

Listed alphabetically.

Name, address, telephone number Area code: 203 (unless otherwise noted) Website	Owner/Manager Email address Year facility established	Approximate square footage of gym	Amenities and programs offered											
			corporate discounts	group exercise classes	on-site child care	on-site parking	on-site café	locker rooms	personal trainers	tennis courts	swimming pool	racquetball courts	tanning beds	massages
Club NewFit 23 Commerce Road, Newtown 06470 426-8591 • newfit.com	Penny Tavar penny@newfit.com 2007	30,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Edge Fitness Clubs 1333 E. Putnam Ave., Greenwich 06870 500 Kings Highway Cutoff, Fairfield 06825 637-3906 • 255-2582 • theedgefitnessclubs.com	Joe Moretti Owner 1987	40,000 Fairfield NA Greenwich	group/family	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Equinox 72 Heights Road, Darien 06820 16 Old Track Road, Greenwich 06830 655-2300 • 863-0070 • equinox.com	Michael Buonocore General manager, Greenwich Jason Fox General manager, Darien 1991	30,000 Darien NA Greenwich	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fitness Works 275 Post Road East, Westport 06880 216-0033 • fitnessworks.us	Jo Rasmussen Owner fitnessworks93@yahoo.com 1993	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Get in Shape For Women 85 Mill Plain Road, Fairfield 06824 170 Post Road West, Westport 06880 873-0723 • 293-4445 • ggetinshapeforwomen.com	Juliet and Peter Harker julietharker@getinshapeforwomen.com 2009	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LA Fitness 52 Sixth St., Stamford 353-8810 • lafitness.com	NA 1984	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
New York Sports Clubs 6 Liberty Way, Greenwich 869-1253 • mynewyorksportsclubs.com	Patricia Jeffries General manager patricia.jeffries@town-sports.com 1974	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Norwalk YMCA 370 West Ave., Norwalk 06870 866-4425 • norwalkymca.org	Bob McDowell CEO bmcdowell@norwalkymca.org 1928	30,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Peak Physique Inc. 50 Holly Hill Lane, Greenwich 625-9595 • peakphysique.biz	Dominic Novak and Dana DeRespino-Novak Owners 1993	10,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prime Time Fitness 100 Route 37, New Fairfield 06812 312-0399 • primetimefitnessnf.com	Patrick Toth 2005	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Solaris Racquet Club 23 Radio Place, Stamford 06906 359-0601 • solarisclubs.com	John DeFilippo Director of tennis john@solarisclubs.com 1972	40,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sportsplex 49 Brownhouse Road, Stamford 06902 358-0066 • sportsplex-ct.com	Felicia Gaglio General manager info@sportsplexbethel.com 1980	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Stamford Athletic Club 75 Third St., Stamford 06905 357-7555 • sacnews.com	Glenn Colarossi Managing director donna@stamfordathletic.com 1993	35,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
United Athletic Centers 1330 Honeyspot Road Extension, Stratford 06615 386-0449 • unitedathleticcenters.com	Mark Christo mark@unitedathleticcenters.com 2009	45,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA of Greenwich 50 E. Putnam Ave., Greenwich 06830 869-1630 • greenwichymca.org	Ed Phillipp President and CEO 1916	NA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Note: This list is a sampling of fitness clubs. To be included in future lists, email afrey@westfairinc.com.

Source: Information obtained from company websites and responding companies.

NA: Not available.