



# Fitness Facility Guide 2006-07

Special discounts at fitness centers

Now that's **HIP**  
HEALTH PLAN OF NEW YORK



# Fitness Facility Discounts\*

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No matter what stage of fitness you're in, there's never been a better time to begin an exercise program. Regular exercise, when performed properly, can improve your flexibility and help prevent pulled or torn muscles and chronic lower back pain. It can also help you feel good about yourself and help relieve some of the stresses of day-to-day living. And now, thanks to HIP's reduced cost membership plan at more than 100 fitness centers throughout the HIP Service area, you can find a health club near you.

## How to join

To join a participating health club, simply consult the list following this introduction. Contact the facility most convenient for you and inform them that you are a HIP member and eligible for the American WholeHealth discount. Should you decide to join, present your HIP card at the health club and you will be given the appropriate discount.

If you have a question or would like more information on these discounts, call the American WholeHealth Customer Service line at **1-888-447-2563**.

Before joining a health club, here are several steps you can take to make sure the club is right for you.

- Visit the facility during the hours you would normally attend. Check to be sure enough equipment is available to handle the number of people using the facility at this time. There shouldn't be too many people waiting to use the equipment.
- Check the staff's credentials. Certification does not guarantee a terrific instructor, but it does emphasize the club's standards and commitment to its members. Some certifications to look for include the American College of Sports Medicine and the International Dance and Fitness Association of the Aerobics and Fitness Association of America.
- Check to be sure that there is enough staff to oversee all areas of the health club.
- To make it easier to visit your health club often, select one that is conveniently located to either your home or workplace and be sure that it will be open during the hours that you want to attend.

\* The information provided concerning the Alternative Medicine program is subject to change. Please check the **hipusa.com** Web site periodically for the most up-to-date information about the program. Or, if you prefer, call **1-800-HIP-TALK (1-800-447-8255)** if you need up-to-date information.

# Tips for better exercise

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Along with eating healthfully, getting enough exercise is one of the most important things you can do for your body. Consider its benefits: aerobic exercise, like brisk walking or jogging, can improve your heart's ability to pump blood to help your lungs and circulatory system work at top efficiency and reduce your risk of heart disease. It can also give you more endurance so that walking more than a few blocks or even running several miles won't tire you. And, it can help strengthen your bones to help you avoid bone weakening osteoporosis later in life. Exercise through strength training can also make you stronger so you can lift heavy objects without straining.

## To get in shape and stay that way:

- **Find an activity you enjoy.** This is the key to sticking with an exercise program.
- **Warm up.** Warming up before exercise helps you avoid injury by gradually increasing your heart rate and blood flow to improve the function of your muscles. To warm up adequately, jog or slowly walk in place for five to ten minutes.
- **Set goals you know you can achieve.** Start slowly and keep in mind that even the smallest amounts of exercise can help. As your endurance builds, gradually lengthen your workouts and step up the pace. It's generally recommended that you follow a fitness program that combines strength training with aerobic exercise for at least 20 minutes performed most days of the week. But know your limits. The "no pain, no gain" thinking that was once popular can be dangerous.
- **Wear proper footwear.** There are several different kinds of athletic shoes. Cross trainers, running and walking shoes are the most common types. If you're especially active, you may want shoes to match your sport. To find the best shoe, it's a good idea to shop at an athletic shoe store. Sales staff there often have specialized knowledge about which brands are good for particular activities and can make informed recommendations. When shopping, wear the same socks you'll be wearing when you exercise. Also, try on several pairs of shoes and walk around the store long enough to be sure they're comfortable and provide support.
- **Cool down when you're done.** Cooling down eases your body to a lower level of activity to reduce muscle stiffness and prevent the abrupt drop in blood pressure that occurs when you suddenly stop exerting yourself. To cool down, slowly stretch for five to ten minutes.

# Fitness Facility Discounts

## ALBANY

Concepts in Fitness  
Equipment Inc.  
1545 Central Ave  
Albany, NY 12205  
518-452-2727

Curves of Albany -  
NY - North  
911 Central Ave  
Albany, NY 12206  
518-453-1449

Curves of Albany -  
NY - South  
8-10 Picotte Dr  
Albany, NY 12208  
518-453-2200

Curves of Bethlehem - NY  
329 Glenmont Rd  
Glenmont, NY 12077  
518-427-0725

Curves of Coeymans - NY  
Faith Plz Rte 9 W, #20  
Ravena, NY 12143  
518-756-1800

Curves of Colonie -  
NY - East  
700 New Loudon Rd  
Latham, NY 12110  
518-786-1822

Curves of Guilderland  
TWP - NY  
2511 Western Ave  
Altamont, NY 12009  
518-464-0180

Curves of New Scotland/  
Voorheesville - NY  
1969 New Scotland Rd  
Slingerlands, NY 12159  
518-475-1835

Excel 180 Personal Fitness  
6 Metro Park Rd  
Colonie, NY 12205  
518-482-4311

Forever Young Health Club  
20 Lower Hudson Ave  
Green Island, NY 12183  
518-273-2200

Plz Fitness at  
Stuyvesant Plz  
1475 Western Ave  
Albany, NY 12203  
518-482-2266

Super Fitness Inc.  
145 Wolf Rd  
Albany, NY 12205  
518-438-4030

The Cardiac Wellness  
Center  
7 South Woods Blvd  
Albany, NY 12211  
518-292-6080

The Court Club  
444 Sand Creek Rd  
Albany, NY 12205  
518-459-4444

## ALLEGANY

Curves of Wellsville  
TWP - NY  
21 E State St  
Wellsville, NY 14895  
585-593-1885

## BRONX

Astral Fitness and Wellness  
5500 Broadway  
Bronx, NY 10463  
718-561-2200

Bronx YMCA  
2 Castle Hill Ave  
BRONX, NY 10473  
718-792-9736

Curves of Bronx - NY -  
Allerton  
2451 Eastchester Rd  
Bronx, NY 10469  
718-798-1800

Curves of Bronx -  
NY - City Island  
268 City Island  
Bronx, NY 10464  
718-885-2727

Curves of Bronx -  
NY - CO-OP City  
691-C Co-Op City Blvd  
Bronx, NY 10475  
718-320-7303

Curves of Bronx - NY -  
East Tremont/West Farms  
1186 East 180th St  
Bronx, NY 10460  
718-931-4321

Curves of Bronx -  
NY - Fordham  
387 E Fordham  
Bronx, NY 10458  
718-367-2929

Curves of Bronx -  
NY - Morris Park  
1120 Morris Park Ave  
Bronx, NY 10461  
718-792-2888

Curves of Bronx -  
NY - Riverdale  
3719 Riverdale Ave  
Bronx, NY 10463  
718-549-0555

Curves of Bronx -  
NY - The Hub  
337 E 149th St  
Bronx, NY 10451  
718-401-1395

Curves of Bronx -  
NY - Throgs Neck  
3149 Bruckner Blvd  
Bronx, NY 10461  
718-792-8855

Curves of Bronx -  
NY - Wakefield/  
Williambridge  
736-736B E 233rd St  
Bronx, NY 10466  
718-231-8400

# Fitness Facility Discounts

Dolphin Fitness Clubs  
2030 Eastchester Rd  
Bronx, NY 10461  
718-822-5700

Lucille Roberts Fitness f  
or Women  
2449 Morris Ave  
Bronx, NY 10468  
718-329-3441

Lucille Roberts Fitness  
for Women  
2449 Morris Ave  
Bronx, NY 10468  
718-329-3441

Lucille Roberts Fitness  
for Women  
29-35 Third Ave  
Bronx, NY 10455  
718-585-5959

Lucille Roberts Fitness  
for Women  
82 Hugh Grant Cl  
Bronx, NY 10472  
718-892-2020

## BROOME

Aria on the Avenue  
56 Washington Ave  
Endicott, NY 13760  
607-484-2742

Curves of Binghamton -  
NY  
495 Court St  
Binghamton, NY 13904  
607-771-7171

Curves of Chenango TWP -  
NY  
1149 Upper Front St  
Binghamton, NY 13905  
607-773-1400

Curves of Johnson City -  
NY  
435 Main St  
Johnson City, NY 13790  
607-797-0179

Curves of Union TWP -  
NY - excluding Johnson City  
518 Hooper Rd  
Endwell, NY 13760  
607-484-9454

Curves of Vestal - NY  
237 Vestal Pkwy E  
Vestal, NY 13850  
607-748-0479

Curves of Windsor - NY  
106 Main St  
Windsor, NY 13865  
607-655-1644

## CATTARAUGUS

Curves of Olean/  
Allegany TWP - NY  
2636 W State St, Ste 304  
Olean, NY 14760  
716-372-8084

Curves of Salamanca/  
Little Valley/Great Valley - NY  
189 Center St  
Salamanca, NY 14779  
716-945-2878

## CAYUGA

Curves of Auburn/  
Skaneateles/Aurelius - NY  
31 Loop Rd, Ste 1  
Auburn, NY 13021  
315-252-4943

## CHAUTAUQUA

Curves of Dunkirk TWP/  
Fredonia TWP - NY  
1170 Central Ave  
Dunkirk, NY 14048  
716-366-9708

Curves of Jamestown/  
Lakewood - NY  
709 W 3rd St  
Jamestown, NY 14701  
716-661-3838

Curves of Westfield TWP/  
Mayville/Ripley TWP - NY  
99 E Chautaugua St  
Mayville, NY 14757  
716-753-2695

## CHEMUNG

Curves of Big Flats - NY  
3358 State Rte 352,  
Box 306  
Big Flats, NY 14814  
607-562-3737

Curves of Elmira/  
Elmira Heights - NY  
1141 Broadway Ave, Ste 1  
Elmira, NY 14904  
607-737-7070

