Club | 2421 Hyde Park Blvd.  
Niagara Falls, 930-6660  
Instructional and Recreational Sport Camps, Lessons, Programs |
| First Athletics & Sports Training | Northtown Center at Amherst  
1615 Amherst Manor Dr.  
Williamsville, 632-2799  
Children’s Sports and Training, Yoga, Pilates, Gym |
| Fit 716 | 3366 Sheridan Dr.  
Amherst, 444-0018  
Gym, Personal Training |
| Fit Happenz | 2540 George Urban Blvd.  
Depew, 688-4155  
Fitness Classes |
| Fit House | 3495 Delaware Ave.  
Buffalo, 866-8330  
Personal Training |
| Fit Method | 172 Robinson St.  
N. Tonawanda, 389-0438  
Group Fitness, Personal Training, Youth Zumba, Youth Bootcamp |
| The Fit Physique | 2827 Delaware Ave.  
Kenmore, 877-1105  
Children’s Classes, Gym |
| The Fit Stop | 3631 Main St.  
Strykersville, (585) 457-3386  
Gym |
| Fit Women Fitness Center | 556 East 2nd St.  
Jamestown, 708-6543  
Gym Membership, Fitness Classes |
| Fitch Fitness Solutions | 3685 Southwestern Blvd.  
Orchard Park, 830-0145  
Group Fitness, Personal Training |
| Fitness 19 | 6375 Transit Rd.  
Depew, 651-1919  
Gym |
| Fitness 19 | 800 Harlem Rd.  
West Seneca, 825-1919  
Gym |
| Fitness 19 | 722 Maple Rd.  
Williamsville, 688-1911  
Gym |
| The Fitness Bunker | 9 West Summit  
Lakewood, 526-4031  
Gym Membership, Personal Training |
| The Fitness Connection | 12399 Olean Rd. and Rte. 16  
Chaffee, 496-8812  
Gym |
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

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

Flips Gymnastic and Sport
6017 South Transit Rd.
Lockport, 433-8811
Children’s Sports
Gymnastics, Tumbling, Dance

Fly Spin Club LLC
33 Elm St.
East Aurora, 805-1883
Group Fitness, Cycle Classes

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

Free Soul Dance
4271 Lake Ave.
Hamburg, 998-3471
Youth Dance

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

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 Sheridan Dr.
Williamsville, 580-3362
Gym Membership, Personal Training

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

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

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

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

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

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

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

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

Gotta Dance by Miss Amy
28 West Bank St.
Albion, (585) 354-2320
Dance Studio

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Inferno Baseball
3950 Broadway
Depew, 681-3001
Youth Baseball

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Krav Maga Ne Regional
8200 Main St.
Williamsville, 565-9568
Karate School, Tai Chi, Gym

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

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

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

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

Ladies First Fitness
52 Main St.
Leroy, (585) 768-9555
Gym

Lake Chaotauqua Lutheran Center
5013 Rte. 430
Bemus Point, 386-4125
Children’s Day Camp

Lake Chautauqua Lutheran Center
5862 Old Lake Shore Rd.
Derby, 947-9400
Swim Club

Lakewood Family YMCA
183 East Fairmount Ave.
Lakewood, 763-0303
Children’s Sports
After-School Activity Programs
Children’s Day Camp, Yoga, Pilates, Gym

Lancaster Central School
1 Forton Dr.
Lancaster, 686-3262
Swim Club/Yoga

Lancaster Depew Baseball League
175 Pavement Rd.
Lancaster, 686-0130
Youth Baseball

Lancaster Depew Soccer Club
200 Ransom Rd.
Lancaster, 864-1460
Youth Soccer

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

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

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

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

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

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

Lifestyle Health and Fitness
3376 Niagara Falls Blvd.
N. Tonawanda, 361-4415
Personal Training, Yoga

The Little Gym of Williamsville
8175 Sheridan Dr., Ste. 500
Williamsville, 475-4433
Sports Programs, Camps, Lessons
Live Fit
4367 Walden Ave.
Lancaster, 706-1058
Personal Training, Pilates, Gym

