

Listed alphabetically.

Name, address, telephone number Area code: 914 (unless otherwise noted) Website	Owner/Manager Email address Year facility established	Approximate square footage of gym	Average monthly cost of membership \$	Sign up or initiation fee?		Open to			Number of other locations in county	Amenities and programs offered													
				yes	no	men	women	both		corporate discounts	group exercise	on-site child care	on-site parking	on-site café	locker rooms	personal trainers	tennis courts	swimming pool	racquetball courts	tanning beds	massages	nutrition/weight-	
Apogee Pilates & Wellness Center 140 Mamaroneck Ave., White Plains 10601 644-8884 • apogeeewellness.com	Cathy Decker Manager 2009	8,000	99	Often discount				✓	1	✓	✓		Valet include	✓	✓							✓	✓
Bilancio Personal Fitness Studio 4 Manhattanville Road, Purchase 10577 644-3888 • bilanciofitness.com	Paul Bruni paul@bilanciofitness.com 2006	7,000	60		✓			✓	0	✓	✓		✓	✓	✓								✓
Burke Smart Fitness▲ 801 Mamaroneck Ave., White Plains 10605 597-2805 • burke.org	Heather Keeler hkeeler@burke.org 2001	11,076	75	✓				✓	0	✓	✓		✓	✓	✓								
Club @ 800 Squash & Fitness 800 Westchester Ave., Rye Brook 10573 251-1567 • clubat800.com	Mike Callaway mike@callawaysportsgroup.com 2005	6,000	40		✓			✓	0	✓			✓	✓	✓						squash		✓
Club Fit Briarcliff 584 N. State Road, Briarcliff Manor 10510 762-3444 • clubfit.com	Mark Cuatt mcutt@clubfit.com 1985	100,000 (includes outdoor tennis courts)	125	✓				✓	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Club Fit Jefferson Valley 600 Bank Road, P.O. Box 241, Jefferson Valley 10535 245-4040 • clubfit.com	Donna Berta dberta@clubfit.com 1973	100,000 (includes outdoor tennis courts)	125	✓				✓	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Family YMCA at Tarrytown 62 Main St., Tarrytown 10591 631-4807 • ymcatarrytown.org	Gerry Riera info@ymcatarrytown.org 1903	40,000 (total includes locker rooms, pool, etc.)	84 (family) 53 (adult) 46 (senior) 30 (young adult)	✓				✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
THE GYM of Armonk 99 Business Park Drive, Armonk 10504 219-1601 • gettothegym.com	Jamie Nicastrì General manager 2007	40,000	120	✓				✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Healthy Fit - The Health Club for Women 1000 E. Boston Post Road, Mamaroneck 10543 670-0600 • myhealthyfit.com	Jonathan Roosevelt, Marc Tascher 2004	WND	69 to 74	✓				✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Kombine 27 Radio Circle, Mount Kisco 10549 244-0956 • kombinetraining.com	Mindy Domershick mindy@kombinetraining.com 2008	9,000	WND		✓			✓	0		✓				✓								
Lady of America Fitness & Day Spa 200 Hamilton Ave., White Plains 10601 488-BODY • ladyofamerica.com	Juan C. Ortega President, LOA Franchise Holding 2000	8,000	29.95	✓				✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Powerhouse Gym 750 Central Park Ave., Yonkers 10704 423-8669 • powerhousegymny.com	Neal, Denise and Pat Francese powerhouseeny@aol.com 1991	14,200	Call or check website for information		✓			✓	0						✓								
Premier Athletic Club 2127 Albany Post Road, Montrose 10548 739-7755 • premierathletic.com	Valerie Schemmer membership@premierathletic.com 1972	70,000	100	✓				✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Saw Mill Club 77 Kensico Drive, Mount Kisco 10549 241-0797 • sawmillclub.com	Kevin Kane Vice president and general manager kkane@sawmillclub.com 1997	170,000	Call or check website for information					✓	0		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Solaris Sports & Racquet Club 5 Browns Lane, Hawthorne 10523 592-3737 • solarisclubs.com	General Manager Kristin Tobin kristin@solarisclubs.com 1972	40,000	49	✓				✓	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Solaris Sports Club 201 Veterans Road, Yorktown Heights 10598 962-4094 • solarisclubs.com	Kristine Theo 2001	40,000	72					✓	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Strata Health Club 4 Gannett Drive, West Harrison 10604 694-4656 • stratahealthclub.com	Michael Wohltmann mwohit@aol.com 2008	7,300	39	✓				✓	0		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Susan Marlowe Fitness 80 Maple St., Scarsdale 10583 472-3335 • susanmarlowefitness.com	Anna Avellino lisa_fitness@hotmail.com 1973	5,500	WND		✓			✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vadim Fitness Studio Ltd. 495 Central Park Ave., Suite 207, Scarsdale 10583 725-9553 • vadimstudio.com	Vadim Vilensky info@vadimstudio.com 2001	2,000	NA	✓				✓	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
White Plains Family YMCA 250 Mamaroneck Ave., White Plains 10605 949-8030 • ymca-cnw.org	Deborah Bowles WND	WND	64	✓				✓	0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Questions or comments, call 694-3600, ext. 3005.

Source: Information taken from websites and responding companies.

Note: Average monthly costs of membership are subject to change.

▲ Adult fitness center for age 40 and above. • NA Not available. • WND Would not disclose.