



Health and Wellness Network

Participating Vendor Listing: **Health Extras**SM

The following list of health and wellness network participating vendors was updated as of October 1, 2020.

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.

FITNESS CENTERS AND PROGRAMS

3 To Be FIT

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

4-H Camp Wyomoco

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

9 Round East Amherst

8586 Transit Rd.
E. Amherst, 689-0090

462 Evans St.
Williamsville, 458-8477
Group Fitness Classes

365 Fitness

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

Absolute Performance

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

Achieve Personal Fitness

613 Oakwood Ave.
East Aurora, 715-9245

9 Bernhardt Dr.
Snyder, 240-9631
Personal Training

Advanced Care Fitness

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

Advanced Care Physical Therapy of WNY, PC

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

Adventures in Fitness

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

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

Albion Fitness Center

12 N. Main St.
Albion, (585) 283-4063
Gym, Yoga, Pilates

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

Amazin Grace Dance Studio, Inc.

6103 Robinson Rd.
Lockport, 625-8504
Youth Dance

American Street Hockey Center

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

Amherst Girl's Softball League

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

Amherst Skating Club

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

Amherst Youth Board

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

Amherst Youth Board

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

Amherst Youth Board

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

Amherst Youth Board

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

Amherst Youth Foundation

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

Amherst Youth Foundation

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

Amherst Youth Hockey

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

Anjali Yoga and Wellness, Inc.

65 Main St.
North Tonawanda, 909-7919
Yoga

Anytime Fitness

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

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

Ashtanga Yoga Buffalo

2 Wallace Ave.
Buffalo, 249-2218
Yoga Classes

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

Balanced Fitness, LLC

1244 Broadway
Alden, (585) 356-4516
Fitness Classes

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

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

Best Western Summit Inn

9500 Niagara Falls Blvd.
Niagara Falls, 297-5050
Gym

Beyond Bending Yoga

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

Bigger Stronger Smarter Enterprises, LLC

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

BikeorBar, LLC

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

Bill Adams Martial Arts

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

The Bird's Nest Circus Arts

64 Fillmore Ave.
Buffalo, 249-4421
Instructional and Recreational Sports Camps,
Lessons, Programs, Personal Training

Blackwater Fitness Club

1370 Exchange St.
Alden, 937-7110
Gym

Blue Pearl Yoga

200 East Main St.
Batavia, (585) 343-1257
Yoga

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

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

Brierwood Training & Wellness Ctr.

5324 Rogers Rd.
Hamburg, 597-6907
Personal Training, Yoga

Brissette Sports Performance

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

Britt Fitness, LLC

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

Brockport School of Dance & Performing Arts

67 Main St.
Brockport, (585) 637-6233
Dance Lessons and Programs

Budding Tree Yoga

2151 Transit Rd.
Elma, 597-5759
Yoga

Buff & Flo

4203 North Buffalo Rd.
Orchard Park, 800-5267
Fitness Classes

Buffalo Area Aquatic Club

Williamsville Schools
P.O. Box 425
Getzville, 564-5993
Youth Swim Lessons

Buffalo Audubon Society

1610 Welch Rd.
North Java, (585) 457-3228
Children's Day Camps

Buffalo Barre

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

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 Envoy All Stars, Inc.

2600 Hamburg Turnpike
Buffalo, 822-2572
Cheerleading Classes

Buffalo Multifit

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

Buffalo 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 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 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 Yoga

5497 Broadway St.
Lancaster, 432-3657
Fitness Classes

Buffalo's Ultimate Fitness Facility

4193 Transit Rd.
Williamsville, 844-3838
*Gym, Group Fitness Classes,
Personal Training*

Burn Boot Camp Williamsville

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

**BWI Health and Wellness
BWI Promotions**

8355 Cherry Ln.
Eden, 992-4636
Be Fit Programs, Pilates

Camp Duffield

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

Camp Turner

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

Canisius College Athletics

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

Cardea Health Integrative

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

**CardioPulmonary Rehabilitation
& Wellness @ 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*

Cayuga Flow Yoga

31 Central Ave.
Lancaster, 725-7066
Fitness Classes

Celebrity Dance Emporium, Inc.

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

Center Pilates

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

Center Stage Dance Studio

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

Central Amherst Little League

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

Central Rock Buffalo

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

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

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

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

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

8230 Wehrle Dr.
Williamsville, 432-5756
Youth and Adult Golf Lessons

Cindy's Personal Training
69 Keil St.
North Tonawanda, 343-9188
Fitness Classes, Personal Training

Circe Pilates
4230 N. Buffalo Rd.
Orchard Park, 200-7304
Pilates

CKO Kickboxing
1600 Hopkins Rd.
Amherst, 428-5244
Adult Fitness Classes, Personal Training

Clarence Community Swim Club
9625 Main St.
Clarence, 407-9001

**Clarence Little League Football
Association**
P.O. Box 432
Clarence Center, 830-3076
Youth Football, Cheerleading

Clarence Mustang Youth Hockey
3385 Niagara Falls Blvd.
North Tonawanda, 741-7051
Youth Hockey

Clarence Soccer Club
10000 Clarence Center Rd.
Clarence Center, 741-0280
Youth Soccer