The Live Well Center
15 S. Main St., Ste. 15
Jamestown, 488-2322
Gym Membership, Personal Training

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

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

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

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

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

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

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

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

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
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

The M.O.G.
1801 Grand Island Blvd.
Grand Island, 773-1600
Fit Kid Classes
Yoga, Pilates, Tai Chi, Gym
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>The M.O.G.</td>
<td>1491 Sheridan Dr., Ste. 300</td>
<td>871-1100</td>
<td>Gym, Yoga, Pilates, Tai Chi</td>
</tr>
<tr>
<td>The M.O.G. at Brierwood, Inc.</td>
<td>3040 Amsdell Rd., Ste. 207B</td>
<td>649-0444</td>
<td>Yoga, Pilates, Tai Chi</td>
</tr>
<tr>
<td>The M.O.G. at Jericho Road</td>
<td>1021 Broadway</td>
<td>529-3020</td>
<td>Gym, Fitness Classes, Personal Training</td>
</tr>
<tr>
<td>The M.O.G. at Orthosports, PT</td>
<td>8637 Main St.</td>
<td>634-1578</td>
<td>Yoga, Pilates, Tai Chi</td>
</tr>
<tr>
<td>Modern Movement Dance Studio</td>
<td>861 Brighton Rd.</td>
<td>836-8139</td>
<td>Youth Dance</td>
</tr>
<tr>
<td>Monkey See, Monkey Do Camp</td>
<td>9060 Main St.</td>
<td>218-4121</td>
<td>Camp</td>
</tr>
<tr>
<td>Moore Mindful Fitness, Inc.</td>
<td>11 East Main St.</td>
<td>232-4201</td>
<td>Gym Memberships, Fitness Classes</td>
</tr>
<tr>
<td>Mother Earth Studio</td>
<td>241 Garden St.</td>
<td>433-8782</td>
<td>Yoga, Tai Chi</td>
</tr>
<tr>
<td>Move Wysely</td>
<td>2207 Sweet Home Rd.</td>
<td>583-0052</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Moving Miracles</td>
<td>954 Union Rd., Ste. 1</td>
<td>656-1321</td>
<td>Special Needs Dance, Programs for Children</td>
</tr>
<tr>
<td>Natural Pain Management &amp; Wellness</td>
<td>8600 Main St., Ste 2</td>
<td>616-9000</td>
<td>Yoga, Pilates, Tai Chi</td>
</tr>
<tr>
<td>Neglia Ballet</td>
<td>2495 Main St., Ste. 600</td>
<td>447-0401</td>
<td>Dance Lessons</td>
</tr>
<tr>
<td>NexGen Fitness</td>
<td>50 Fountain Plaza, Ste. 110</td>
<td>455-0555</td>
<td>Personal Training</td>
</tr>
<tr>
<td>Next Level Bootcamp by GCope Fitness</td>
<td>3563 Sheridan Dr.</td>
<td>860-7546</td>
<td>Fitness Classes, Personal Training, Online Subscriptions</td>
</tr>
<tr>
<td>Next Level Lax</td>
<td>Nichols School</td>
<td>510-3067</td>
<td>Youth Lacrosse</td>
</tr>
<tr>
<td>Next Level Lax</td>
<td>Nichols School</td>
<td>510-3067</td>
<td>Youth Lacrosse</td>
</tr>
<tr>
<td>Next Level Training</td>
<td>500 Seneca St.</td>
<td>860-9027</td>
<td>Personal Training, Fitness Classes</td>
</tr>
<tr>
<td>Niagara Falls Memorial Medical Center</td>
<td>621 Tenth St.</td>
<td>215-0723</td>
<td>Youth Football, Soccer, Basketball, Hockey and General Sports Camps, Pilates</td>
</tr>
<tr>
<td>Niagara Police Athletic League Soccer Club</td>
<td>4455 Porter Ave.</td>
<td>283-1332</td>
<td>Youth Soccer Club</td>
</tr>
<tr>
<td>Niagara Climbing Center</td>
<td>1333 Strad Ave.</td>
<td>695-1248</td>