Curves of Horseheads - NY  
2305 Grand Central Ave,  
Ste B  
Horseheads, NY 14845  
607-795-1717

## CHENANGO

Curves of Greene - NY  
3 Foundry St, Ste 3  
Greene, NY 13778  
607-656-8803

Curves of Norwich - NY  
(city & twp.)  
6142 State Hwy, Rt 12 N  
Norwich, NY 13815  
607-336-1100

## CLINTON

Curves of Plattsburgh - NY  
(city & twp)  
43 Smithfield Blvd  
Plattsburgh, NY 12901  
518-561-9478

## COLUMBIA

Curves of Chatham - NY  
59-A Church St  
Chatham, NY 12037  
518-392-9353

Curves of Hudson TWP -  
NY  
187 Healy Blvd  
Hudson, NY 12534  
518-822-0303

# Fitness Facility Discounts

Curves of Kinderhook - NY  
1048 Kinderhook St  
Valatie, NY 12184  
518-758-2511

Espirit Wellness Center  
544 Union St  
Hudson, NY 12534  
518-828-7400

What A Girl Wants  
51-53 CHURCH ST  
Chatham, NY 12075  
518-392-7202

## CORTLAND

Curves of Cortland - NY  
3915 West Rd Plz  
Cortland, NY 13045  
607-758-1110

## DELAWARE

Body Shop Gym  
32 Main St  
Stamford, NY 12167  
607-652-6772

Curves of Delhi - NY  
97 Main St, Ste 8  
Delhi, NY 13753  
607-746-9166

Curves of Deposit/  
Hancock/Tompkins - NY  
180 East Front St  
Hancock, NY 13783  
607-637-3900

Curves of Sidney - NY  
8 Bridge St  
Sidney, NY 13838  
607-563-8848

## DUTCHESS

Curves of Amenia/  
NorthEast/Pine Plains - NY  
Rte 22, Foodtown Plz  
Amenia, NY 12501  
845-373-9949

Curves of Beekman TWP/  
Union Vale TWP - NY  
10 Dorn Rd, Ste 1  
Lagrangeville, NY 12540  
845-724-2202

Curves of Dover - NY  
12 Furlong Rd  
Wingdale, NY 12594  
845-832-2878

Curves of East Fishkill - NY  
792 Rte 82, Trinkla Plz,  
2nd Fl  
Hopewell Junction, NY  
12533  
845-223-4648

Curves of Fishkill - NY  
(Twp. & City)  
1083 Rte 9, Ste 23  
Fishkill, NY 12524  
845-296-0967

Curves of Hyde Park - NY  
4246 Albany Post Rd, Ste 12  
Hyde Park, NY 12538  
845-229-8845

Curves of La Grange - NY  
1643 Rte 82, Ste 6  
La Grangeville, NY 12540  
845-223-6842

Curves of Pleasant Valley - NY  
17 North Ave, Ste 201,  
Box 1568  
Pleasant Valley, NY 12569  
845-635-8686

Curves of Poughkeepsie - NY  
51 Burnett Blvd, Ste 1, 44 Plz  
Poughkeepsie, NY 12603  
845-473-4009

Curves of Red Hook - NY  
7472 S Broadway, Ste 6  
Red Hook, NY 12571  
845-758-5845

Curves of Rhinebeck - NY  
6565 Spring Brook Ave, #7  
Rhinebeck, NY 12572  
845-876-2027

Curves of Wappingers  
Falls - NY  
1821 New Hackensack  
Wappingers Falls, NY 12590  
845-462-0364

Everyday Wellness  
for Women  
7578 N Broadway  
Red Hook, NY 12571  
845-758-0790

## ERIE

Contemporary Lady Fitness  
and Aquatic Center  
2106 George Urban Blvd  
Depew, NY 14043  
716-684-3102

Curves of Alden - NY  
13089 Broadway  
Alden, NY 14004  
716-937-0414

Curves of Amherst -  
NY - North  
1628 Hopkins Rd  
Williamsville, NY 14221  
716-636-8875

Curves of Amherst-  
South/Williamsville - NY  
5759 Main St  
Williamsville, NY 14221  
716-810-0880

Curves of Aurora/E  
Aurora/Elma - NY  
391 Olean Rd  
East Aurora, NY 14052  
716-652-1199

Curves of Buffalo - NY -  
East Central  
33 S Rossler Ave  
Buffalo, NY 14206  
716-826-4646

Curves of Buffalo -  
NY - Northwest  
2326 Delaware Ave  
Buffalo, NY 14216  
716-884-1981

# Fitness Facility Discounts

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Curves of Buffalo -  
NY - South  
469 Abbott Rd  
Buffalo, NY 14220  
716-821-0243

Curves of Buffalo -  
NY - West Central  
295 Main St, Ste 123  
Buffalo, NY 14203  
716-332-3585

Curves of Cheektowaga -  
NY - Northeast  
6348 Transit Rd  
Depew, NY 14043  
716-683-7300

Curves of Cheektowaga -  
NY - Northwest  
3776 Harlem Rd  
Buffalo, NY 14215  
716-834-0036

Curves of Cheektowaga -  
NY - South  
7 Kelly Dr  
Cheektowaga, NY 14227  
716-677-4341

Curves of Clarence - NY  
9265 Main St  
Clarence, NY 14031  
716-759-1000

Curves of Eden TWP/North  
Collins TWP - NY  
2725 Hemlock Rd  
Eden, NY 14057  
716-992-2909

Curves of Evans TWP - NY  
6929 Erie Rd  
Derby, NY 14047  
716-947-5121

Curves of Grand Island  
TWP - NY  
2098 Grand Island Blvd  
Grand Island, NY 14072  
716-773-5955

Curves of Hamburg - NY  
(Twp. & Village)  
206 Lake St  
Hamburg, NY 14075  
716-312-8002

Curves of Kenmore - NY  
1615 Kenmore Ave  
Kenmore, NY 14217  
716-875-4000

Curves of  
Lackawanna/Blasdell - NY  
3720 South Park Ave  
Blasdell, NY 14219  
716-824-4899

Curves of Lancaster  
TWP - NY  
4375 Walden Ave  
Lancaster, NY 14086  
716-685-0290

Curves of Newstead  
TWP - NY  
13035 Main Rd  
Akron, NY 14001  
716-542-5615

Curves of North  
Tonawanda/Tonawanda - NY  
533 S Niagara St  
North Tonawanda, NY  
14150  
716-695-6333

Curves of Orchard Park -  
NY  
3904 N Buffalo Rd  
Orchard Park, NY 14127  
716-667-7070

Curves of Springville - NY  
(SM)  
62 E Main St  
Springville, NY 14141  
716-592-5673

Curves of Tonawanda TWP  
- NY  
1008 Niagara Falls Blvd  
Tonawanda, NY 14150  
716-803-1000

Curves of West Seneca -  
NY  
3525 Seneca St, Unit 10  
West Seneca, NY 14224  
716-677-4777

## ESSEX

Curves of Ticonderoga - NY  
105 Montcalm St  
Ticonderoga, NY 12883  
518-585-3626

## FRANKLIN

Curves of Malone - NY  
3372 State Rte 11  
Malone, NY 12953  
518-483-8377

Curves of North Elba/  
Harrietstown - NY  
73 Church St  
Saranac Lake, NY 12983  
518-891-7698

## FULTON

Curves of Gloversville - NY  
63 Elmwood Ave  
Gloversville, NY 12078  
518-773-0533

Curves of Johnstown - NY  
90 Briggs St  
Johnstown, NY 12095  
518-762-5800

## GENESEE

Curves of Batavia - NY  
563 E Main St  
(Eastown Plz)  
Batavia, NY 14020  
585-343-3535

Curves of Le Roy TWP - NY  
35 Main St  
Le Roy, NY 14482  
585-768-9555

# Fitness Facility Discounts

## GREENE

Curves of Catskill - NY  
(city & twp)  
262 W Bridge St  
Catskill, NY 12414  
518-943-4341

Curves of Greenville/  
Cairo/Coxsackie - NY  
28 Hope Plz, Rte 9 W  
West Coxsackie, NY 12192  
518-731-6542

## HERKIMER

Curves of Herkimer - NY  
215 S Main St  
Herkimer, NY 13350  
315-866-3100

Curves of Little Falls/  
Little Falls TWP - NY  
599 E Main St  
Little Falls, NY 13365  
315-823-4200

## HUDSON

American Chiropractic &  
Fitness Center  
7 West 8th St  
Bayonne, NY 07002  
201-437-3366

## JEFFERSON

Curves of Watertown/  
Pamelia - NY - South  
1511 Washington St  
Watertown, NY 13601  
315-222-7122

Curves of Watertown/  
Pamelia/Calcium - NY  
22096 US Rte 11  
Watertown, NY 13601  
315-788-5247

## KINGS

Bedford YMCA  
1121 Bedford ve  
Brooklyn, NY 11216  
718-789-1497

Body Elite  
348 Court St  
Brooklyn, NY 11231  
718-935-0088

Brooklyn Athletic Club  
4400 Glenwood Rd  
Brooklyn, NY 11203  
718-377-4646

Curves of Brooklyn -  
NY - Bay Ridge North  
7409 - 3rd Ave  
Brooklyn, NY 11209  
718-238-4523

Curves of Brooklyn -  
NY - Bay Ridge South  
9801 - 4th Ave  
Brooklyn, NY 11209  
718-680-7975

Curves of Brooklyn -  
NY - Bedford Stuyvesant  
1542 Fulton St, 2Fl  
Brooklyn, NY 11216  
Brooklyn  
718-771-0097

Curves of Brooklyn -  
NY - Bensonhurst  
7203 - 20th Ave  
Brooklyn, NY 11204  
718-232-6306

Curves of Brooklyn -  
NY - Borough Park  
4416 Fort Hamilton Pkwy  
Brooklyn, NY 11219  
718-853-6173

