



Health and Wellness Network

Participating Vendor Listing: **Health Extras**SM

The following list of health and wellness network participating vendors was updated as of June 1, 2026.

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. Health Extras can only be used on services or items approved in this listing and cannot be used for the purchase of gift cards. 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

9Round Kickboxing Fitness

8586 Transit Rd.
E. Amherst, 689-0090
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

Academy Stars Baseball

3701 McKinley Pkwy.
Blasdell, 823-3001
Instructional and Recreational Sports Lessons and Programs

Achieve Personal Fitness

9 Bernhardt Dr.
Amherst, 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

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

Amy T Pilates, Inc.

2818 Delaware Ave.
Kenmore, 868-6847
Adult Fitness Classes

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

445 Main St.
Youngstown, 248-0250
Gym Membership, Personal Training

Applied Fitness, Inc.

5651 Main St.
Williamsville, 380-2448
Personal Training

Aqua-Tots Swim School (ATTS Amherst, LLC)

4998 Harlem Rd.
Amherst, 242-5255
Instructional Sports and Recreation and Camps; Swim Classes

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
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

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

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

Bigger Stronger Smarter Enterprises, LLC

477 South Transit Road, Ste. 100
Lockport, 433-3400
Adult Fitness Classes, Personal Training, Gym Membership

Bill Adams Martial Arts

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

Blackbox Wellness, LLC

7286 Olean Rd.
South Wales, 341-7273
Fitness Membership, Adult Fitness Classes, Personal Training, Vitamins

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 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

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 Buffalo

282 Babcock St.
Buffalo, 825-1016
Instructional Sports and Recreation and Camps

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*

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

4068 Lake Rd. N.
Brockport, (585) 637-6233
Dance Lessons and Programs

Buff & Flo

3385 Orchard Park Rd., Ste. B
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

5660 Clinton St.
Elma, 901-4263
Yoga, Youth and Family Dance Classes

Buffalo Envy All Stars, Inc.

2600 Hamburg Turnpike
Buffalo, 822-2572
Cheerleading Classes

Buffalo Health and Fitness

1909 Sheridan Dr.
Buffalo, 242-5244
Full Scale Gym Membership, Fitness Classes

Buffalo Multifit

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

Buffalo Racquet Club

111 Twyla 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 Scuba

5777 Camp Rd.
Hamburg, 648-3483
Instructional and Recreational Sport Camps, Lessons, Programs

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 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

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 @ NFMCC

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

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

Centaur Stride

8488 Jones Rd.
Sherman, 326-4318
Instructional Sports, Recreational Sports Manual Reimbursement Only

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

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

Clique Cycling & Fitness

5455 Webster Rd.
Orchard Park, 948-7433
Fitness Classes, Gym, Fitness Subscriptions

Club Pilates Williamsville

8060 Transit Rd.
Williamsville, 444-7468
Adult Fitness Classes

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

**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

531 Virginia St., Ste. 2
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 Redeemed

6091 Seneca St.
Elma, 309-4700
*Adult Fitness Classes, Full-Scale Gym
and Sports and Recreation*

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

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

The Dance Collective

7070 Seneca St.
Elma, 970-8214
*Recreational and Instructional Sport
Classes, Dance Classes*

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 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

E A Fitness

123 Grey St.
East Aurora, 652-1265
Gym

Eade Fitness 24/7

502 North Union St.
Olean, 372-9444
Gym, Yoga

East 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

3376 Niagara Falls Blvd.
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

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

Evolution Spin

5 Fairdale Ave., Ste. 5B
Lakewood, 338-7696
*Full Scale Gym, Adult Fitness Classes,
Personal Training*

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

4492 Riley Rd.
Hamburg, 536-4875
Fitness Classes

F45 Training Williamsville

5475 Sheridan Dr.
Williamsville, 770-5356
Fitness Classes

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

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*

Flow Fitness and Wellness

613 Oakwood Ave.
East Aurora, 714-9245
Personal Training

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 Circle Mind and Body

400 Plain St.
Lewiston, 998-6656
Adult Fitness Classes, Yoga Classes

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
3310 Southwestern Blvd.
Orchard Park, 293-2836
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 Junior Football, Inc.