<td>Yoga Practice, Climbing Passes, Classes, Lessons and Membership</td>
</tr>
<tr>
<td>Niagara University</td>
<td>Kiernan Center, 286-8055</td>
<td>286-8055</td>
<td>Children’s Sports and Fitness Programs, Gym, Yoga</td>
</tr>
<tr>
<td>Niagara University Athletic Camps</td>
<td>Niagara University, 286-8600</td>
<td>286-8600</td>
<td>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)</td>
</tr>
<tr>
<td>Niagara University Lacrosse Camps</td>
<td>Niagara University, 286-8757</td>
<td>286-8757</td>
<td>Youth Lacrosse</td>
</tr>
<tr>
<td>Niagara Wheatfield Athletics Alumni</td>
<td>P.O. Box 280</td>
<td>583-0633</td>
<td>Youth Sports Programs</td>
</tr>
<tr>
<td>Nickel City Dance and Fitness Ctr.</td>
<td>2454 Elmwood Ave.</td>
<td>712-4623</td>
<td>Group Fitness Classes, Youth Dance Classes</td>
</tr>
<tr>
<td>Nickel City Race Club</td>
<td>School Pools</td>
<td>480-1919</td>
<td>Youth Swim Club</td>
</tr>
<tr>
<td>Nickel City Splash</td>
<td>4582 Ridgeview Dr. S.</td>
<td>645-3145</td>
<td>Swim Programs</td>
</tr>
<tr>
<td>North Tonawanda Athletic Association</td>
<td>1241 Strad Ave.</td>
<td>479-4195</td>
<td>Youth Cheerleading, Youth Football, Youth Lacrosse</td>
</tr>
<tr>
<td>Northern Chautauqua County Youth Hockey Association</td>
<td><a href="http://www.northtownssoccer.org">www.northtownssoccer.org</a></td>
<td>318-3183</td>
<td>Youth Hockey</td>
</tr>
<tr>
<td>Niagara Falls Physical Therapy</td>
<td>25 South West St.</td>
<td>468-2020</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Nutrition Concepts</td>
<td>3685 Southwestern Blvd.</td>
<td>662-2408</td>
<td>Personal Training</td>
</tr>
<tr>
<td>NY Icons of Buffalo</td>
<td>10060 County Rd.</td>
<td>790-0057</td>
<td>Youth Programming</td>
</tr>
<tr>
<td>Oakfield Fitness</td>
<td>116 N. Main St.</td>
<td>861-8995</td>
<td>Gym Membership</td>
</tr>
<tr>
<td>Olean Sport &amp; Wellness Center</td>
<td>3445 S. West St.</td>
<td>908-4477</td>
<td>Yoga</td>
</tr>
<tr>
<td>Oasis Yoga and Wellness</td>
<td>3445 S. West St.</td>
<td>864-1194</td>
<td>Yoga</td>
</tr>
<tr>
<td>Nickel City Splash</td>
<td>4582 Ridgeview Dr. S.</td>
<td>645-3145</td>
<td>Swim Programs</td>
</tr>
<tr>
<td>North Tonawanda Athletic Association</td>
<td>1241 Strad Ave.</td>
<td>479-4195</td>
<td>Youth Cheerleading, Youth Football, Youth Lacrosse</td>
</tr>
<tr>
<td>Northern Chautauqua County Youth Hockey Association</td>
<td><a href="http://www.northtownssoccer.org">www.northtownssoccer.org</a></td>
<td>318-3183</td>
<td>Youth Hockey</td>
</tr>
<tr>
<td>Niagara Falls Physical Therapy</td>
<td>25 South West St.</td>
<td>468-2020</td>
<td>Gym, Personal Training</td>
</tr>
<tr>
<td>Nutrition Concepts</td>
<td>3685 Southwestern Blvd.</td>
<td>662-2408</td>
<td>Personal Training</td>
</tr>
<tr>
<td>NY Icons of Buffalo</td>
<td>10060 County Rd.</td>
<td>790-0057</td>
<td>Youth Programming</td>
</tr>
<tr>
<td>Oakfield Fitness</td>
<td>116 N. Main St.</td>
<td>861-8995</td>
<td>Gym Membership</td>
</tr>
<tr>
<td>Olean Sport &amp; Wellness Center</td>
<td>3445 S. West St.</td>
<td>908-4477</td>
<td>Yoga</td>
</tr>
<tr>
<td>Oasis Yoga and Wellness</td>
<td>3445 S. West St.</td>
<td>864-1194</td>
<td>Yoga</td>
</tr>
</tbody>
</table>
Olean YMCA
1101 Wayne St.
Olean, 373-2400
Children’s Sports
Swim Lessons
After-School Activities
Day Camp
Gym

