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

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

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 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 @ NFMMC
571 Tenth St.
Niagara Falls, 278-4019
Gym

Carmarie's Dance Incorporated
1000 Ellicott Creek Rd.
Tonawanda, 695-0585
Dance Lessons

Casey's Prescription Pad
5844 Southwestern Blvd., Ste. 300
Hamburg, 926-9044
Weight Loss Program

Catalyst Express
5087 Broadway
Depew, 332-1632
Gym, Personal Training

Catalyst Express
2745 Seneca St.
West Seneca, 824-4653
Yoga, Pilates, Gym

Catalyst Fitness Amherst
281 Meyer Rd.
Amherst, 529-3309
Gym, Personal Training, Group Fitness Classes

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

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

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

Catalyst Fitness Williamsville
770 Wehrle Dr.
Cheektowaga, 626-1963
Gym, Personal Training

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

Cavalier Fitness
162 Mill St.
Williamsville, 982-4291
Gym, Personal Training, Fitness Classes, Sports Camps

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 Basebal

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

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

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
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

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

Evolation 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
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

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

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

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

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

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.
Wiliamsville, 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 Lax
Nichols School
Buffalo, 510-3067
Youth Lacrosse

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

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

Niagara 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/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

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

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

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

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

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

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

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 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

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

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?voucherCode=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 Subscriptiont

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 Holistic Center
39 Delaware Rd.
Kenmore, 877-7077

2202 Niagara Falls Blvd.
Tonawanda, 870-0364

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

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
Iesha 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 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

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
Weight Loss Program

The Holy Mess, Inc.
https://lpages.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

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