1715 Bedell Rd.
Grand Island, 574-5776
Recreational Sports, Instructional Sports

Grand Island Little League

[https://clubs.bluesombrero.com/
grandislandll](https://clubs.bluesombrero.com/grandislandll)
Grand Island, 465-6678
Sports and Camps

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

Greenfields Health and Rehabilitation Center

5949 Broadway
Lancaster, 684-0202
Full Scale Gym Membership, Fitness 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

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, 317-1561
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

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 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

Joy Yoga 716
60 E. Spring St.
Williamsville, 462-8846
Adult Fitness Classes

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

Justin Draper Training
4687 Transit Rd.
Williamsville, 568-9057
Gym Membership, Fitness Classes, Personal Training

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
306 Pearl St. (2nd Floor)
Medina, (585) 640-0846
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

Legacy X Fitness
134 Lockport St.
Youngstown, 467-7011
Adult Fitness Classes, Personal Training

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

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

55 Broadway Mall
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

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 Lacrosse

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 Frontier Volleyball

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

Niagara Jr. Purple Eagles

P.O. Box 1752
Niagara University, 912-4300
Instructional Sports and Recreation
and Camps

**Niagara Police Athletic League
Soccer Club**

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

Niagara University

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

Niagara University Athletic Camps

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

North Tonawanda Wrestling Club

285 Selkirk Dr.
North Tonawanda, 598-1518
Sports and Recreation Programs

**Northern Chautauqua County
Youth Hockey Association**

P.O. Box 442
Fredonia, 673-3233
Youth Hockey

NU Purple Eagles Basketball Camp

Niagara University, 286-8605
Children's Basketball Camp

Nutrition Concepts

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

NY Icons of Buffalo

10060 County Rd.
Clarence Center, (304) 790-0057
Youth Programming

**O Motion Personal Fitness
& Wellness Center**

5360 Genesee St.
Bowmansville, 908-4477
Gym

Oakfield Fitness

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

Oasis Yoga and Wellness

3445 Sheridan Dr.
Amherst, 864-1194
Yoga

Oasis Yoga and Wellness

2655 South Park Ave.
Buffalo, 864-1194
Yoga

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 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

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

Performance Rehabilitation Training

1333 Strad Ave., Ste. 113
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

The Pilates Vault WNY

4687 Transit Rd.
Buffalo, 207-9111
Adult Fitness Classes

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

The Practice Buffalo

123 Grey St.
East Aurora, 523-0999
Adult Fitness Classes

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.