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

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

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

Orange Theory Fitness
1551 Niagara Falls Blvd.
Amherst, 970-4441

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

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

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

Orange Theory Fitness
1551 Niagara Falls Blvd.
Amherst, 970-4441

3701 McKinley Parkway
Blasdell, 338-4630

4900 Transit Rd., Ste. 400
Depew, 247-5005

8242 Transit Rd.
Williamsville, 200-1350
Group Fitness Classes, Gym, PT

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

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

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

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

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

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

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
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

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

Pride Martial Arts Academy
9135 Sheridan Dr.
Clarence, 565-0202
Martial Arts, Tai Chi

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

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

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

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

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

Proformance Sports Training
Northtown Center at Amherst
1615 Amherst Manor Dr., 2nd Flr.
Williamsville, 632-2799
Youth Sports Camps, Personal Training

Pump It Up Fitness
10745 Bennett Rd.
Dunkirk, 640-6803
Personal Training/Group Fitness, Youth Gymnastics

Pure Barre Buffalo
7660 Transit Rd.
Buffalo, 276-3570
Group Fitness Classes

Queen City Cycling
830 Abbott Rd.
Buffalo, 903-3236
Adult Group Classes

Radisson Niagara Falls – Grand Island
100 Whitehaven Rd.
Grand Island, 773-0729
Children’s Swimming Lessons, Yoga, Pilates, Gym

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

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

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

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

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

Ref arguing with Rachel
220 Joseph Dr.
Tonawanda, 380-0738
Group Fitness Classes, Personal Training

Refuse 2 Lose Martial Arts
214 East Main St., Ste. 7
Batavia, (585) 813-4137
Youth Martial Arts

Regenesis Wellness, LLC
6456 New Taylor Rd.
Orchard Park, 863-7939
Pilates

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

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

River View 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 Camp/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 Hickory 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

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
175 Edgar Ave.
Tonawanda, 479-0211
Youth Soccer

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

Soma Cura Wellness Center
2710 Grand Island Blvd.
Grand Island, 1-855-SOMACURA
Yoga, Tai Chi

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

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

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

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

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

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

The Studio at Anthony’s
3882 N. Buffalo Rd.
East Aurora, 867-0232
Group Fitness, Personal Training

Studio J
43 Kenmore Ave.
Amherst, 833-2623
Youth Dance

Studio Sophia, LLC
1094 Hertel Ave.
Buffalo, 903-1009
Personal Training, Yoga, Pilates

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

Symmetry Pilates Studio
6179 West Quaker Rd.
Orchard Park, 662-6674
Pilates

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
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

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

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

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

Time To Dance
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 Gleed Ave.
East Aurora, 652-8866
Youth Activities

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

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

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

Town of Tonawanda Aquatic and Fitness Center
1 Pool Plaza
Buffalo, 876-7244
Children’s Swim Lessons
Yoga, Tai Chi, Pilates

Town of Tonawanda Aquettes
212 Lowell Rd.
Kenmore, 876-7244
Youth Swimming

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

World Class Karate
6929 Erie Rd.
Derby, 510-5755
Classes, Lessons

Wyoming County YMCA
115 Linwood Ave.
Warwick, (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
Youth 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.
Hinton, 692-2738
Youth Martial Arts Classes

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

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

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

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

YWCA of Corry
906 North Center St.
Corry, (814) 664-7757
After-School Activities
Children’s Classes
Children’s Day Camp
Yoga, Pilates, 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 Nottington Terr.
Buffalo, 868-1578
Group Fitness Classes