**Clarence Swim Club and
Learn to Swim Program**
10150 Greiner Rd.
Clarence, 515-5217
Youth Swimming

**Clarence Swim Club and
Learn To Swim Program**
9625 Main St.
Clarence, 515-5217
Youth Swimming

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

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

Coach Sal's Basketball Camps
5930 South Abbott Rd.
Orchard Park, (412) 716-1235
200 St. Gregory Ct.
Williamsville, (412) 716-1235
Youth Basketball Camp

Collage Performing Arts Center
10 Clark St.
Fredonia, 672-8678
Youth Dance Classes

Colosseum Gym
3008 Route 39
Arcade, 560-2696
Gym, Personal Training, Group Fitness

Commit2BFit
2178 Cayuga Dr.
Niagara Falls, 870-1961
Personal Training

Configuration School of Ballet
230 Lexington Ave.
Buffalo, 883-4510
Youth Dance

Configuration School of Ballet
5353 Main St.
Williamsville, 204-8192
Youth Dance

Cooley Natural Health Solutions
485 Cayuga Rd.
Cheektowaga, 608-3775
Personal Training

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

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

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

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

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

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

Creative Wellness Group
726 Main Street, Upper
East Aurora, 310-6268
Yoga

Crino Academy of Martial Arts
22 Hawkins St.
Silver Creek, 785-9420
Youth Martial Arts

**Cross Training Academy
of Martial Arts**
3117 Genesee St.
Cheektowaga, 897-1509
Martial Arts

CrossFit Buffalo
3820 Union Rd.
Cheektowaga, 601-7300
Crossfit, Personal Training

Crossfit Nickel City
247 Virginia St.
Buffalo, 392-8818
*Gym, Personal Training,
Adult Fitness Classes*

Crossfit Silver Fox
124 Cedar St.
Batavia, (585) 813-9281
*Adult Fitness Classes, CrossFit,
Personal Training*

Crossroads Martial Arts
5421 South Abbott Rd.
Orchard Park, 649-3535
Gym, Martial Arts

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

Crunch Fitness
4950 Camp Rd.
Hamburg, 646-4141
Gym, Personal Training

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

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

Crunch Fitness

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

Cryo-Wellness of America

6301 Transit Rd.
Depew, 473-5004
Therapeutic Cryotherapy

Curves of Chautauqua

99 East Chautauqua St.
Mayville, 753-2695
Gym

Curves of West Seneca

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

Cutting Edge Sports Training

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

Daemen College

4380 Main St.
Amherst, 839-3600
Basketball Camp

Dance Like a Star with Serge

442 Niagara Falls Blvd.
Buffalo, 335-8652
Youth Dance Lessons

The Dance Shop

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

Dance Spectrum

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

Dance Time

54 Delaware Rd.
Kenmore, 563-2446
Youth Dance

Dance Time

7854 Transit Rd.
Williamsville, 563-2446
Youth Dance

Danceability, Inc.

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

Dancentral

2187 Wehrle Dr.
Williamsville, 626-4050
Youth Dance

Dani-Fit

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

Dansation of WNY

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

Darlene Ceglia's Dance Project

3370 Sheridan Dr.
Amherst, 630-5050
Youth Dance Classes

Darwin's Health Club, Inc.

47 Water St.
Fredonia, 679-1591
Gym

David DeMarie Dance Studio

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

Defensive Arts Dojo, Inc.