Curves of Brooklyn -  
NY - Brighton Beach  
3163 Coney Island Ave  
Brooklyn, NY 11235  
718-332-7270

Curves of Brooklyn -  
NY - Brooklyn Heights  
455 Court St  
Brooklyn, NY 11231  
718-852-8777

Curves of Brooklyn -  
NY - Bushwick  
1501 Broadway  
Brooklyn, NY 11221  
718-443-6666

Curves of Brooklyn -  
NY - Canarsie  
2118 Rockaway Pkwy  
Brooklyn, NY 11236  
718-241-5215

Curves of Brooklyn -  
NY - Dyker Heights  
7304 13th Ave  
Brooklyn, NY 11228  
718-833-4222

Curves of Brooklyn -  
NY - East Williamsburg  
580 Grand St  
Brooklyn, NY 11211  
718-218-8981

Curves of Brooklyn -  
NY - Flatbush East  
4024 Farragut Rd  
Brooklyn, NY 11210  
718-859-5333

Curves of Brooklyn -  
NY - Flatbush East Central  
2645 Nostrand Ave  
Brooklyn, NY 11210  
718-692-2950

Curves of Brooklyn -  
NY - Flatbush West  
1090 Coney Island Ave  
Brooklyn, NY 11230  
718-421-5195

Curves of Brooklyn -  
NY - Fort Greene  
408 Myrtle Ave  
Brooklyn, NY 11205  
718-488-8444

Curves of Brooklyn -  
NY - Georgetown/  
Mill Basin  
6311 Ave N  
Brooklyn, NY 11234  
718-763-0001

# Fitness Facility Discounts

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Curves of Brooklyn -  
 NY - Gravesend  
 196 Ave U  
 Brooklyn, NY 11223  
 718-714-5821

Curves of Brooklyn -  
 NY - Greenpoint  
 128 Norman Ave  
 Brooklyn, NY 11222  
 718-383-0838

Curves of Brooklyn -  
 NY - Mapleton/Kensington  
 1127 McDonald Ave  
 Brooklyn, NY 11230  
 718-377-3290

Curves of Brooklyn -  
 NY - Marine Park  
 2976 Quentin Rd  
 Brooklyn, NY 11229  
 718-627-0118

Curves of Brooklyn -  
 NY - Park Slope  
 375 - 9th St  
 Brooklyn, NY 11215  
 718-788-0003

Curves of Brooklyn -  
 NY - Prospect Heights  
 317 Flatbush Ave  
 Brooklyn, NY 11217  
 718-230-9777

Curves of Brooklyn -  
 NY - Remsen  
 383 Remsen Ave  
 Brooklyn, NY 11212  
 718-495-9500

Curves of Brooklyn -  
 NY - Sheepshead Bay  
 2724 Ave U  
 Brooklyn, NY 11229  
 718-743-1632

Curves of Brooklyn -  
 NY - Sunset Park  
 6215 - 5th Ave  
 Brooklyn, NY 11220  
 718-492-7121

Curves of Brooklyn -  
 NY - Wingate  
 793 Flatbush Ave, 2nd Fl  
 Brooklyn, NY 11226  
 718-282-5822

Empire Fitness Clubs  
 8635 18th Ave  
 Brooklyn, NY 11214  
 718-621-9500

Empire Fitness Clubs  
 2825 Nostrand Ave  
 BROOKLYN, NY 11229  
 718-677-1400

Empire Fitness Clubs  
 7118 Third Ave  
 Brooklyn, NY 11209  
 718-921-5300

Escape Into Shape  
 8206 3rd Ave  
 Brooklyn, NY 11209  
 718-238-1113

Every Breath You  
 Take Yoga  
 327 7th St  
 Brooklyn, NY 11215  
 718-832-5070

Flatbush YMCA  
 1401 FLATBUSH AVE  
 BROOKLYN, NY 11210  
 718-469-8100

Gold's Gym  
 85 Livingston St  
 Brooklyn, NY 11201  
 718-596-4653

Greenpoint YMCA  
 99 Meserole Ave  
 Brooklyn, NY 11222  
 718-389-3700

Harbor Fitness Center  
 9215 4th Ave  
 Brooklyn, NY 11209  
 718-238-9400

Harbor Fitness Center  
 191-15 St  
 Brooklyn, NY 11219  
 718-965-6200

Lucille Roberts Fitness  
 for Women  
 540 Fulton St  
 Brooklyn, NY 11201  
 718-624-4300

Lucille Roberts Fitness  
 for Women  
 430 89th St  
 Brooklyn, NY 11209  
 718-680-8200

Lucille Roberts Fitness  
 for Women  
 925 Kings Hwy  
 Brooklyn, NY 11223  
 718-339-0990

Lucille Roberts Fitness  
 for Women  
 927 Flatbush Ave  
 Brooklyn, NY 11226  
 718-469-7272

Mill Basin Health &  
 Racquet Club  
 2350 East 69th St  
 Brooklyn, NY 11234  
 718-444-5600

North Brooklyn YMCA  
 570 Jamaica Ave  
 Brooklyn, NY 11208  
 718-277-1600

Prospect Park YMCA  
 357 Ninth St  
 Brooklyn, NY 11215  
 718-768-7100

## LEWIS

Curves of Lowville/  
 New Bremen - NY  
 7383 Utica Blvd  
 Lowville, NY 13367  
 315-376-4777

Curves of Wilna/  
 Champion - NY  
 40 Franklin St, Ste 2  
 Carthage, NY 13619  
 315-493-2343

# Fitness Facility Discounts

## LIVINGSTON

Curves of Avon - NY  
5568 E Avon Plz  
Avon, NY 14414  
585-226-9110

Curves of Geneseo  
TWP - NY  
4286 Lakeville Rd  
Geneseo, NY 14454  
585-243-3770

Curves of Livonia - NY  
30 Commercial St  
Livonia, NY 14487  
585-346-0920

## MADISON

Curves of Cazenovia - NY  
93 Nelson St  
Cazenovia, NY 13035  
315-655-2068

Curves of Chittenango  
TWP - NY  
700 W Genesee St  
Chittenango, NY 13037  
315-687-6500

Curves of Hamilton/  
Eaton/Madison Twps - NY  
2422 NY State Rt 12B  
Hamilton, NY 13346  
315-824-8200

Curves of Oneida - NY  
7 Glenwood Plz  
Oneida, NY 13421  
315-363-1280

## MONROE

Curves of Brighton TWP - NY  
1855 Monroe Ave, #6  
Rochester, NY 14618  
585-442-0910

Curves of Brockport/  
Clarkson TWP - NY  
3670 Lake Rd, Ste 4  
Brockport, NY 14420  
585-637-5630

Curves of Chili - NY  
3240 Chili Ave  
Rochester, NY 14624  
585-889-7320

Curves of Gates - NY  
2340 Lyell Ave  
Rochester, NY 14606  
585-647-2630

Curves of Greece -  
NY - North  
4400 Dewey Ave  
Rochester, NY 14616  
585-581-9110

Curves of Greece -  
NY - South  
2590 Ridge Rd W  
Rochester, NY 14626  
585-368-0380

Curves of Henrietta TWP - NY  
2761 E Henrietta Rd  
Henrietta, NY 14467  
585-334-2020

Curves of Hilton - NY  
109 Lake Ave, Ste 105-106  
Hilton, NY 14468  
585-392-4600

Curves of Irondequoit  
TWP - NY  
545 Titus Ave  
Irondequoit, NY 14617  
585-266-6120

Curves of Mendon - NY  
5 Assembly Dr  
Mendon, NY 14506  
585-624-5420

Curves of Ogden/  
Spencerport - NY  
34 Slayton Ave, #34  
Spencerport, NY 14559  
585-352-7420

Curves of Penfield - NY  
1694 Penfield Rd  
Rochester, NY 14625  
585-385-3510

Curves of Perinton TWP - NY  
104-B Village Landing  
Fairport, NY 14450  
585-377-5440

Curves of Rochester -  
NY - Northeast  
277 N Winton Rd  
Rochester, NY 14610  
585-288-7510

Curves of Rochester -  
NY - Southeast  
1655 Mount Hope Ave  
Rochester, NY 14620  
585-242-1990

Curves of Webster - NY  
910 Holt Rd Plz  
Webster, NY 14580  
585-872-9270

## MONTGOMERY

21st Century Fitness  
Center  
4852 St Hwy 30  
Amsterdam, NY 12010  
518-843-5530

Curves of Amsterdam/  
Amsterdam TWP - NY  
4908 State Hwy 30  
Amsterdam, NY 12010  
518-842-6965

Curves of Minden/  
Palatine/Canajoharie - NY  
7 Main St  
Fort Plain, NY 13339  
518-993-3525

Curves of Perth/  
Broadalbin - NY  
4335 State Hwy 30  
Amsterdam, NY 12010  
518-842-2244

## NASSAU

Curves of Bellmore/  
Wantagh - NY  
2928 Merrick Rd  
Bellmore, NY 11793  
516-826-2972

# Fitness Facility Discounts

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Curves of East Meadows - NY  
2815 N Jerusalem Rd  
East Meadow, NY 11554  
516-679-0888

Curves of East Rockaway/  
Hewlett - NY  
31 Main St  
East Rockaway, NY 11518  
516-596-1100

Curves of Elmont - NY  
1546 Hempstead Tpke  
Elmont, NY 11003  
516-326-2842

Curves of Floral Park/  
Bellerose - NY  
194 Jericho Tpke  
Floral Park, NY 11001  
516-326-6627

Curves of Franklin Square  
- NY  
167 Franklin Ave  
Franklin Square, NY 11010  
516-488-1488

Curves of Freeport/  
Baldwin - NY  
826 Merrick Rd  
Baldwin, NY 11510  
516-623-8395