Zumba Gold with Jaime
4625 Harlem Rd.
Snyder, 491-3830
Zumba

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

ONLINE FITNESS SUBSCRIPTIONS

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

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

Headspace
Online Fitness Subscription

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

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

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

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

SPECIALTY FITNESS STORES

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

Bert’s Bikes & Fitness
4857 Transit Rd.
Depew, 646-0028
100 Jay Scutti Blvd.
Henrietta, (585) 424-5777
4050 Southwestern Blvd.
Orchard Park, 903-7666
1550 Niagara Falls Blvd.
Tonawanda, 903-7666
Fitness Equipment

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

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

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

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

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

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

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

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

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

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

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

ACUPUNCTURISTS

Austin, Stacey, L.Ac
WNY Acuhealth
205 Green St.
Lockport, 628-3802

Barclay, Derek, L.Ac
12 Buffalo St.
Bergen, (585) 709-1482

Cardinale, Chet, L.Ac
1046 Walden Ave.
Cheektowaga, 893-4664

Fu, Zhipei, L.Ac
19 Limestone #6
Williamsville, 633-6288

Greene, Constance, L.Ac
6000 North Bailey Ave.
Amherst, 834-5809

Iannaccone, Marc, L.Ac
656 Elmwood Ave.
Buffalo, 548-8981

Lau, Herbert, L.Ac
5859 Transit Rd.
East Amherst, 688-1768

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

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

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

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

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

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

Wilkinson, Elaine, L.AC
12 Buffalo St.
Bergen, (585) 709-1482

Zhan, James, L.Ac
8962 Porter Rd.
Niagara Falls, 297-7669

COMMUNITY PARTNERS

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

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

Buffalo RiverWorks
359 Ganson St.
Buffalo, 342-2292
Sport & Recreational Activities,
Camps & Programs

D’Avolio
535 Main St.
Buffalo, 342-2167
9570 Transit Rd.
E. Amherst, 932-7471
5409 Main St.
Williamsville, 810-9354
Oils, Vinegars and Dry Goods