875 Eggert Dr.
North Tonawanda, 253-1454
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

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

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

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

5983 Camp Rd. #9
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

Sana Physical Therapy

123 Grey St., Ste. 5
East Aurora, 671-7262
Adult Fitness Classes

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*

Shorewood Country Club

4958 W. Lake Rd.
Dunkirk, 366-1880
Recreational and Instructional Sport Classes

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 Movement

48 N. Main St.
Delevan, (585) 653-0039
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

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

Step-In-Time Studio of Dance

2100 Whitehaven Rd.
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

Sunrise Community Courts

2875 Merchant Rd.
Warsaw, (585) 558-4061
Recreational Sports

**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

1585 Hertel Ave.
Buffalo, 510-7936
Gym, Fitness Classes, Personal Training

Sweet Home Aquatics

1901 Sweet Home Rd.
Amherst, 361-1961
Youth Swimming

Swim Safe Niagara

6040 Lindbergh Ave.
Niagara Falls, 343-1263
Swim Lessons

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

5849 S. Transit Rd.
Lockport, 860-8893
*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, 957-3003
Gym

Time To Dance

2423 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**

575 Oakwood 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

Uplift Yoga & Strength

8200 Main St.
Williamsville, 308-5980
Fitness Classes

Urban Spin

110 Mall Blvd.
Lakewood, 969-0063
Cycle Classes

Vibe Yoga Lab

11. W. Main St., Ste. 950
Lancaster, 395-0990
Yoga Classes

Village Fitness

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

Village Fitness Club

734 Cayuga St.
Lewiston, 998-0057
*Gym Membership, Fitness Classes
and Personal Training*

Village Glen Tennis Club

162 Mill St.
Williamsville, 633-1635
Youth Tennis

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

**Western New York Fitness and
Exercise Therapy**

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

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

**Winfred 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 Life Coaching Center

5500 Main St., Ste. 313
Williamsville, 560-6552
Adult Fitness Classes

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

WNY Roller Hockey

3843 Union Rd., Ste. 15 #109
Cheektowaga, 903-2658
Youth and Adult Inline Hockey

Wolf Den Strength & Fitness

5264 Main St.
Williamsville, 697-6996
Fitness Gym, Personal Training

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*

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

YWCA of Niagara

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

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

ONLINE FITNESS

Beach Body On Demand

www.beachbody.com
Online Fitness Subscription

**Buffalo Pelvic Health and
Acupuncture Clinic**

1250 Niagara St., Ste. 200
Buffalo, 325-0427
Online Fitness Subscription

Calm

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

Community Wellness Works

www.communitywellnessworks.com/
Online Fitness-Meditation Classes

Fitbit

www.fitbit.com
Submit proof of purchase for reimbursement
using the form available in the Health Extras
section of independenthealth.com.

Garmin

https://www.garmin.com/en-US/
Garmin Wearables
For Members Using Nova Innovations Visa®:
Manual reimbursement is required. Submit
proof of purchase using the form available in
the Reimbursement Account Information
Center section of novahealthcare.com.

Headspace

https://www.headspace.com/checkout?v
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
Online Fitness Subscription and Equipment