Curves of Garden City - NY  
311 Nassau Blvd  
Garden City, NY 11530  
516-292-6146

Curves of Glen Cove - NY  
21 Bridge St, 2nd Fl  
Glen Cove, NY 11542  
516-676-8858

Curves of Hempstead - NY  
285 Fulton Ave  
Hempstead, NY 11550  
516-292-1266

Curves of Hicksville - NY  
319 Jerusalem Ave  
Hicksville, NY 11801  
516-433-8367

Curves of Levittown - NY  
3519 Hempstead Tpke  
Levittown, NY 11756  
516-796-6042

Curves of Long Beach/  
Island Park - NY  
161 E Park Ave  
Long Beach, NY 11561  
516-670-8502

Curves of Lynbrook - NY  
194-A Hempstead Ave  
Lynbrook, NY 11563  
516-887-4714

Curves of Manhasset/  
Port Washington - NY  
14 Park Ave  
Manhasset, NY 11030  
516-869-0338

Curves of Massapequa - NY  
183 Jerusalem Ave  
Massapequa, NY 11758  
516-795-4215

Curves of Merrick - NY  
2102 Merrick Ave  
Merrick, NY 11566  
516-546-2341

Curves of Mineola/  
Williston Park - NY  
74 Hillside Ave  
Williston Park, NY 11596  
516-746-5591

Curves of Oceanside - NY  
2822 Brower Ave  
Oceanside, NY 11572  
516-255-4348

Curves of Oyster Bay - NY  
132 S St  
Oyster Bay, NY 11771  
516-922-7800

Curves of Plainview - NY  
540 Woodbury  
Plainview, NY 11803  
516-935-4901

Curves of Queens -  
NY - Great Neck/Little Neck  
98 Cutter Mill Rd  
Great Neck, NY 11021  
516-829-0568

Curves of Rockville Centre - NY  
217 N Long Beach Rd  
Rockville Centre, NY 11570  
516-536-1301

Curves of Sea Cliff/  
Old Brookville - NY  
40 RailRd Ave  
Glen Head, NY 11545  
516-676-6650

Curves of Syosset - NY  
35 Ira Rd  
Syosset, NY 11791  
516-496-3030

Curves of Valley Stream - NY  
276 W Merrick Rd  
Valley Stream, NY 11580  
516-599-8101

Curves of West Hempstead  
- NY  
352 Hempstead Ave  
West Hempstead, NY 11552  
516-292-3468

Curves of Westbury/  
Carle Place - NY  
555 Westbury Ave  
Westbury, NY 11514  
516-333-0600

Curves of Woodmere/  
Cedarhurst - NY  
83 Spruce St  
Cedarhurst, NY 11516  
516-295-2878

Golds Gym  
2060 Bellmore  
Bellmore, NY 11710  
516-221-1800

Golds Gym  
190 Broadway  
Garden City Park, NY 11040  
516-742-4477

Lucille Roberts Fitness For  
Women  
1000 Sunrise Hwy  
Massapequa, NY 11758  
516-541-8840

# Fitness Facility Discounts

Lucille Roberts Fitness  
For Women  
359 South Oyster Bay Rd  
Plainview, NY 11803  
516-681-2464

Lucille Roberts Fitness  
For Women  
231 Glen Cove Rd  
Carle Place, NY 11514  
516-746-4333

Lucille Roberts Fitness  
For Women  
298 Sunrise Hwy  
Rockville, NY 11570  
516-766-8443

Peak Performance Fitness  
1730 Lakville Rd  
New Hyde Park, NY 11563  
516-326-4580

Peak Performance Fitness  
44 Broadway  
Lynbrook, NY 11563  
516-599-8734

Sky Athletic Club  
310 Merrick Rd  
Rockville Center, NY 11570  
516-678-9400

Woman's Domain  
382 Old Country Rd  
Hicksville, NY 11801  
516-681-5879

Woodbury Racquet &  
Fitness Club  
1 Jreicho Tpke  
Woodbury, NY 11797  
516-367-3100

World Gym  
120 HEMPSTEAD AVE  
WEST HEMPSTEAD, NY  
11552  
516-505-0777

## MANHATTAN

19 St Gym  
22 WEST 19 ST  
NEW YORK, NY 10011  
212-414-5800

92nd Street YMCA  
1395 LEXINGTON AVE  
NEW YORK, NY 10128  
212-415-5729

Absolute Fitness  
343 Lexington Ave  
5th Fl  
New York, NY 10016  
212-681-9724

Atlantis Sports Club 811  
7th Ave  
New York, NY 10019  
212-841-6714

Carnegie Park Swim &  
Health Club  
200 East 94th St  
New York, NY 10128  
212-423-0300

Curves of Manhattan -  
NY - Chelsea  
345 W 14th St, 2nd Fl  
New York, NY 10014  
212-647-7100

Curves of Manhattan -  
NY - East Harlem  
2246 First Ave  
New York, NY 10029  
212-289-1509

Curves of Manhattan -  
NY - East Village  
182 Ave C  
New York, NY 10009  
212-353-3600

Curves of Manhattan -  
NY - Financial District  
118 Water St  
New York, NY 10005  
212-269-3600

Curves of Manhattan -  
NY - Gramercy Park  
139 E 23rd St  
New York, NY 10010  
212-253-8787

Curves of Manhattan -  
NY - Greenwich Village  
64 W 3rd St  
New York, NY 10012  
212-375-1700

Curves of Manhattan -  
NY - Hamilton Heights  
274 W 145th St, 3rd Fl  
New York, NY 10039  
212-281-2277

Curves of Manhattan -  
NY - Harlem  
6 E 126th St  
New York, NY 10027  
212-289-5336

Curves of Manhattan -  
NY - Inwood/  
Sherman Creek  
5037 Broadway  
New York, NY 10034  
212-304-9242

Curves of Manhattan -  
NY - Lower East Side  
114 Ridge St  
New York, NY 10002  
212-529-9100

Curves of Manhattan -  
NY - Midtown  
314 W 53rd St, 2nd Fl  
New York, NY 10019  
212-245-8600

Curves of Manhattan -  
NY - Morningside Park  
2103 Frederick Douglass Blvd  
New York, NY 10026  
212-222-3766

Curves of Manhattan -  
NY - Murray Hill  
150 E 39th St  
New York, NY 10016  
212-972-1182

Curves of Manhattan -  
NY - Soho  
580 Broadway, Ste 701  
New York, NY 10012  
212-219-7590

Curves of Manhattan -  
NY - Sutton  
240 E 56th St Ste 2E  
New York, NY 10022  
917-369-1133

# Fitness Facility Discounts

Curves of Manhattan -  
NY - Times Square  
36 W 34th St, 3rd Fl  
New York, NY 10001  
212-564-8436

Curves of Manhattan -  
NY - Upper East Side  
1460 - 2nd Ave, 2nd Fl  
Ste 2  
New York, NY 10021  
212-717-7800

Curves of Manhattan -  
NY - Upper West Side  
76 W 85th St  
New York, NY 10024  
212-875-0800

Curves of Manhattan -  
NY - Washington Heights  
854 W 181st St  
New York, NY 10033  
212-928-3288

Curves of Manhattan -  
NY - Washington Heights - S  
216 Fort Washington Ave  
@168th St, The Armory Bldg  
New York, NY 10032  
212-568-1714

Curves of Manhattan -  
NY - Yorkville  
1711 - 1st Ave  
New York, NY 10128  
212-410-7822

Dolphin Fitness Clubs  
50 E 42nd Ave  
New York, NY 10017  
212-286-0999

Excelsior Athletic Club  
301 East 57th St  
New York, NY 10022  
212-688-5280

Harlem YMCA  
180 West 135th St  
New York, NY 10030  
212-281-4100

John Street Fitness Club  
80 John St  
New York, NY 10038  
212-248-3030

J's Big Gym  
625 West 181 St  
New York, NY 10033  
212-568-2444

Lucille Roberts Fitness  
For Women  
80 5th Ave  
New York, NY 10011  
212-255-3999

Lucille Roberts Fitness  
For Women  
143 Fulton St  
New York, NY 10038  
212-267-3730

Lucille Roberts Fitness  
For Women  
300 West 40h St  
New York, NY 10018  
212-268-4199

Lucille Roberts Fitness  
For Women  
1387 St Nicholas Ave  
New York, NY 10033  
212-927-8376

Lucille Roberts Fitness  
For Women  
2700 Broadway  
New York, NY 10025  
212-961-0500

New York Underground  
Fitness  
440 West 57th St  
New York, NY 10019  
212-957-4781

NYKK Gym  
43 West 24th St #3  
New York, NY 10010  
212-242-2453

Park Avenue Executive  
Fitness  
90 Park Ave  
New York, NY 10016  
212-370-9692

Terrace Club  
380 Rector Pl  
New York, NY 10280  
212-777-7702

Vanderbilt YMCA  
224 East 47th St  
New York, NY 10017  
212-756-9600

West Side YMCA  
5 West 63rd St  
New York, NY 10023  
212-875-4101

## NIAGARA

Curves of Lewiston - NY  
222 Portage Rd  
Lewiston, NY 14092  
716-754-9720

Curves of Lockport - NY  
298 S Transit Rd  
Lockport, NY 14094  
716-433-3398

Curves of Newfane  
TWP/Wilson TWP - NY  
3037 Lockport Olcott Rd  
Newfane, NY 14108  
716-778-9398

Curves of Niagara Falls - NY  
7703 Niagra Falls Blvd,  
Unit 3  
Niagara Falls, NY 14304  
716-236-0775

Curves of Pendleton  
TWP/Cambria TWP - NY  
6503 Campbell Blvd  
Pendleton, NY 14094  
716-625-8193

Curves of Wheatfield - NY  
3571 Niagara Falls Blvd  
Wheatfield, NY 14120  
716-693-3547