5444 Camp Rd.
Hamburg, 646-1956
*Children's Martial Arts Classes
Personal Training*

Delaware Family YMCA

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

Delaware Soccer Club

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

Dent Neurologic Group, LLP

3980 Sheridan Dr.
Amherst, 250-2000
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

Downtown Fitness

562 Clymer-Sherman Rd.
Clymer, 355-6434
Gym, Yoga

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

East Aurora Union Free School

430 Main St.
East Aurora, 687-2310
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

1333 Strad Ave.
North Tonawanda, 807-8789
Fitness Classes

Elite Dance Company

5360 Genesee St., Ste. 202
Bowmansville, 288-7868
Fitness Classes

Elite Fitness and Personal Training

4611 Military Rd.
Niagara Falls, 531-2465
Gym Membership, Personal Training

Elite Health All-Stars Cheerleading

7330 Townline Rd.
North Tonawanda, 200-9399
Youth Cheerleading

Elmwood Franklin School

104 New Amsterdam Ave.
Buffalo, 877-5035
Children's Summer Camp

Embody Health and Wellness

145 N. 4th St.
Lewiston, 523-9965
Adult Classes, Personal Training

Empire United Soccer Academy

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

Empower Girls Buffalo

235 McKinley Pkwy.
Buffalo, 866-4911
Youth Camp

Empower Girls Buffalo

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

EMW Baseball Softball

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

Enhanced Human Performance

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

Eugenia's Dance Studio

730 Orchard Park Rd.
West Seneca, 675-3128
Youth Dance

Evolution Yoga

476 Rhode Island St.
Buffalo, 882-4151
Yoga

Excelsior Orthopaedics

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

F45 Training

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

F45 Training

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

F45 Training

5475 Sheridan Dr.
Williamsville, 770-5356
Fitness Classes

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 Happenz

2540 George Urban Blvd.
Depew, 688-4155
Fitness Classes

Fit House

3495 Delaware Ave.
Buffalo, 868-8330
Personal Training

Fit Method

172 Robinson St.
N. Tonawanda, 389-0438
Group Fitness, Personal Training, Youth Zumba, Youth Bootcamp

The Fit Physique

2827 Delaware Ave.
Kenmore, 877-1105
Children's Classes, Gym

The Fit Stop

3631 Main St.
Strykersville, (585) 457-3386
Gym

Fit Women Fitness Center

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

Fitch Fitness Solutions

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

Fitness 19

6375 Transit Rd.
Depew, 651-1919
Gym

Fitness 19

800 Harlem Rd.
West Seneca, 825-1919
Gym

Fitness 19

722 Maple Rd.
Williamsville, 688-1911
Gym

The Fitness Bunker

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

The Fitness Connection

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

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

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

Girl Scouts of Buffalo & Erie County

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

Girl Scouts of Niagara County

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

Girl Scouts of Southwestern NY

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

Girl Scouts of WNY Summer Camp

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

Girls on the Run of Buffalo

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

Gleason's Gymnastics

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

Gold Summit Martial Arts

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

Goldfish Swim School

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

Gotta Dance by Miss Amy

28 West Bank St.
Albion, (585) 354-2320
Dance Studio

Gowanda Fitness

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

Graceful Warrior Yoga

9055 Main St., Ste. 202
Clarence, 417-3932
Yoga

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

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*

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

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

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

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

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

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

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

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

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

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

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

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

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

Jon Tong Tae Kwon Do
228 Zimmerman St.
N. Tonawanda, 693-1309
Youth Martial Arts

**Jong Park Tae Kwon-Do
Institute and Fitness**
1321 Erie Ave.
North Tonawanda, 695-3552
Martial Arts Classes, Gym

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

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

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

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

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

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

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

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

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

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

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

Ken-Ton Community Education

3200 Elmwood Ave.
Kenmore, 874-8500
Children's Sports, Camps and Fitness Programs, Floor Hockey, Yoga, Pilates, Tai Chi

KenTon Family YMCA

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

Kiddo's Korner Preschool

2728 Stony Point Rd.
Grand Island, 773-7730
Sports Week Camp

Kinderdance

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

Kinetix Combat Sports and Fitness

1385 E. 2nd St.
Jamestown, 969-0896
Adult Fitness Classes, Youth Fitness Classes

Kin-Tora Martial Arts

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

Kissing Bridge Ski Resort

10296 State Rd.
Glenwood, 592-4963 ext. 2217
Ski Lessons and Packages, Lift Tickets

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
Yoga

Kwandrans Tae Kwon Do

P.O. Box 454
Lockport, (585) 798-6091
Martial Arts

LA Fitness

3040 Sheridan Dr.
Amherst, 541-0648
Gym, Group Fitness Classes, Personal Training, Youth Sport Leagues

LA Fitness

69 Delaware Ave.
Buffalo, 845-6660
Gym, Group Fitness Classes, Personal Training

LA Fitness

1893 Elmwood Ave., Ste. 200
Buffalo, 541-1092
Gym, Personal Training, Yoga, Pilates

LA Fitness

3737 Union Rd., Ste. 7
Cheektowaga, 391-9110
Gym Membership, Personal Training, Group Classes

LA Fitness

5089 Transit Rd.
Clarence, 810-1004
Gym, Personal Training, Yoga, Pilates

LA Fitness

1867 West Ridge Rd.
Greece, (585) 441-3899
Gym Membership, Personal Training, Group Classes

LA Fitness

3701 McKinley Pkwy.
Hamburg, 249-3190
Gym, Group Fitness Classes, Personal Training

LA Fitness

6610 Niagara Falls Blvd.
Niagara Falls, 205-3333
Gym, Personal Training, Yoga, Pilates

LA Fitness

1600 East Ridge Rd.
Rochester, (585) 797-0414
Gym Membership, Personal Training, Group Classes

LA Fitness-Henrietta - Marketplace

100 Marketplace Dr.
Rochester, (585) 797-0411
Gym Membership, Personal Training, Group Classes

LA Fitness

929 Holt Rd.
Webster, (585) 236-4359
Gym Membership, Personal Training, Group Classes

LA Fitness - Southgate Plaza

1012 Union Rd.
West Seneca, 324-2476
Gym Membership, Personal Training, Group Classes

Ladies First Fitness

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

Lake Chautauqua Lutheran Center

5013 Rte. 430
Bemus Point, 386-4125
Children's Day Camp

Lakeshore Swim Club

6862 Old Lake Shore Rd.
Derby, 947-9400
Swim Club

Lakewood Family YMCA

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

Lancaster Central School

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

Lancaster Depew Baseball League

175 Pavement Rd.
Lancaster, 686-0130
Youth Baseball

Lancaster Depew Soccer Club

200 Ransom Rd.
Lancaster, 864-1460
Youth Soccer

Lancaster Family YMCA

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

Larkin Fitness

701 Seneca St.
Buffalo, 856-0810
Gym Membership

Laura Stamm International Power Skating System

Various Locations
www.laurastamm.com
(800) 750-3502
Youth Skating Clinics

Leisure Rinks

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

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

Long & Lean Pilates

515 Elmwood Ave.
Buffalo, 881-2057
Group Fitness Classes

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

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

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

Michael Phelps Swim School of NY

4150 Maple Rd.
Amherst, 308-9592
Youth Swim Instruction

Michael Phelps Swim School of NY

105 Casey Rd.
East Amherst, 308-9592
Youth Swim Instruction

Miller Tennis Center

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

Mind Body Flow Yoga

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

Miss Barbara's School of Dance

1832 Main St.
Buffalo, 834-1644
Youth Dance, Fitness Classes

The M.O.G.