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

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

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

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

Reddy Bikeshare
640 Ellicott St.
Buffalo, 407-7474
Bike Rentals
<table>
<thead>
<tr>
<th>MASSAGE THERAPISTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achkar, Tammy, LMT</td>
</tr>
<tr>
<td>13195 Broadway St.</td>
</tr>
<tr>
<td>Alden, 937-3150</td>
</tr>
<tr>
<td>3648 Seneca St.</td>
</tr>
<tr>
<td>West Seneca, 771-1354</td>
</tr>
<tr>
<td>Advanced Body Care</td>
</tr>
<tr>
<td>5132 Transit Rd.</td>
</tr>
<tr>
<td>Depew, 681-0071</td>
</tr>
<tr>
<td>Albert, Rebecca, LMT</td>
</tr>
<tr>
<td>4053 Maple Rd., Ste.102</td>
</tr>
<tr>
<td>Amherst, 316-2511</td>
</tr>
<tr>
<td>Aldridge, Sandra, LMT</td>
</tr>
<tr>
<td>1201 Colvin Blvd., Ste.3</td>
</tr>
<tr>
<td>Tonawanda, 445-8181</td>
</tr>
<tr>
<td>Aldridge-Szatkowski, Jaime, LMT</td>
</tr>
<tr>
<td>Tender Kneads</td>
</tr>
<tr>
<td>373 Davison Road, Back</td>
</tr>
<tr>
<td>Lockport, 866-4863</td>
</tr>
<tr>
<td>Allen, Laureen, LMT</td>
</tr>
<tr>
<td>7166 Boston State Rd.</td>
</tr>
<tr>
<td>Eden, 208-9975</td>
</tr>
<tr>
<td>Armstrong, Kenneth, LMT</td>
</tr>
<tr>
<td>229 Main St.</td>
</tr>
<tr>
<td>Hamburg, 906-2087</td>
</tr>
<tr>
<td>Bailor-Goodlander, Christine, LMT</td>
</tr>
<tr>
<td>The Body Essential</td>
</tr>
<tr>
<td>5225 Sheridan Dr.</td>
</tr>
<tr>
<td>Williamsville, 626-4466</td>
</tr>
<tr>
<td>Barnes, Bridget, LMT</td>
</tr>
<tr>
<td>46 West Buffalo St.</td>
</tr>
<tr>
<td>Warsaw, (585) 786-3590</td>
</tr>
<tr>
<td>Bennett Timkey, Joanne, LMT</td>
</tr>
<tr>
<td>23 Jefferson St.</td>
</tr>
<tr>
<td>Ellicottville, 699-8996</td>
</tr>
<tr>
<td>Bergmann, Beth, LMT</td>
</tr>
<tr>
<td>5136 Sheridan Dr., Ste.1A</td>
</tr>
<tr>
<td>Williamsville, 626-4466</td>
</tr>
<tr>
<td>Bialecki, Jo'Ann, LMT</td>
</tr>
<tr>
<td>3140 Sheridan Dr., Ste. 215</td>
</tr>
<tr>
<td>Amherst, 949-2810</td>
</tr>
<tr>
<td>Blu Spa &amp; Salon</td>
</tr>
<tr>
<td>3030 Orchard Park Ave.</td>
</tr>
<tr>
<td>West Seneca, 675-2258</td>
</tr>
<tr>
<td>The Body Bar</td>
</tr>
<tr>
<td>40 Gardenville Pkwy. W.</td>
</tr>
<tr>
<td>West Seneca, 308-6493</td>
</tr>
<tr>
<td>Boka, Emily, LMT</td>
</tr>
<tr>
<td>853 Brighton Rd.</td>
</tr>
<tr>
<td>Tonawanda, 534-9614</td>
</tr>
<tr>
<td>Bowman Chiropractic</td>
</tr>
<tr>
<td>Monica Spencer, LMT</td>
</tr>
<tr>
<td>3868 East Robinson Rd.</td>
</tr>
<tr>
<td>Amherst, 564-2225</td>
</tr>
<tr>
<td>Brachman, Jaclyn, LMT</td>
</tr>
<tr>
<td>90 Hamburg St.</td>
</tr>
<tr>
<td>East Aurora, 655-2533</td>
</tr>
<tr>
<td>271 W. Main St.</td>
</tr>
<tr>
<td>Springville, 655-2533</td>
</tr>
<tr>
<td>Brainard, Donna, LMT</td>
</tr>
<tr>
<td>611 Oakwood Ave.</td>
</tr>
<tr>
<td>East Aurora, 572-2817</td>
</tr>
<tr>
<td>Bridges, Donna, LMT</td>
</tr>
<tr>
<td>5324 Rogers Rd.</td>
</tr>
<tr>
<td>Hamburg, 830-7511</td>
</tr>
<tr>
<td>Buchwald, Tricia, LMT</td>
</tr>
<tr>
<td>466 Evans St.</td>
</tr>
<tr>
<td>Williamsville, 308-6493</td>
</tr>
<tr>
<td>Buckmaster, Joan, LMT</td>
</tr>
<tr>
<td>2323 Old Lake Rd.</td>
</tr>
<tr>
<td>Ransomville, 208-4565</td>
</tr>
<tr>
<td>Buffalo Massage Therapy Center</td>
</tr>
<tr>
<td>337 Cleveland Dr., Ste. 2</td>
</tr>
<tr>
<td>Buffalo, 923-3769</td>
</tr>
<tr>
<td>245 Hastings Ave.</td>
</tr>
<tr>
<td>Buffalo, 923-3769</td>
</tr>
<tr>
<td>Burnham-Fechner, Kim, LMT</td>
</tr>
<tr>
<td>736 Center St., Ste. B</td>
</tr>
<tr>
<td>Lewiston, 628-4636</td>