## ONEIDA

Curves of Boonville - NY  
167 Main St  
Boonville, NY 13309  
315-942-5744

# Fitness Facility Discounts

Curves of Camden - NY  
35 Main St  
Camden, NY 13316  
315-245-2209

Curves of Kirkland - NY  
86 Meadow St  
Clinton, NY 13323  
315-859-0069

Curves of New Hartford - NY - North  
4679 Commercial Dr  
New Hartford, NY 13413  
315-736-3903

Curves of New Hartford - NY - South  
3987-B Oneida St  
New Hartford, NY 13413  
315-737-7524

Curves of Rome - NY  
142 Black River Blvd  
Rome, NY 13440  
315-339-5595

Curves of Utica - NY  
50 Auert Ave  
Utica, NY 13502  
315-368-0062

Curves of Whitesboro/  
Yorkville - NY  
131 Oriskany Blvd, Ste 6  
Whitesboro, NY 13492  
315-736-4744

## ONONDAGA

Champion Fitness Center  
7687 Frontage Rd  
Cicero, NY 13090  
315-452-5522

Curves of Camillus TWP - NY  
4123 W Genesee St  
Syracuse, NY 13219  
315-468-2282

Curves of Cicero - NY  
5620 Business Ave  
Cicero, NY 13039  
315-458-2318

Curves of Clay TWP - NY  
8075 Oswego Rd  
Liverpool, NY 13090  
315-622-0200

Curves of De Witt TWP - NY  
4467 E Genesee St  
Syracuse, NY 13214  
315-446-9255

Curves of Elbridge - NY  
243 E Main St  
Elbridge, NY 13060  
315-689-6530

Curves of Geddes TWP/  
Solvay TWP - NY  
527 Charles Ave  
Syracuse, NY 13219  
315-468-9707

Curves of Lysander TWP - NY  
27 Oswego St  
Baldwinsville, NY 13027  
315-635-9894

Curves of Manlius TWP - NY  
410 E Genesee St  
Fayetteville, NY 13066  
315-637-1030

Curves of Marcellus - NY  
(City and TWP)  
19 North St  
Marcellus, NY 13108  
315-673-0886

Curves of Onondaga - NY  
6003 S Salina St  
Syracuse, NY 13205  
315-498-5103

Curves of Salina TWP - NY  
500 Old Liverpool Rd  
Liverpool, NY 13088  
315-451-9949

Curves of Syracuse - NY - Central  
1001 E Genesee St  
Syracuse, NY 13210  
315-474-1420

Curves of Syracuse - NY - North  
366 Grant Blvd, Shop City  
Syracuse, NY 13206  
Onondaga  
315-437-7981

Curves of Tully/LaFayette - NY  
1 State St  
Tully, NY 13159  
Onondaga  
315-696-6301

Curves of Van Buren - NY  
7252 State Fair Blvd  
Store #11  
Syracuse, NY 13209  
315-857-0300

Golds Gym  
7455 Morgan Rd  
Liverpool, NY 13090  
315-451-5050

## ONTARIO

Curves of Canandaigua - NY (City & Twp.)  
699 S Main St  
Canandaigua, NY 14424  
585-396-9640

Curves of Geneva - NY  
590 Pre Emption Rd  
Geneva, NY 14456  
315-781-2041

Curves of Manchester/Phelps - NY (city and TWP)  
2735 Rte 96  
Clifton Springs, NY 14432  
315-462-2790

Curves of Victor TWP - NY  
6385 State Rte 96  
Victor Twp., NY 14564  
585-924-8130

# Fitness Facility Discounts

## ORANGE

Bare Fitness  
130 Dolson Ave  
Middletown, NY 10940  
845-3410480

Contours Express  
152 Windsor Hwy Ste 500  
New Windsor, NY 12553  
845-561-8669

Curves of Blooming Grove  
TWP - NY  
2130 State Rte 94  
Salisbury Mills, NY 12577  
845-497-8332

Curves of Chester - NY  
78 Brookside Ave, Ste 147  
(Chester Mall)  
Chester Twp., NY 10918  
845-469-9991

Curves of Cornwall - NY  
1 Idlewild Ave  
Cornwall On Hudson, NY  
12520  
845-534-4474

Curves of Goshen TWP - NY  
112 Clowes Ave  
Goshen Twp., NY 10924  
845-291-3919

Curves of Highlands - NY  
285 Main St  
Highland Falls, NY 10928  
845-446-1444

Curves of Monroe TWP - NY  
494 State Rte 17M, Ste 6  
Monroe, NY 10950  
845-774-7991

Curves of Montgomery  
TWP - NY  
40 RailRd Ave  
Montgomery, NY 12549  
845-457-7701

Curves of New Windsor  
TWP - NY  
317 Rte 32  
New Windsor Twp, NY 12553  
845-562-1900

Curves of Newburgh - NY  
52 Rte 17-K, Ste 207  
Newburgh, NY 12550  
845-567-9156

Curves of Port Jervis - NY  
179 Jersey Ave  
Port Jervis, NY 12771  
845-856-7380

Curves of Wallkill/  
Middletown - NY  
128 Dolson Ave  
Middletown, NY 10940  
845-342-2636

Curves of Warwick TWP - NY  
25 Elm St, Ste 8  
Warwick, NY 10990  
845-986-1700

Curves of Woodbury Twp - NY  
615 Rte 32  
Highland Mills, NY 10930  
845-928-3898

Proactive Health and Fitness  
9 Fairlawn Dr  
Washingtonville, NY 10992  
845-496-6362

World Gym of Hudson  
Valley  
54 Grand St  
Newburgh, NY 12550  
845-563-9900

## ORLEANS

Curves of Albion/  
Medina - NY  
527 Main St  
Medina, NY 14103  
585-798-2977

## OSWEGO

Curves of Fulton - NY  
102 Cayuga St  
Fulton, NY 13069  
315-592-7115

Curves of Hastings Twp - NY  
3228 East Ave  
Central Square, NY 13036  
315-668-8689

Curves of Oswego - NY  
(City & TWP)  
1 Fourth Ave, Ste E  
Oswego, NY 13126  
315-343-9244

Curves of Richland - NY  
3779 SR 13  
Pulaski, NY 13142  
315-298-1240

Curves of Schroepell - NY  
219 Rte 57, Unit #3  
Phoenix, NY 13135  
315-695-3100

## OTSEGO

Curves of Oneonta - NY  
(city & twp.)  
12 Clinton Plz  
Oneonta, NY 13820  
607-433-0080

Curves of  
Otsego/Hartwick/  
Middlefield - NY  
4773 Maple Ridge Plz  
St Hwy 28  
Cooperstown, NY 13326  
607-547-0036

Healthlinks@Fox Care  
One Fox Care Dr  
Oneonta, NY 13820  
607-431-5454

## PUTNAM

Curves of Carmel Twp - NY  
Rte 6, Store #1,  
Mohopac Village Ctr  
Mahopac, NY 10541  
845-621-2522

Curves of Kent TWP - NY  
1118 Rte 52, Ste 1  
Carmel, NY 10512  
845-225-8753

# Fitness Facility Discounts

Curves of Patterson TWP/  
Pawling TWP - NY  
1270 Rte 311  
Patterson, NY 12563  
845-878-9290

Curves of Putnam Twp - NY  
21 Peekskill Hollow Rd,  
Ste 203-A  
Putnam Valley, NY 10579  
845-526-5535

Gold's Gym  
160 Rte 52  
Carmel, NY 10512  
845-228-2818

## QUEENS

American Physique  
Fitness Club  
245-13 Jamaica Ave  
Bellerose, NY 11426  
718-343-1122

Body By Berle Personal  
Training Center  
61-17 190th St Ste 206  
Fresh Meadows, NY 11365  
718-264-8787

Catalpa YMCA  
69-02 64th St  
Ridgewood, NY 11385  
718-821-6271

Cross Island YMCA  
238-10 Hillside Ave  
Bellerose, NY 11426  
718-479-0505

Curves of Queens -  
NY - Astoria  
36-10 Ditmars Blvd  
Astoria, NY 11105  
718-267-8100

Curves of Queens -  
NY - Bayside  
38-39 Bell Blvd, 1st Fl  
Bayside, NY 11361  
718-281-4321

Curves of Queens -  
NY - Briarwood  
84-73 Parsons Blvd  
Jamaica, NY 11432  
718-206-0401

Curves of Queens -  
NY - College Point  
15-32 College Point Blvd  
College Point, NY 11356  
718-461-2840

Curves of Queens -  
NY - Corona  
54-01 - 108th St, 2nd Fl  
Corona, NY 11368  
718-592-9400

Curves of Queens -  
NY - East Elmhurst  
81-11 Northern Blvd  
Jackson Heights, NY 11372  
718-458-1800

Curves of Queens -  
NY - Elmhurst  
41-19 - 77th St  
Elmhurst, NY 11373  
718-779-1911

Curves of Queens -  
NY - Far Rockaway  
1827 Cornaga Ave  
Far Rockaway, NY 11691  
718-868-8200

Curves of Queens -  
NY - Forest Hills  
116-47 Queens Blvd  
Forest Hills, NY 11375  
718-268-1696

Curves of Queens -  
NY - Glen Oaks  
259-27 Union Tpke  
Glen Oaks, NY 11004  
718-347-3734

Curves of Queens -  
NY - Hollis/St. Albans  
109-28 Merrick Blvd  
Queens, NY 11433  
718-526-6641

Curves of Queens -  
NY - Howard Beach/Linden  
82-17 153rd Ave  
Howard Beach, NY 11414  
718-323-5120

Curves of Queens -  
NY - Kew Garden Hills  
70-19 Parsons Blvd  
Flushing, NY 11365  
718-591-4030