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

1330 Niagara St.
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

Jereko Gear

4 O'Connell Ave.
Mt. Morris, (585) 566-4062
Fitness Equipment

Kickstand Culture

654 Main St.
East Aurora, 249-2453
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

South Buffalo Wheelhouse, LLC

1872 Seneca St.
Buffalo, 322-7148
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

Seneca Springs Wellness

Stefanie Pawelek, DC, MSA, L.Ac
3648 Seneca St.
West Seneca, 771-1354

Wilkinson, Elaine, L.Ac

12 Buffalo St.
Bergen, (585) 709-1482

Zhan, James, L.Ac

8962 Porter Rd.
Niagara Falls, 297-7669

COMMUNITY PARTNERS

Buffalo & Erie County Botanical Gardens

2655 South Park Ave.
Buffalo, 827-1584
Community Partner

Buffalo RiverWorks

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

D'Avolio

9570 Transit Rd.
E. Amherst, 919-1201

5409 Main St.
Williamsville, 919-1201
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

305 Franklin St.
Buffalo, 697-7653

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

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

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

Barnes, Bridget, LMT

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

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

Blush and Brow Spa and Salon

8420 Main St.
Williamsville, 428-7772
Manual Reimbursement Only

The Bodhi Tree Holistic Spa

197 Central Ave.
Lancaster, 425-5488

The Body Bar

40 Gardenville Pkwy. W., Ste. 221
West Seneca, 387-2515

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

Bridges, Donna, LMT

4 Centre Dr., Ste. G
Orchard Park, 830-7511

Broeker, Kathryn, LMT

2919 Military Rd.
Niagara Falls, 946-9948

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

Buffalo Pelvic Health and Acupuncture Clinic

Candice Browning, LMT
1250 Niagara St., Ste. 200
Buffalo, 325-0427

Burnham-Fechner, Kim, LMT

736 Center St., Ste. B
Lewiston, 628-4636

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

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

D-stress-me

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

Elements Massage

5989 Transit Rd.
East Amherst, 262-9506
Manual Reimbursement Only

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

**Fruitful Vibrations
Isha Jackson, LMT**

391 Washington St.
Buffalo, 939-7222

**Fusion Massage and Bodywork
Joseph Goyette, LMT**

721 Union Rd.
West Seneca, 324-1129

Geraci, Nicole, LMT

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

Good, Kathleen, LMT

2283 Grand Island Blvd.
Grand Island, 773-2222

**Good Moon Bodywork
Jazmine Frazier, LMT**

257 Lafayette Ave.
Buffalo, 393-8717

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

Hausauer, Lisa, LMT

658 Main St.
East Aurora, 310-6268

The Healing Space

359 Potter Rd.
Buffalo, 480-0242

**Healing Touch Acupressure
& Massage Therapy**

8203 Main St., Ste. 9
Williamsville, 545-0036

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

4 Centre Dr., Ste. G 1
Orchard Park, 207-9529

ID Pilates**Scott Ickowski, LMT**

1275 Delaware Ave.
Buffalo, 881-2057

Jagodzinski, Katie, LMT

6164 Transit Rd.
Depew, 939-0161

Jarvis, Monique, LMT

160 Columbia Pkwy.
West Seneca, 877-2728

Jessie, Angela, LMT

1201 Colvin Blvd., Ste. 5
Tonawanda, 218-0676

Jones, Catherine, LMT

6612 Lincoln Ave.
Lockport, 923-8270

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

Lancaster Massage Therapy

4976 Transit Rd., Ste. 2
Buffalo, 393-5020

Latawiec, Stephanie, LMT

4685 Transit Rd.
Buffalo, 866-3261

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

Maybee, Andrea, LMT

22 E. Main St.
Gowanda, 289-3899

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**

4276 Maple Rd., Ste. 3
Amherst, 300-8355

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

Nowinski, Cristie, LMT

989 Kenmore Ave.
Kenmore, 335-9711

**O'Donnell, Katherine, LMT
Body Sense**

450 Central Ave.
Lancaster, 681-6766

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

Phoenix Rising Wellness Collective**Jo'Nell Akins-Jones, LMT****Stephanie Tasulis, LMT**

500 Seneca St., Ste. 130
Buffalo, 551-0970

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

Reich, Kerry, LMT

5899 South Park Ave.
Hamburg, 445-7851

Relaxation Station

5007 Transit Rd.
Depew, 656-7600

Rizzo, Maria, LMT

162 Mill St.
Williamsville, 913-5628

RMJ Spa, Inc.**Stephanie Jaczewski, LMT****Justine Mitrowski, LMT****Brittany Schiller, LMT**

80 Main St., Ste. J
Lockport, 433-0086

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

Sawynsky, Jennifer, LMT

2437 Berg Rd.
West Seneca, 583-9435

Schichtel, Elizabeth, LMT

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

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

**Spa on the Avenue 121
Karin Phelps, LMT**

121 Washington Ave.
Batavia, 432-0032

Stachowiak, Sara, LMT

3868 East Robinson Rd.
Amherst, 912-1281

Stafford, Tammy, LMT

27 Edward St.
Arcade, 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, Steven, LMT

54 Carolina St.
Springville, 592-3187

Tranquil Touch**Kimberly Wollschlager, LMT**

2070 Eggert Rd.
Amherst, 831-0011

Transform Massage Studio**Christina Venditti, LMT**

779 Cayuga St., Ste. 2
Lewiston, 534-4454

Tres Auras 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

Universal Strength Wellness

2140 Eggert Rd., Ste. I
Amherst, 535-6722

Vasey, Katherine, LMT

928 French Road
Cheektowaga, 207-1845

Warren, Michelle, LMT

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

West, Karen, LMT

Head2toe Bodystretch & Massage
525 Wheatfield St., #44
North Tonawanda, 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, 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

1785 Military Rd.
Niagara Falls, 445-1067

1934 Union Rd.
West Seneca, 445-1067

Healthy Prepared Meals

FeedMore WNY, Inc.

100 James E Casey Dr.
Buffalo, 822-2002

Healthy Prepared Meals

Nutrition by Newman

338 Harris Hill Rd.
Williamsville, 982-3976

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

162 Mill St., Floor 2

Williamsville, 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

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 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

120 N. Union St.

Olean, 379-8266

Vitamins & Herbs

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

**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

Diet Mentor

3955 Main St.
Amherst, (716) 500-DIET
3835 McKinley Pkwy.
Hamburg, (716) 500-DIET
Weight Loss Program

The Holy Mess, Inc.

[https://pages.theholymess.com/
membership/](https://pages.theholymess.com/membership/)
(303) 627-7923
Nutrition and Weight Loss Programs

Ideal Weight Loss of Hamburg

4250 Southwestern Blvd., Ste. 3
Hamburg, 541-3459
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

Kelly's Choice

7 Onondaga St.
Skaneateles, (315) 730-4459
Nutrition, Weight Loss

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