1801 Grand Island Blvd.
Grand Island, 773-1600
Fit Kid Classes Yoga, Pilates, Tai Chi, Gym

The M.O.G.

1491 Sheridan Dr., Ste. 300
Kenmore, 871-1100
Gym, Yoga, Pilates, Tai Chi

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

The M.O.G. at Jericho Road
1021 Broadway
Buffalo, 529-3020
Gym, Fitness Classes, Personal Training

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

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

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

Monkey See, Monkey Do Camp
9060 Main St.
Clarence, 218-4121
Camp

Moore Mindful Fitness, Inc.
11 East Main St.
Westfield, 232-4201
Gym Memberships, Fitness Classes

Mother Earth Studio
241 Garden St.
Lockport, 433-8782
Yoga, Tai Chi

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

Next Level Fitness
85 Main St.
Batavia, (585) 344-1401
Gym, Pilates

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

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

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

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

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

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

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

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

Niagara Wheatfield Athletics Alumni
P.O. Box 280
Sanborn, 583-0633
Youth Sports Programs

Nickel City Dance and Fitness Ctr.
2454 Elmwood Ave.
Kenmore, 712-4623
Group Fitness Classes, Youth Dance Classes

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

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

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

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

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

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

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

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

NY Icons of Buffalo
10060 County Rd.
Clarence Center, (304) 790-0057
Youth Programming

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

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

Oasis Yoga and Wellness
3445 Sheridan Dr.
Amherst, 864-1194
Yoga

Oasis Yoga and Wellness
2655 South Park Ave.
Buffalo, 864-1194
Yoga

Olean Sport & Wellness Center
705 North Union St.
Olean, 373-1050
Youth Fitness Programs
Youth Martial Arts Classes
Yoga, Pilates, Tai Chi

Olean YMCA
1101 Wayne St.
Olean, 373-2400
Children's Sports
Swim Lessons
After-School Activities
Day Camp
Gym

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

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

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

OttFit Pilates

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

The Park School

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

Parkinson's Boxing

2852 Delaware Ave.
Buffalo, 348-2823
Boxing Classes

Peaks Health and Fitness

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

Peek 'n Peak Recreation, Inc.

1405 Old Rd.
Clymer, 355-4141
Gym

**Pelitera's Fitness and
Performance Center**

4881 Tonawanda Creek Rd.
North Tonawanda, 861-7205
Gym, Personal Training

**Pendleton Athletics Boosters
Association**

4363 Mapleton Rd.
Lockport, 425-4460
Youth Sports Programs

Perfecting Your Performance

7070 Seneca St.
Elma, 655-7529
Gym

Performance Rehabilitation Training

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

Performax Sports

156 Tacoma Ave.
Buffalo, 698-8859
Adult Fitness and Youth Hockey Club

Performax Sports

7070 Seneca Street
Elma, 480-7493
Youth Lacrosse

Performax Sports

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

Performing Arts Dance Academy

206 Lake St.
Hamburg, 649-5000
Dance School

Personal Pilates of Buffalo

8825 Sheridan Dr.
Williamsville, 308-0126
Adult Fitness Classes

Pickleball Island

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

The Pilates Loft

166 Allen Street
Buffalo, 866-8200
Pilates

Planet Fitness

4090 Maple Rd.
Amherst, 253-7676
Gym

Planet Fitness

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

Planet Fitness

100 Thruway Plaza Dr.
Cheektowaga, 989-0524
Gym

Planet Fitness

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

Planet Fitness

6000 South Park Ave.
Hamburg, 422-3031
Gym

Planet Fitness

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

Planet Fitness

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

Planet Fitness

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

Planet Fitness

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

Planet Fitness

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

Planet Fitness

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

Planet Fitness

1764 Sheridan Dr.
Tonawanda, 799-0809
Gym

Planet Fitness

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

Planet Fitness

3225 Seneca St.
West Seneca, 677-9310
Gym

Platinum Health & Fitness, LLC

9450 Transit Rd.
East Amherst, 688-7100
Gym, Personal Training

Power Yoga Buffalo

758 Elmwood Ave.
Buffalo, 218-9642
123 Grey St.
East Aurora, 218-9642

4575 Main St.
Snyder, 218-9642
Yoga

Prescribed Motion PT Fitness

5501 Main St.
Williamsville, 218-8215
Personal Training

Presti Karate & Fitness Center, Inc.