Curves of Queens -  
NY - Laurelton/Rosedale  
227-11 Merrick Blvd  
Laurelton, NY 11413  
718-990-8741

Curves of Queens -  
NY - Long Island City  
3100 - 47th Ave  
Long Island City, NY 11101  
718-707-0920

Curves of Queens -  
NY - Middle Village  
64-71 Dry Harbor Rd  
Middle Village, NY 11379  
718-894-5390

Curves of Queens -  
NY - North Beach  
75-25 - 31st Ave  
East Elmhurst, NY 11370  
718-565-0800

Curves of Queens -  
NY - Ozone Park  
102-05 - 101st Ave  
Ozone Park, NY 11416  
718-805-0775

Curves of Queens -  
NY - Queens Village  
224-13 Union Tpke  
Oakland Gardens, NY 11364  
718-454-3877

Curves of Queens -  
NY - Ravenswood  
43-08 Broadway  
Astoria, NY 11103  
718-204-8220

Curves of Queens -  
NY - Rego Park  
96-56 Queens Blvd  
Rego Park, NY 11374  
718-897-4638

# Fitness Facility Discounts

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Curves of Queens -  
NY - Rockaway Park  
239 Beach 116th St  
Rockaway Park, NY 11694  
718-474-1500

Curves of Queens -  
NY - South Elmhurst  
55-19 - 69th St, 2nd Fl  
Maspeth, NY 11378  
718-424-5670

Curves of Queens -  
NY - South Ozone Park  
122-15 - 111th Ave  
South Ozone Park, NY 11420  
718-848-2300

Curves of Queens -  
NY - Sunnyside  
46-01 Queens Blvd  
(46th St Entrance)  
Sunnyside, NY 11104  
718-707-0076

Curves of Queens -  
NY - Whitestone/Murray  
25-50 Francis Lewis Blvd,  
2nd Fl  
Flushing, NY 11358  
718-886-5700

Curves of Queens -  
NY - Woodhaven  
84-14 Jamaica Ave  
Woodhaven, NY 11421  
718-521-9001

Curves of Queens -  
NY- Jamaica Estates/  
Fresh Meadow  
176-60 Union Tpke  
Fresh Meadows, NY 11366  
718-591-2878

Curves of Queens -  
NY - Whitestone/Beechhurst  
1249 150th St  
Whitestone, NY 11357  
718-357-0511

Fitness R Us  
192-23 Station Rd  
Flushing, NY 11358  
718-224-1371

Flushing YMCA  
138-46 Northern Blvd  
FLUSHING, NY 11354  
718-961-6880

Gold's Gym  
157-05 Crossbat Blvd  
Howard Beach, NY 11414  
718-845-4653

Jamaica YMCA  
89-25 Parsons Blvd  
Jamaica, NY 11423  
718-739-6600

Ladies Workout Express  
60-73 Fresh Pond Rd  
Maspeth, NY 11378  
718-418-0126

Long Island City YMCA  
32-23 Queens Blvd  
Long Island City, NY 11101  
718-392-7932

Lucille Roberts Fitness  
For Women  
32-62 Steinway St  
Astoria, NY 11103  
718-626-6464

Lucille Roberts Fitness  
for Women  
54-32 Myrtle Ave  
Ridgewood, NY 11385  
718-628-6262

Lucille Roberts Fitness  
for Women  
163-18 Jamaica Ave  
Jamaica, NY 11432  
718-657-9885

Lucille Roberts Fitness  
for Women  
70-24 Austin St  
Forest Hills, NY 11375  
718-261-2350

Lucille Roberts Fitness  
For Women  
41-19 Bell Blvd  
Bayside, NY 11361  
718-279-2299

Lucille Roberts Fitness  
For Women  
135-23 38th Ave  
Flushing, NY 11355  
718-321-0100

Next Step Health &  
Fitness Center  
208-03 UnionTpke  
Hollis Hills, NY 11364  
718-217-2875

## RENSSELAER

Curves of Brunswick - NY  
1128 Hoosick Rd  
Troy, NY 12180  
518-279-3131

Curves of East Greenbush/  
Schodack..NY  
597 Columbia Tpke  
East Greenbush, NY 12061  
518-479-5930

Curves of North Greenbush/  
Sand Lake - NY  
43 Mall Way  
West Sand Lake, NY 12196  
518-674-1226

Curves of Schaghticoke  
Twp - NY  
8 Main St  
Schaghticoke, NY 12154  
518-753-4012

Curves of Troy - NY  
505 Campbell Ave  
Troy, NY 12180  
518-273-1414

## STATEN ISLAND

Curves of Staten Island -  
NY - East Central  
2361 Hylan Blvd  
Staten Island, NY 10306  
718-980-6060

Curves of Staten Island -  
NY - Northeast  
765 Forest Ave  
Staten Island, NY 10310  
718-442-4040

# Fitness Facility Discounts

Curves of Staten Island -  
NY - Northwest  
585 N Gannon Ave  
Staten Island, NY 10314  
718-698-8088

Curves of Staten Island -  
NY - Southwest  
45A Page Ave  
Staten Island, NY 10309  
718-948-3333

Curves of Staten Island -  
NY - West Central  
1650 Richmond Ave  
Staten Island, NY 10314  
718-494-4723

Dolphin Fitness  
7001 Amboy Rd  
Staten Island, NY 10307  
718-605-1010

Dolphin Fitness  
2071 Clove Rd  
Staten Island, NY 10305  
718-815-7900

Dolphin Fitness  
3295 Amboy Rd  
Staten Island, NY 10306  
718-987-0400

Evolution Fitness  
77 Richmond Ave  
Staten Island, NY 10314  
718-370-8484

Nautilus Woman  
Fitness Center  
2795 Richmond Ave  
Staten Island, NY 10314  
718-494-2294

## ROCKLAND

Curves of Monsey/  
Spring Valley - NY  
401 W Rte 59, Ste 17  
Monsey, NY 10952  
845-371-2435

Curves of Nanuet - NY  
265 Rte 59 W  
Nanuet, NY 10954  
845-627-2088

Curves of New City - NY  
170 S Main St, Store #6  
New City, NY 10956  
845-708-0700

Curves of Orangeburg - NY  
580 Rte 303,  
Westshore Plz  
Blauvelt, NY 10913  
845-359-6565

Curves of Pearl River - NY  
89 N Middletown Rd  
Pearl River, NY 10965  
845-920-0202

Curves of Pomona - NY  
1581 US Rte 202  
Pomona, NY 10970  
845-362-6300

Curves of Stony Point - NY  
160-N Liberty Ave  
Stony Point, NY 10980  
845-947-7100

Curves of Suffern - NY  
296 Rte 59  
Tallman, NY 10982  
845-369-0075

Curves of Tuxedo  
TWP/Sloatsburg - NY  
96 Orange Tpke  
Sloatsburg, NY 10974  
845-753-6500

Curves of West Haverstraw  
- NY  
216 Rte 9W  
Haverstraw, NY 10927  
845-429-2444

Lucille Roberts Fitness  
for Women  
240 West Rte 59  
Nanuet, NY 10954  
845-624-0500

Premier Fitness  
430 Nanuet South Mall  
Nanuet, NY 10954  
845-920-0501

World Gym and  
Aerobic Center  
139 Rt 9W North  
Haverstraw, NY 10927  
845-429-0084

## SARATOGA

Curves of Ballston - NY  
810 Saratoga Rd, #3  
Burnt Hills, NY 12027  
518-384-1680

Curves of Clifton Park - NY  
629 Plank Rd  
Clifton Park, NY 12065  
518-371-0600

Curves of Glens Falls/  
S Glens Falls - NY  
110 Main St  
South Glens Falls, NY 12803  
518-745-1494

Curves of Greenfield - NY  
2532 Rte 9N  
Greenfield Center, NY 12833  
518-893-0220

Curves of Halfmoon - NY  
1471 Rte 9  
Clifton Park, NY 12065  
518-373-8601

Curves of Malta - NY  
5 Hemphill Pl, Ste 222  
Ballston Spa, NY 12020  
518-899-1500

Curves of Mechanicville  
96 N Main St  
Mechanicville, NY 12118  
518-664-1300

Curves of Milton Twp  
404 Rowland St  
Ballston Spa, NY 12020  
518-885-1001

Curves of Saratoga Springs  
82 Congress St, Ste 4  
Saratoga Springs, NY 12866  
518-581-8877

Curves of Waterford/  
Waterford Twp - NY  
35-D Saratoga Ave  
Waterford, NY 12188  
518-238-2141

# Fitness Facility Discounts

Curves of Wilton - NY  
4281 Rte 50  
Saratoga Springs, NY 12866  
518-587-4114

Fit For Life Wellness  
Center, Inc.  
The Healthplex, 1673 Rte 9  
Clifton Park, NY 12065  
518-348-0198

Malta Health and Fitness  
43 Round Lake Rd  
Ballston Lake, NY 12019  
518-899-9146

## **SCHENECTADY**

Best Fitness  
2330 Watt St  
Schenectady, NY 12304  
Schenectady  
518-374-1234

Curves of Colonie - NY -  
West  
145 Vly Rd  
Schenectady, NY 12309  
Schenectady  
518-869-8550

Curves of Glenville TWP -  
NY  
123 Saratoga Rd  
Glenville, NY 12302  
Schenectady  
518-384-3935

Curves of Niskayuna TWP -  
NY  
4017 State St  
Schenectady, NY 12304  
Schenectady  
518-377-9337

Curves of Rotterdam Twp. -  
NY  
521 Duanesburg Rd  
Schenectady, NY 12306  
Schenectady  
518-356-4266

Curves of Schenectady  
TWP - NY  
1619 Union St  
Schenectady, NY 12309  
Schenectady  
518-388-8433