</tr>
<tr>
<td>Callahan, Janelle, LMT</td>
</tr>
<tr>
<td>229 Lake St.</td>
</tr>
<tr>
<td>Hamburg, 566-8828</td>
</tr>
<tr>
<td>Campbell, Teresa, LMT</td>
</tr>
<tr>
<td>400 International Dr.</td>
</tr>
<tr>
<td>Williamsville, 947-0139</td>
</tr>
<tr>
<td>7060 Erie Rd.</td>
</tr>
<tr>
<td>Derby, 947-0139</td>
</tr>
<tr>
<td>Catania, Angela, LMT</td>
</tr>
<tr>
<td>1223 Military Rd.</td>
</tr>
<tr>
<td>Tonawanda, 913-0410</td>
</tr>
<tr>
<td>Cartus, Kelly, LMT</td>
</tr>
<tr>
<td>5225 Sheridan Dr.</td>
</tr>
<tr>
<td>Williamsville, 626-4466</td>
</tr>
<tr>
<td>Chatham, Jennifer, LMT</td>
</tr>
<tr>
<td>2157 Main St.</td>
</tr>
<tr>
<td>Buffalo, 862-1386</td>
</tr>
<tr>
<td>Cole, JoAnne, LMT</td>
</tr>
<tr>
<td>91 E. Fourth St.</td>
</tr>
<tr>
<td>Dunkirk, 363-0900</td>
</tr>
<tr>
<td>Condoluci, Gary LMT</td>
</tr>
<tr>
<td>243 South Main St., Ste. 128</td>
</tr>
<tr>
<td>Albion, (585) 727-1410</td>
</tr>
<tr>
<td>Coogan, Nathan, LMT</td>
</tr>
<tr>
<td>3 West Ave.</td>
</tr>
<tr>
<td>Leroy, (585) 315-6812</td>
</tr>
<tr>
<td>433 N. Main St.</td>
</tr>
<tr>
<td>Warsaw, (585) 315-6812</td>
</tr>
<tr>
<td>Corcimiglia, Debra, LMT</td>
</tr>
<tr>
<td>500 S. Cascade Dr.</td>
</tr>
<tr>
<td>Springville, 560-9884</td>
</tr>
<tr>
<td>Coseglia, Laura, LMT</td>
</tr>
<tr>
<td>1 Brighton Rd.</td>
</tr>
<tr>
<td>Tonawanda, 481-2233</td>
</tr>
<tr>
<td>Crane, Sherry, LMT</td>
</tr>
<tr>
<td>2157 Main St.</td>
</tr>
<tr>
<td>Buffalo, 862-1386</td>
</tr>
<tr>
<td>Cummings, Dawn, LMT</td>
</tr>
<tr>
<td>5250 Genesee St.</td>
</tr>
<tr>
<td>Bowmansville, 430-7755</td>
</tr>
<tr>
<td>70 Jane Dr.</td>
</tr>
<tr>
<td>Cheektowaga, 430-7755</td>
</tr>
<tr>
<td>Dempsey, Margaret, LMT</td>
</tr>
<tr>
<td>1953 Ridge Rd.</td>
</tr>
<tr>
<td>Orchard Park, 675-4134</td>
</tr>
<tr>
<td>Destination Massage</td>
</tr>
<tr>
<td>Karen Roth, LMT</td>
</tr>
<tr>
<td>9500 Main St., #400</td>
</tr>
<tr>
<td>Clarence, 407-3357</td>
</tr>
<tr>
<td>Devine, Danielle, LMT</td>
</tr>
<tr>
<td>141 Chahtaqua Ave.</td>
</tr>
<tr>
<td>Lakewood, 763-7665</td>
</tr>
<tr>
<td>Dickinson Therapeutic Massage</td>
</tr>
<tr>
<td>1201 Colvin Blvd., Ste. 3</td>
</tr>
<tr>
<td>Tonawanda, 446-1244</td>
</tr>
<tr>
<td>Dossett, Jennifer, LMT</td>
</tr>
<tr>
<td>3648 Seneca St.</td>
</tr>
<tr>
<td>West Seneca, 771-0142</td>
</tr>
<tr>
<td>D stressme</td>
</tr>
<tr>
<td>Jennifer A Rivier, LMT</td>
</tr>
<tr>
<td>4000 Main St.</td>
</tr>
<tr>
<td>Amherst, 603-5700</td>
</tr>
<tr>
<td>Elle Therapeutic Massage PC</td>
</tr>
<tr>
<td>Stephanie Gajewski, LMT</td>
</tr>
<tr>
<td>Joy Glover, LMT</td>
</tr>
<tr>
<td>Jason Gortzig, LMT</td>
</tr>
<tr>
<td>Nina Nadolny, LMT</td>
</tr>
<tr>
<td>1909 Union Rd.</td>
</tr>
<tr>
<td>West Seneca, 675-3380</td>
</tr>
<tr>
<td>Elwell, Sharan, LMT</td>
</tr>
<tr>
<td>2157 Main St.</td>
</tr>
<tr>
<td>Buffalo, 862-1386</td>
</tr>
<tr>
<td>2340 Bowen Rd.</td>
</tr>
<tr>
<td>Elma, 997-9020</td>
</tr>
<tr>
<td>Feldman, Samantha, LMT</td>
</tr>
<tr>
<td>Destination Massage</td>
</tr>
<tr>
<td>9500 Main St., Ste. 400</td>
</tr>
<tr>
<td>Clarence, 997-7496</td>
</tr>
<tr>
<td>Felicetta, Erika, LMT</td>
</tr>
<tr>
<td>167 Ashland Ave.</td>
</tr>
<tr>
<td>Buffalo, 551-0970</td>
</tr>
<tr>
<td>Fieg1, Susan, LMT</td>
</tr>
<tr>
<td>9450 Transit Rd.</td>
</tr>
<tr>
<td>East Amherst, 861-4546</td>
</tr>
<tr>
<td>Fundalinski, Suzanne, LMT</td>
</tr>
<tr>
<td>2400 Main St.</td>
</tr>
<tr>
<td>Buffalo, 598-3607</td>
</tr>
</tbody>
</table>
Ordon, Justin, LMT
2711 Transit Road, Ste. 130
Elma, 706-0005