2809 Pine Ave.
Niagara Falls, 285-9242
Youth Karate Class, Gym

Prestige Fitness Solutions Inc.

23 Lake St.
Hamburg, 228-9411
Personal Training

Pride Martial Arts Academy

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

Primal Rebound

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

Primerano Fitness

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

Primordial Strength Inc.

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

Pro Training Basketball, Inc.

3790 Commerce Ct., Ste. 100
Wheatfield, 253-1454
Lessons, Programs

Professional Scuba, LLC

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

Proformance Sports Training

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

Pump It Up Fitness

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

Pure Barre Buffalo

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

Queen City Cycling

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

**Radisson Niagara Falls –
Grand Island**

100 Whitehaven Rd.
Grand Island, 773-0729
*Children's Swimming Lessons,
Yoga, Pilates, Gym*

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

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

Remedy Pain and Performance

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

REPS Fitness

2495 Main St., #413
Buffalo, 262-3341
Gym, Personal Training

Resolve Studio

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

Restore Medical Fitness Center

4545 Transit Rd., Ste. 355
Williamsville, 906-2102
Gym Membership, Personal Training

Revolution Indoor Cycling, LLC

1716 Main St.
Buffalo, 908-0622
Group Fitness Classes

Revolution Training and Fitness

433 Locust St.
Lockport, 201-1998
Adult Fitness Classes

Rise Fitness Studio

97 Main St.
Hamburg, 912-9424
Fitness Classes

Rising Sun Yoga

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

Riverview Fitness

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

**Rochester Regional Health Total
Sports Experience**

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

Rock Pile Athletics

1235 Main St.
Buffalo, 768-1861
Fitness Classes

Rolly Pollies of East Amherst

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

Rolly Pollies of North Buffalo

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

Rolly Pollies of Orchard Park

4058 North Buffalo Rd.
Orchard Park, 622-7424
Youth Programs

Route 20 Fitness

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

Royal Academy of Ballet and Dance

949 Englewood Ave.
Buffalo, 835-3585
Youth Dance

SABAH

2607 Niagara St.
Buffalo, 362-9600
*Instructional and Recreational Sport
Programs*

Saddle, LLC

1096 Hertel Ave.
Buffalo, 875-7433
Yoga and Cycle Classes

Sahlen Sports Park

7070 Seneca St.
Elma, 655-7529
Kids Classes

Sam Smith School of Dance

2455 Niagara Falls Blvd.
Amherst, 691-2822
Youth Dance

School House Wellness Center

241 Garden St.
Lockport, 433-8782
Yoga, Tai Chi

**Seneca Nations of Indians
Allegany Community Center**

3677 Administration Dr.
Salamanca, 945-8119
Gym Membership

**Seneca Nations of Indians
Cattaraugus Community Center**

12767 Route 438
Irving, 532-8450
Gym Membership

Sensational Fun

2881 Southwestern Blvd., Unit #1
Orchard Park, 674-7001
Youth Activities

Seraphim Personal Training

1330 Niagara Falls Blvd., Floor 2
Tonawanda, 940-5308
Personal Training

Shakti Yoga

133 Grant Street
Buffalo, 884-9642
Yoga

Sheila's Fitness Jam

8965 Sheridan Dr.
Williamsville, 633-1833
*Pilates, Personal Training, Yoga,
Youth Programs*

Silver Creek Central

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

Skate Great

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

Skate Great

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

Skate Great

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

Skate Great

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

Sky Zone Indoor Trampoline Park

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

Snap Fitness

6950 Erie Rd.
Derby, 947-9010
Gym

Snap Fitness

572 Main St.
East Aurora, 655-6600
Gym

Snap Fitness

2055 Baseline Rd.
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

Soul Candy Project

Yoga with Mari
Hotel Henry, 444 Forest Ave.
Buffalo, 882-1970

1515 Kensington Ave.
Buffalo, 253-6548
Yoga

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*

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

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

Summit Gymnastics & Fitness, Inc.

941 Maple St.
Elma, 652-5334
Gym

Sun Moon Yoga & Wellness

203 Cherry St., #302
Jamestown, 259-3592
Yoga

SUNY Cortland Summer Sports Camps

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

Swan's Martial Arts Academy

275 Alexander Ave.
Buffalo, 685-7926
Youth Martial Arts

Sweat Society

1382 Hertel Ave.
Buffalo, 844-8435
Gym, Fitness Classes, Personal Training

Sweet Home Aquatics

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

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

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 Glead Ave.
East Aurora, 652-8866
Youth Activities

Town of Hamburg Recreation Dept.

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

Town of North Collins

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

Town of Orchard Park

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

Town of Tonawanda Aquatic and Fitness Center

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

Town of Tonawanda Aquettes

212 Lowell Rd.
Kenmore, 876-7424
Youth Swimming

Town of Tonawanda Youth Parks & Recreational Dept.

299 Decatur Rd.
Buffalo, 831-1001
Youth Activities

Town of West Seneca

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

Town Park Fitness Center

4420 Lakeshore Rd.
Hamburg, 627-4168
Gym

Trabucco Fitness, Inc.