Elite Health and Fitness  
480 Balltown Rd  
Schenectady, NY 12304  
Schenectady  
518-377-7771

Glenville Health and  
Fitness

Schenectady, NY 12302  
Schenectady  
518-384-0229

Schenectady Jewish  
Community Center  
2565 Balltown Rd  
Schenectady, NY 12309  
Schenectady  
518-377-8803

## **SCHOHARIE**

Curves of Cobleskill - NY  
795 E Main St, Ste 3  
Cobleskill, NY 12043  
Schoharie  
518-234-1112

## **SCHUYLER**

Curves of Watkins  
Glen/Montour Falls - NY  
300 N Franklin St  
Watkins Glen, NY 14891  
Schuyler  
607-535-5485

## **SENECA**

Curves of Seneca Falls  
TWP/Waterloo - NY  
2109 Rtes 5 & 20  
Seneca Falls, NY 13148  
Seneca  
315-568-0516

## **ST. LAWRENCE**

Curves of Gouverneur - NY  
8 Trinity Ave  
Gouverneur, NY 13642  
St. Lawrence  
315-287-2999

Curves of Massena - NY  
6300 State Rte 37  
Massena, NY 13662  
St. Lawrence  
315-769-9527

Curves of Ogdensburg -  
NY  
701 Canton St  
Ogdensburg, NY 13669  
St. Lawrence  
315-393-7876

Curves of  
Potsdam/Canton/Norwood/  
Rensselaer Falls -  
145 Market St, Unit 3  
Potsdam, NY 13676  
St. Lawrence  
315-268-8899

## **STEUBEN**

Curves of Bath TWP - NY  
9 E William St, Ste 101  
Bath, NY 14810  
Steuben  
607-776-7111

Curves of Corning/Painted  
Post - NY  
116 Bridge St  
Corning, NY 14830  
Steuben  
607-936-1480

Curves of  
Hornesville/Hornell - NY  
7499 Seneca Rd N  
Hornell, NY 14843  
Steuben  
607-324-6160

## **SUFFOLK**

# Fitness Facility Discounts

Amritraj Fitness Racquet  
225 Howells Rd  
Bay Shore, NY 11706  
Suffolk  
631-968-8668

Curves of  
Amityville/Copiague - NY  
12 Broadway  
Amityville/Copiague,, NY  
11701  
Suffolk  
631-598-2444

Curves of Babylon - NY  
344 Little E Neck Rd  
Babylon, NY 11702  
Suffolk  
631-893-5000

Curves of Bayshore - NY  
8 - 4th Ave  
Bay Shore, NY 11706  
Suffolk  
631-968-1828

Curves of Brentwood - NY  
- East  
243 - Second Ave  
Brentwood, NY 11717  
Suffolk  
631-951-3110

Curves of  
Bridgehampton/Southampton - NY  
760 Montauk Hwy, Ste 1C  
Water Mill, NY 11976  
Suffolk  
631-726-6367

Curves of Brookhaven - NY  
2468 Montauk Hwy  
Brookhaven, NY 11719  
Suffolk  
631-286-4700

Curves of Centereach - NY  
365 Independence Plz  
Selden, NY 11784  
Suffolk  
631-698-7800

Curves of Deer Park TWP - NY  
450 Commack Rd, Ste C  
Deer Park Twp, NY 11729  
Suffolk  
631-242-5222

Curves of Dix Hills - NY  
1786 E Jericho Tpke, Ste A  
Huntington, NY 11743  
Suffolk  
631-858-1072

Curves of East Hampton - NY  
514 Three Mile Harbor Rd,  
Store #2  
East Hampton, NY 11937  
Suffolk  
631-324-7312

Curves of Farmingdale - NY  
211 Main St  
Farmingdale, NY 11735  
Suffolk  
516-293-2511

Curves of Huntington - NY  
- Melville  
1 Schwab Rd, Ste 15  
Melville, NY 11747  
Suffolk  
631-421-2770

Curves of Huntington - NY  
- Northport  
1019 Fort Salonga Rd,  
Northport, NY 11768  
Suffolk  
631-269-7178

Curves of Huntington - NY  
- Northwest  
140 E Main St, Ste #11  
Huntington, NY 11743  
Suffolk  
631-271-1221

Curves of Huntington  
Station - NY  
759 Pulaski Rd  
Greenlawn, NY 11740  
Suffolk  
631-261-3274

Curves of Islip - NY -  
Holbrook  
480 Patchogue Holbrook  
Rd, Unit 15  
Holbrook, NY 11741  
Suffolk  
631-472-8300

Curves of Islip Terrace - NY  
876 Connetquot Ave  
Islip Terrace, NY 11752  
Suffolk  
631-277-7575

Curves of Islip/East Islip - NY  
232 E Main St  
East Islip, NY 11730  
Suffolk  
631-224-7913

Curves of Lindenhurst - NY  
627 W Merrick Rd  
Lindenhurst, NY 11757  
Suffolk  
631-226-1443

Curves of Mastic/Moriches  
- NY  
1355 Montauk Hwy  
Mastic, NY 11950  
Suffolk  
631-281-2770

Curves of Medford - NY -  
South  
2799 Rte 112  
Medford, NY 11763  
Suffolk  
631-207-9010

Curves of Middle Island - NY  
1249 Middle Country Rd  
Middle Island, NY 11953  
Suffolk  
631-205-5386

Curves of North Babylon - NY  
1350-12 Deer Park Ave  
North Babylon, NY 11703  
Suffolk  
631-274-4547

# Fitness Facility Discounts

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Curves of North  
Lindenhurst - NY  
732 N Wellwood Ave  
Lindenhurst, NY 11757  
Suffolk  
631-226-0026

Curves of Patchogue/East  
Patchogue - NY  
31 W Main St  
Patchogue, NY 11772  
Suffolk  
631-289-4422

Curves of Port  
Jefferson/Terryville - NY

Port Jefferson Station, NY  
11776  
Suffolk  
631-474-9844

Curves of Riverhead - NY  
1149 Rte 58  
Riverhead, NY 11901  
Suffolk  
631-905-0500

Curves of Ronkonkoma -  
NY  
299 Hawkins Ave, Ste 16  
Ronkonkoma, NY 11779  
Suffolk  
631-619-4082

Curves of Sayville - NY  
207 Montauk Hwy  
Sayville, NY 11782  
Suffolk  
631-218-2916

Curves of Selden - NY  
280-D Middle Country Rd  
Selden, NY 11784  
Suffolk  
631-736-2425

Curves of  
Shoreham/Wading River -  
NY  
6263 Rte 25A  
Wading River, NY 11792  
Suffolk  
631-929-8600

Curves of Smithtown - NY  
- East  
140-A E Main St  
Smithtown, NY 11787  
Suffolk  
631-863-2878

Curves of Smithtown - NY  
- West  
84 Main St  
Kings Park, NY 11754  
Suffolk  
631-269-3905

Curves of Sound Beach -  
NY  
725 Rte 25A  
Miller Place, NY 11764  
Suffolk  
631-744-4800

Curves of South Manor -  
NY  
258 Moriches Middle  
Island Rd  
Manorville, NY 11949  
Suffolk  
631-281-4700

Curves of Southold - NY -  
East  
53345 Main Rd, Bldg 7,  
Unit 2  
Southold, NY 11971  
Suffolk  
631-765-3966

Curves of Southold - NY -  
West  
10095 Rte 25  
Mattituck, NY 11952  
Suffolk  
631-298-8900

Curves of Stony Brook -  
NY  
243 Main St  
East Setauket, NY 11733  
Suffolk  
631-751-1925

Curves of West Islip - NY  
456 Union Blvd  
West Islip, NY 11795  
Suffolk  
631-422-5660

Curves of Westhampton -  
NY  
103-7 W Montauk Hwy  
Hampton Bays, NY 11946  
Suffolk  
631-728-8880

Curves of Wheatley  
Heights - NY  
42 Colonial Springs Rd  
Wheatley Heights, NY  
11798  
Suffolk  
631-253-4700

Fitness Express  
331 Rte 25A  
Mt Sinai, NY 11766  
Suffolk  
631-642-2300

Go Figure  
1051 Montauk Hwy  
Copiague, NY 11726  
Suffolk  
631-842-8311

Golds Gym  
41 Mercedes Way  
Edgewood, NY 11717  
Suffolk  
631-586-4653

Gold's Gym  
100 Landing Ave  
Smithtown, NY 11787  
Suffolk  
631-863-1616

Great South Bay YMCA  
200 West Main St  
Bayshore, NY 11706  
Suffolk  
631-665-4255

Ladies Workout Express  
926 Wheeler Rd  
Hauppauge, NY 11788  
Suffolk  
631-265-3900

Ladies Workout Express  
600 Montauk Hwy  
Bayport, NY 11705  
Suffolk  
631-419-0098

# Fitness Facility Discounts

Lucille Roberts Fitness For Women  
349 WILLIAM FLOYD Pkwy  
SHIRLEY, NY 11967  
Suffolk  
631-399-9464

Lucille Roberts Fitness For Women  
6149 JERICHO Tpke  
COMMACK, NY 11725  
Suffolk  
631-462-1222

Lucille Roberts Fitness for Women  
4601 Sunrise Hwy  
Bohemia, NY 11716  
Suffolk  
631-567-6665

Lucille Roberts Fitness For Women  
2304 NESCONSET Hwy  
STONY BROOK, NY 11790  
Suffolk  
631-689-8911

Peconic Health and Fitness  
1140 Rt 24 Flaunders  
Riverhead, NY 11901  
Suffolk  
631-727-2642

Powerhouse Gym  
275 Rte 25A Unit 13  
Miller Place, NY 11764  
Suffolk  
631-928-4200

Repetitions  
512 W Montauk Hwy  
Lindenhurst, NY 11757  
Suffolk  
631-957-7377

South Bay TOPS Program  
1160 Montauk Hwy  
Copiague, NY 11726  
Suffolk  
631-842-4606