Orffeo, Andres, LMT
2122 Eggert Rd., Ste. 1
Amherst, 834-6001

Orffeo, Ann East, LMT
2122 Eggert Rd., Ste. 1
Amherst, 834-6001

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

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

Puglisi, Gina, LMT
920 Main St.
Niagara Falls, 940-0411

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

Radice, Stephanie, LMT
12399 Olean Rd.
Chaffee, 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

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 Niagra 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

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

Strickland, Stacey, LMT
147 Hazelwood Ave.
Buffalo, 602-2030
3648 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
6728 Main St.
Williamsville, 812-9825

Townsend, Joshua, LMT
705 North Union St.
Olean, 373-1050

Townsend, Steven, LMT
54 Carolina St.
Springville, 592-3187

Tranquil Touch
Kimberly Wolschlagler, 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**

716 Fresh
6120 Seneca St.
Elma, 713-7614
Healthy 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
400 Commerce Dr., Ste. 700
Victor
3525 Seneca St.
West Seneca
1612 Hopkins Rd.
Williamsville
4125 Transit Rd.
Williamsville
Healthy Prepared Meals

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

Marketplace Meal Kits
via Zipongo.com
5215 Hellyer Ave.
San Jose, CA, (855) 204-7597
Prepared Meals, Meal Kits

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

Lakewood Apothecary & Natural Health Center
130 Chautauqua Ave.
Lakewood, 763-0016
Vitamins & Herbs

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

Natural Health Solutions
7657 Abbott Hill Rd.
Boston, 867-6718
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

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

WEIGHT LOSS PROGRAMS

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

The Diet Center
1515 Kensington Ave.
Buffalo, 320-1515
5889 South Transit Rd.
Lockport, 320-1515
Ideal Protein 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
4244 Delaware Ave.
Tonawanda, 631-8446
1066 Union Rd.
West Seneca, 677-0209
8241 Sheridan Dr.
Williamsville, 632-2318
Ideal Protein Program

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

Niagara Apothecary, Inc.
8745 Niagara Falls Blvd.
Niagara Falls, 297-3530
Diet Classes, Programs

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

To register, visit
wellness.weightwatchers.com

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

©2022 Independent Health Association, Inc. IH32800 REV1022