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

TrainSMART Personal Fitness

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

Tree of Life Yoga Studio

1517 Main Street
Niagara Falls, 939-0892
Yoga, Youth Yoga, Baby and Me Yoga

TREO Sports and Fitness

425 Meyer Rd.
West Seneca, 677-4022
Personal Training

Tri-Town Aquatic Club

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

TriVault, Inc.

37 Swanson Terr.
Amherst, 523-2367
Personal Coaching

Tumble Bee Gym

136 Evans St.
Hamburg, 868-1525
*Youth Fitness Programs
Youth Gymnastics
Pilates*

UB Recreation & Intramural Services

130 Alumni Arena
Amherst, 645-2286
Pilates, Gym

UB Recreation & Intramural Services

75 Alumni Arena
Buffalo, 645-2286
Yoga

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

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

The Whole Approach

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

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

Wyoming County YMCA

115 Linwood Ave.
Warsaw, (585) 786-2880
*Swim Lessons, Tumbling, Youth Sports,
Children's Day Camp, Yoga, Gym*

XGen Elite

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

Xpress Fitness

13303 Ridge Rd. W.
Albion, (585) 589-2650
Gym

Xtreme Wheels Indoor Skate Park

356 Hertel Ave.
Buffalo, 871-9361
Inline Skate Lessons
Skateboard Lessons
BMX Lessons

Yi-Dan Cha Gi Martial Arts Center

3305 Niagara Falls Blvd.
Wheatfield, 692-2738
Youth Martial Arts Classes

YMCA Camp Weona

301 Cayuga Rd.
Buffalo, 565-6008
Youth Camps

YMCA of Corry

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

Yoga Parkside

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

YogaBetsy Yoga Center

109 South Sixth St.
Olean, 372-5850
Yoga

YWCA of Niagara

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

YWCA of the Tonawandas

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

YWCA of Western New York

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

YWCA Westfield

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

Z-Party Fitness

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

Zero Gravity Gymnastics Center

6119 First St.
Newfane, 778-7100
Youth Gymnastics

ZPAC – Stacy Zawadzki's Performing Arts Center

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

Zumba By Bobby

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

Zumba By Samira

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

Zumba Gold with Jaime

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

Zumba with Dawn

4625 Harlem Rd.
Snyder, 491-3830
Zumba

Zumbini with Jody

307 Wayside Dr.
Depew, 480-3722
Zumbini Classes

ONLINE FITNESS SUBSCRIPTIONS**Beach Body On Demand**

www.beachbody.com
Online Fitness Subscription

Les Mills On Demand

http://link.lesmillsondemand.com/SH14N
Online Fitness Subscription

Peloton

www.onepeloton.com
Online Fitness Subscription and Equipment

SPECIALTY FITNESS STORES**Bert's Bikes & Fitness**

4050 Southwestern Blvd.
Orchard Park, 646-0028

1550 Niagara Falls Blvd.
Tonawanda, 837-4882

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

7510 Transit Rd.
Williamsville, 634-4882

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

Pacillo's Fitness Gear

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

ACUPUNCTURISTS**Acupuncture, Chinese Medicine & Rehab Center**

4229 Maple Rd.
Amherst, 803-8899

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, Amy, L.Ac

3868 East Robinson Rd.
Amherst, 688-8836

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

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

Schilling, Andrea, L.Ac

1961 Wehrle Dr., Ste. 7
 Williamsville, 983-9842

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 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