The Weight Room Plus  
Wanda's Workout  
225 Montauk Hwy  
Moriches, NY 11955  
Suffolk  
631-878-0005

World Gym  
384 Mark Tree Rd  
East Setauket, NY 11733  
Suffolk  
631-751-6100

## SULLIVAN

Curves of Liberty - NY (city & twp.)  
5 Triangle Rd, Ste D  
Liberty, NY 12754  
Sullivan  
845-292-3700

Curves of Mamakating - NY  
187 Kingston Ave  
Wurtsboro, NY 12790  
Sullivan  
845-888-2343

Curves of Monticello  
TWP/Thompson TWP - NY  
343 Broadway  
Monticello, NY 12701  
Sullivan  
845-794-4700

## TIOGA

Curves of Owego TWP - NY  
19 East Ave  
Owego, NY 13827  
Tioga  
607-687-0999

## TOMPKINS

Curves of Dryden - NY  
10 W Main St  
Dryden, NY 13053  
Tompkins  
607-844-3499

Curves of Ithaca - NY (City & Twp.)  
609 W Clinton St, Ste 104  
Ithaca, NY 14850  
Tompkins  
607-256-2977

Curves of Lansing - NY  
1939 E Shore Dr  
Lansing, NY 14882  
Tompkins  
607-533-7526

## ULSTER

Curves of Esopus TWP - NY  
316 Broadway  
Port Ewen, NY 12466  
Ulster  
845-331-0433

Curves of Kingston/Ulster - NY  
790 Ulster Ave  
Kingston, NY 12401  
Ulster  
845-338-5200

Curves of Lloyd TWP - NY  
50 Vineyard Ave  
Highland, NY 12528  
Ulster  
845-691-7720

Curves of Marlborough - NY  
1191 Rte 9W, Ste 1  
Marlboro, NY 12542  
Ulster  
845-236-2647

Curves of New Paltz - NY  
40 Sunset Ridge, Ste 130  
New Paltz, NY 12561  
Ulster  
845-255-3333

Curves of Saugerties TWP - NY  
6 Grand Union Plz  
Saugerties, NY 12477  
Ulster  
845-246-6385

# Fitness Facility Discounts

Curves of  
Shawangunk/Crawford -  
NY  
70 Boniface Dr  
Pine Bush, NY 12566  
Ulster  
845-744-6607

Curves of Wawarsing - NY  
170 Canal St  
Ellenville, NY 12428  
Ulster  
845-647-0035

Curves of  
Woodstock/Hurley - NY  
300 Wynkoop Rd  
Hurley, NY 12443  
Ulster  
845-331-7667

Fitness Unlimited  
320 Wall St  
Kingston, NY 12401  
Ulster  
845-338-1818

## WARREN

Curves of Queensbury TWP  
- NY  
797 Rte 9  
Queensbury, NY 12804  
Warren  
518-743-9199

Curves of Warrensburg -  
NY (City & TWP)  
3785 Main St  
Warrensburg, NY 12885  
Warren  
518-623-2224

## WASHINGTON

Curves of Fort Edward -  
NY  
48 State Rte 197  
Fort Edward, NY 12828  
Washington  
518-747-7444

Curves of  
Granville/Hartford/Hebron  
- NY  
11 Main St, #15  
Granville, NY 12832  
Washington  
518-642-3410

Curves of Greenwich  
TWP/Salem TWP - NY  
2530 State Rte 40  
Greenwich, NY 12834  
Washington  
518-692-8899

Curves of Hoosick/White  
Creek/Cambridge/Pittstow  
n -  
45 W Main St  
Cambridge, NY 12816  
Washington  
518-677-3770

Curves of Hudson Falls -  
NY  
44 Main St  
Hudson Falls, NY 12839  
Washington  
518-746-9400

## WAYNE

Curves of Lyons/Arcadia -  
NY  
126 Harrison St  
Newark, NY 14513  
Wayne  
315-359-9203

Curves of Macedon - NY  
1503 Canandaigua Rd, Ste  
900  
Macedon, NY 14502  
Wayne  
315-986-1890

Curves of Ontario TWP -  
NY  
2001 Rte 104  
Ontario, NY 14519  
Wayne  
315-524-8766

Curves of Palmyra TWP -  
NY  
224 E Main St  
Palmyra, NY 14522  
Wayne  
315-597-6280

Curves of  
Williamson/Sodus - NY  
47 Maple Ave, Ste 100  
Sodus, NY 14551  
Wayne  
315-483-1222

Curves of Wolcott/ Butler -  
NY  
11845 W Main St, Ste 2  
Wolcott, NY 14590  
Wayne  
315-594-9771

## WESTCHESTER

Curves of Bedford TWP -  
NY  
701-A N Bedford Rd  
Bedford Hills, NY 10507  
Westchester  
914-244-6272

Curves of Briarcliff Manor -  
NY  
1872 Pleasantville Rd  
Briarcliff Manor, NY  
10510  
Westchester  
914-762-2918

Curves of Croton-on-  
Hudson/Ossining - NY  
171 S Riverside Dr  
Croton On Hudson, NY  
10520  
Westchester  
914-271-2918

Curves of Dobbs  
Ferry/Hastings-on-  
Hudson/Irvington  
875 Sawmill River Rd  
Ardsley, NY 10502  
Westchester  
914-674-4200

Curves of Eastchester - NY  
16 Columbus Ave  
Tuckahoe, NY 10707  
Westchester  
914-771-7680

# Fitness Facility Discounts

Curves of Harrison TWP - NY  
66 Halstead Ave  
Harrison, NY 10528  
Westchester  
914-381-9500

Curves of Mamaroneck TWP/Larchmont - NY  
2098-2100 Boston Post Rd  
Larchmont, NY 10538  
Westchester  
914-833-3939

Curves of Mount Vernon - NY  
531 Gramatan Ave  
Mount Vernon, NY 10552  
Westchester  
914-663-2992

Curves of New Rochelle - NY  
1333 North Ave  
New Rochelle, NY 10804  
Westchester  
914-633-7100

Curves of Peekskill - NY  
20 Welcher Ave  
Peekskill, NY 10566  
Westchester  
914-788-8638

Curves of Pelham TWP - NY  
111 - 6th St  
Pelham, NY 10803  
Westchester  
914-637-9111

Curves of Pleasantville/Thornwood/C  
hautauqua - NY  
660 Columbus Ave  
Thornwood, NY 10594  
Westchester  
914-769-5555

Curves of Pound Ridge/Lewisboro/North Salem - NY  
69 Westchester Ave  
Pound Ridge, NY 10576  
Westchester  
914-764-9400

Curves of Rye TWP - NY  
3 Rye Ridge Plz  
Rye, NY 10573  
Westchester  
914-690-0100

Curves of Somers TWP - NY  
100 Gatehouse  
Somers, NY 10589  
Westchester  
914-276-3930

Curves of Tarrytown/Sleepy Hollow - NY  
358 N Broadway  
Sleepy Hollow, NY 10591  
Westchester  
914-333-0822

Curves of White Plains - NY - North  
96 Virginia Rd  
White Plains, NY 10603  
Westchester  
914-997-7177

Curves of White Plains - NY - South  
207 E Post Rd  
White Plains, NY 10601  
Westchester  
914-328-3555

Curves of Yonkers - NY - Central  
540 Palmer Rd  
Yonkers, NY 10701  
Westchester  
914-964-7011

Curves of Yonkers - NY - Northeast  
2231 Central Park Ave  
Yonkers, NY 10710  
Westchester  
914-961-0876

Curves of Yonkers - NY - South  
750 McLean Ave  
Yonkers, NY 10704  
Westchester  
914-237-4233

Curves of Yorktown - NY - East  
73 Triangle Shopping Ctr  
Yorktown Heights, NY 10598  
Westchester  
914-455-2654

Curves of Yorktown - NY - West  
3565 Crompond Rd, Rt 202  
Cortland Manor, NY 10567  
Westchester  
914-737-1177

Dolphin Fitness Clubs  
80 BEEKMAN AVE  
SLEEPY HOLLOW, NY 10519  
Westchester  
914-3327545

Dolphin Fitness Clubs  
1 TUCKAHOE AVE  
EASTCHESTER, NY 10709  
Westchester  
914-3951313

Dolphin Fitness Clubs  
431 BOSTON POST RD  
PORTCHESTER, NY 10573  
Westchester  
914-934-9200

Lucille Roberts Fitness for Women  
1745 Central Ave  
Yonkers, NY 10710  
Westchester  
914-793-2020

Simply Fit For Women  
1000 EAST BOSTON POST RD  
MAMARONECK, NY 10543  
Westchester  
914-967-0000

# Fitness Facility Discounts

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Susan Marlowe Fitness  
80 Maple St  
Scarsdale, NY 10583  
Westchester  
914-4723335

The Gym at Thornwood  
950 Broadway  
Thornwood, NY 10589  
Westchester  
914-747-1300

Vadim Fitness Studio  
455 CENTRAL PARK AVE  
SCARSDALE, NY 10583  
Westchester  
914-725-9553

## WYOMING

Curves of  
Arcade/Holland/Yorkshire/S  
ardinia - NY  
571 W Main St  
Arcade, NY 14009  
Wyoming  
585-492-0061

Curves of Attica TWP - NY  
(SM)  
211 E Main St  
Attica Twp., NY 14011  
Wyoming  
585-591-4312

Curves of Warsaw - NY  
14 W Buffalo St  
Warsaw, NY 14569  
Wyoming  
585-786-9222

## YATES

Curves of Penn Yan - NY  
109 Kimball Ave  
Penn Yan, NY 14527  
Yates  
315-531-9200



55 Water Street  
New York, NY 10041

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