MASSAGE THERAPISTS**Achkar, Tammy, LMT**

13195 Broadway St.
 Alden, 937-3150
 3648 Seneca St.
 West Seneca, 771-1354

Advanced Body Care

5132 Transit Rd.
 Depew, 681-0071

Albert, Rebecca, LMT

4053 Maple Rd., Ste. 102
 Amherst, 316-2511

Aldridge, Sandra, LMT

1201 Colvin Blvd., Ste. 3
 Tonawanda, 445-8181

Aldridge-Szatkowski, Jaime, LMT

Tender Kneads
 373 Davison Road, Back
 Lockport, 866-4863

Allen, Laureen, LMT

7166 Boston State Rd.
 Eden, 208-9975

Armstrong, Kenneth, LMT

229 Main St.
 Hamburg, 906-2087

Bailor-Goodlander, Christine, LMT

The Body Essential
 5225 Sheridan Dr.
 Williamsville, 626-4466

Barnes, Bridget, LMT

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

Bennett Timkey, Joanne, LMT

23 Jefferson St.
 Ellicottville, 699-8996

Bergmann, Beth, LMT

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

Bialecki, Jo'Ann, LMT

3140 Sheridan Dr., Ste. 215
 Amherst, 949-2810

The Body Bar

40 Gardenville Pkwy. W.
 West Seneca, 308-6493

Boka, Emily, LMT

853 Brighton Rd.
 Tonawanda, 534-9614

Brachman, Jaclyn, LMT

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

Brainard, Donna, LMT

611 Oakwood Ave.
 East Aurora, 572-2817

Bridges, Donna, LMT

5324 Rogers Rd.
 Hamburg, 830-7511

Buchwald, Tricia, LMT

466 Evans St.
 Williamsville, 308-6493

Buckmaster, Joan, LMT

2323 Old Lake Rd.
 Ransomville, 208-4565

Buffalo Massage Therapy Center

337 Cleveland Dr., Ste. 2
 Buffalo, 923-3769
 245 Hastings Ave.
 Buffalo, 923-3769

Burnham-Fechner, Kim, LMT

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

Callahan, Janelle, LMT

229 Lake St.
 Hamburg, 566-8828

Campbell, Teresa, LMT

400 International Dr.
 Williamsville, 947-0139
 7060 Erie Rd.
 Derby, 947-0139

Catania, Angela, LMT

1223 Military Rd.
 Tonawanda, 913-0410

Cartus, Kelly, LMT

5225 Sheridan Dr.
 Williamsville, 626-4466

Chatham, Jennifer, LMT

2157 Main St.
 Buffalo, 862-1386

Cole, JoAnne, LMT

91 E. Fourth St.
 Dunkirk, 363-0900

Condoluci, Gary LMT

243 South Main St., Ste. 128
 Albion, (585) 727-1410

Coogan, Nathan, LMT

3 West Ave.
 Leroy, (585) 315-6812
 433 N. Main St.
 Warsaw, (585) 315-6812

Corcimiglia, Debra, LMT

500 S. Cascade Dr.
 Springville, 560-9884

Coseglia, Laura, LMT

1 Brighton Rd.
 Tonawanda, 481-2233

Crane, Sherry, LMT

2157 Main St.
 Buffalo, 862-1386

Cummings, Dawn, LMT

5250 Genesee St.
 Bowmansville, 430-7755
 70 Jane Dr.
 Cheektowaga, 430-7755

Dempsey, Margaret, LMT

1953 Ridge Rd.
 Orchard Park, 675-4134

Devine, Danielle, LMT

141 Chautauqua Ave.
Lakewood, 763-7665

Dickinson Therapeutic Massage

1201 Colvin Blvd., Ste. 3
Tonawanda, 446-1244

Dossett, Jennifer, LMT

3648 Seneca St.
West Seneca, 771-0142

Elwell, Sharon, LMT

2157 Main St.
Buffalo, 862-1386

2340 Bowen Rd.
Elma, 997-9020

Feldman, Samantha, LMT

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

Felicetta, Erika, LMT

167 Ashland Ave.
Buffalo, 551-0970

Fiegl, Susan, LMT

9450 Transit Rd.
East Amherst, 861-4546

Fundalinski, Suzanne, LMT

2400 Main St.
Buffalo, 598-3607

Good, Kathleen, LMT

2283 Grand Island Blvd.
Grand Island, 773-2222

Grand Island Chiropractic

2283 Grand Island Blvd.
Grand Island, 773-2222

Grant, Brittany J, LMT

2 Fountain Plaza
Buffalo, 510-3942

Grey, Deborah, LMT

730 N. Ellicott Creek Rd.
Amherst, 479-8298

Gugliuzza, Loretta, LMT

27 Evans St.
Williamsville, 523-8720

Hastings, Deborah, LMT

205 Green St.
Lockport, 201-1300

The Healing Space

359 Potter Rd.
Buffalo, 480-0242

**Healing Touch Acupressure
& Massage Therapy**

34 Radcliff Dr.
Getzville, 545-0036

Heer, Valerie, LMT

9635 Clarence Center Rd.
Clarence, 444-3331

Henn, Kevin, LMT

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

Hetrick, Susan, LMT

233 East Ave.
Lockport, 622-6111

Hornburg, Rebecca, LMT

4390 Quinby Dr., Ste. D
Hamburg, 673-5410

Hughes, Suan, LMT

614 Central Ave.
Dunkirk, 366-1656

Hunt, Shawna, LMT

6179 West Quaker St.
Orchard Park, 207-9529

Janczak, Michelle, LMT

2167 Wehrle Dr.
Williamsville, 983-3266

Jarvis, Monique, LMT

160 Columbia Pkwy.
West Seneca, 877-2728

Jayakumar, Shanthi, LMT

6161 Transit Rd., Ste. 6
East Amherst, 691-5738

Jessie, Angela, LMT

1201 Colvin Blvd., Ste. 5
Tonawanda, 316-9445

Jones, Paul, LMT

1592 Hertel Ave.
Buffalo, 536-0799

Kaiser, Erica, LMT

2448 Union Rd.
Cheektowaga, 656-0200

Karing Therapeutic Massage, LMT

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

Kavanagh, Patti, LMT

241 Garden St.
Lockport, 799-2878

Kedge, Becky, LMT

229 Lake St.
Hamburg, 984-8798

Kelkar, Nyaya, LMT

726 Main St.
East Aurora, 545-0036
2829 Wehrle Dr., Ste. 13
Williamsville, 545-0036

Kelley, Nicole, LMT

5500 Main St., #106
Williamsville, 622-9970

Kinder, Patricia, LMT

20 Buffalo St.
Hamburg, 648-3120

Koplas, Jennifer, LMT

473 Washburn St.
Lockport, 830-4294

Latawiec, Stephanie, LMT

4685 Transit Rd.
Buffalo, 866-3261

Lentini, Alana, LMT

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

Leous, Thomas, III, LMT

228 Old Falls Blvd.
North Tonawanda, 260-5276

Lindell Chiropractic & Massage

928 French Rd.
Cheektowaga, 668-8021

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

8835 Sheridan Dr.
Williamsville, 970-5151

Markowski, Laurie, LMT

240 Redtail Rd., Ste. 11A
Orchard Park, 430-3186

Masterson, Mary, LMT

33 Longmeadow Dr.
East Aurora, 435-9052

Mayabella Massage, LMT

466 Evans St.
Williamsville, 523-8720

McCarthy, Andrea, LMT

5813 Transit Rd.
Depew, 713-5607

McCarthy, Tracy, LMT

2157 Main St.
Buffalo, 862-1386

Meade, Rachel, LMT

5820 Main St, Ste. 201
Williamsville, (607) 280-9026

Meech, Jane, LMT

4201 North Buffalo Rd.
Orchard Park, 662-2713

Miller, Jamie, LMT

10158 Niagara Falls Blvd.
Niagara Falls, 298-0368

Miori, Michelle, LMT

Serenity Massage Therapy
13500 Broadway
Alden, 380-7153

Nickel City Massage, LMT

38 Harding Ave.
Buffalo, 289-3618

Nowak, James, LMT

5893 Camp Rd., Ste. 1
Hamburg, 888-0456
666 Main St.
East Aurora, 652-0220

Nowinski, Cristie, LMT

989 Kenmore Ave.
Kenmore, 335-9711

Obermiller, Melissa, LMT

6164 Transit Rd.
Depew, 598-1777

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

450 Central Ave.
Lancaster, 681-6766

Olivieri, Melanie, LMT

5225 Sheridan Dr.
Buffalo, 713-5087

Ordon, Justin, LMT

2711 Transit Road, Ste. 130
Elma, 706-0005

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

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

Randall, Jamie, LMT

8370 Main St.
Williamsville, 955-9809

Randles, Lori, LMT

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

Ray, Valli M, LMT

8370 Main St.
Williamsville, 830-2828
10440 Main St.
Clarence, 830-2828

Reich, Kerry, LMT

5899 South Park Ave.
Hamburg, 445-7851

Rizzo, Maria, LMT

162 Mill St.
Williamsville, 913-5628

Roberts, Jill, LMT

2283 Grand Island Blvd.
Grand Island, 773-2222

10158 Niagara Falls Blvd.
Niagara Falls, 208-0368

Russo, Erin, LMT

1088 Brighton Rd.
Tonawanda, 837-1711

Russo, Tami, LMT

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

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

33 Church St.
Fredonia, 785-6143

Savage, Katherine, LMT

3597 Old Lakeview Rd.
Hamburg, 648-6805

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

Transform Massage Studio

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

Tres Aurae Spa

Stephanie Jacobs, LMT
5195 Main St.
Williamsville, 478-7546

Trinkle, Alicia, LMT

400 Olean Rd.
East Aurora, 714-5837

271 W. Main St.

Springville, 714-5837

Ulrich, Sandy, LMT

162 Main St.
Hamburg, 627-4704

Vasey, Katherine, LMT

928 French Road
Cheektowaga, 207-1845

Warren, Michelle, LMT

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

West, Karen, LMT

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

Whispering Winds

561 W. Main St.
Arcade, 353-2027

Whitton, Donna, LMT

13305 Broadway St.
Alden, 604-5486

Wilkins, Cheryl, LMT

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

Williams, Sue, LMT

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

Williams, Valencia, LMT

2122 Eggert Rd.
Amherst, 923-3769

Yaple, Amy, LMT

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

Yemma, Michael, LMT

3785 Abbott Rd.
Orchard Park, 597-7143

Zinter, Susan, LMT

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

PREPARED MEALS**716 Fresh**

3700 N. Buffalo Rd.
Orchard Park, 713-7614
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**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

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

Herbs R 4U Health & Wellness

1465 Foote Ave.
Jamestown, 484-0477
Vitamins & Herbs

Kenmore Rx Center

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

Krawczyk Wellness Center

6169 Webster Rd.
Orchard Park, 662-3928
Vitamins & Herbs

Marlene & Phil's Vitamins & Herb Center

5855 Transit Rd.
Depew, 683-0256
Vitamins & Herbs

Natural Health Solutions

7657 Abbott Hill Rd.
Boston, 867-6718
Vitamins & Herbs

Nature's Remedy

26 Monroe St.
Ellicottville, 699-4372
Vitamins & Herbs

Nature's Remedy II

120 West Main St.
Allegany, 372-6398
Vitamins & Herbs

Nature's Remedy Natural Living Center

16 South Buffalo St.
Springville, 592-0790
Vitamins & Herbs

Omni Pain & Wellness

4855 Camp Rd.
Hamburg, 649-1500
Vitamins

Parker Pharmacy

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

Pine Pharmacy

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

Pine Pharmacy of Niagara Falls

1806 Pine Ave.
Niagara Falls, 282-1112
Vitamins & Herbs

Steel Mills Gym, Inc.

1234 Abbott Rd.
Lackawanna, 822-4271
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 Lifestyle of WNY

500 Seneca St., Ste. 118
Buffalo, 799-1513
663 Main St.
East Aurora, 799-1513
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

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