

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	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	nutrition/weight-loss program
Apogee Pilates & Wellness Center 140 Mamaroneck Ave., White Plains 10601 170 Harris Road, Bedford Hills 10507 644-8884 • 244-1606 • apogee wellness.com	NA 2009	8500 NA	✓	✓		✓	✓	✓						✓	✓
Bilancio Personal Fitness Studio 4 Manhattanville Road, Purchase 10577 644-3888 • bilanciofitness.com	Paul Bruni paul@bilanciofitness.com 2006	7,000	✓	✓		✓	✓	✓						✓	
Blink Fitness 100 Main St., White Plains 10601 539-8800 • blinkfitness.com	NA 2013	9,000						✓	✓						
Bodyfit Studio 858 Scarsdale Ave., Scarsdale 10583 725-9400 • bodyfitstudio.com	Phyllis Lombardi Manager 2005			✓	✓	✓		✓							
Burke Smart Fitness▲ 801 Mamaroneck Ave., White Plains 10605 597-2805 • burke.org	Heather Keeler hkeeler@burke.org 2001	11,076	✓	✓		✓	✓	✓	✓						
Club @ 800 Squash & Fitness 800 Westchester Ave., Rye Brook 10573 251-1567 • clubat800.com	Mike Callaway mike@callawaysportsgroup.com 2005	6,000	✓			✓	✓	✓				✓			✓
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)	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
Club Fit Jefferson Valley 600 Bank Road, P.O. Box 241, Jefferson Valley 10535 245-4040 • clubfit.com	Lynne Welling lwelling@clubfit.com 1973	100,000 (includes outdoor tennis courts)	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
Crunch Fitness White Plains 1 N. Broadway, White Plains 10601 328-3311 • crunch.com	Matthew Miller NA	21,000	✓	✓		✓		✓	✓						
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.)	✓	✓	✓	✓		✓	✓	✓	✓			✓	
Healthy Fit - The Health Club for Women 1000 E. Boston Post Road, Mamaroneck 10543 670-0600 • myhealthyfit.com	NA 2004	WND	✓	✓	✓	✓		✓	✓					✓	
The Kombine 27 Radio Circle, Mount Kisco 10549 244-0956 • kombinetraining.com	NA 2008	9,000		✓											
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	✓	✓	✓	✓		✓	✓				✓	✓	✓
Powerhouse Gym 750 Central Park Ave., Yonkers 10704 423-8669 • powerhousegymny.com	Neal and Denise Francese powerhouse@aol.com 1991	14,200													
Premier Athletic Club 2127 Albany Post Road, Montrose 10548 739-7755 • premierathletic.com	Valerie Schemmer membership@premierathletic.com 1972	70,000		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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		✓	✓	✓	✓	✓	✓	✓	✓			✓	
Solaris Sports & Racquet Club 5 Browns Lane, Hawthorne 10523 592-3737 • solarisclubs.com	General Manager Kristin Tobin kristin@solarisclubs.com 1972	40,000	✓	✓	✓	✓		✓	✓	✓					
Solaris Sports Club 201 Veterans Road, Yorktown Heights 10598 962-4094 • solarisclubs.com	Kelly Gunterman kelly@solarisclubs.com 2001	40,000	✓	✓	✓	✓	✓	✓	✓	✓				✓	
Strata Health Club 4 Gannett Drive, West Harrison 10604 694-4656 • stratahealthclub.com	Michael Wohltmann mwohlt@aol.com 2008	7,300		✓		✓		✓	✓					✓	✓
Susan Marlowe Fitness 80 Maple St., Scarsdale 10583 472-3335 • susanmarlowefitness.com	Anna Avellino lisa_fitness@hotmail.com 1973	5,500	✓	✓	✓	✓	✓	✓	✓					✓	✓
THE GYM of Armonk 99 Business Park Drive, Armonk 10504 219-1601 • gettothegym.com	Jamie Nicastrì General manager 2007	40,000	✓	✓	✓	✓	✓	✓	✓					✓	✓
Vadim Fitness Studio Ltd. 455 Central Park Ave., Suite 207, Scarsdale 10583 725-9553 • vadimstudio.com	Vadim Vilensky info@vadimstudio.com 2001	2,000		✓		✓		✓	✓					✓	✓
White Plains Family YMCA 250 Mamaroneck Ave., White Plains 10605 949-8030 • ymca-cnw.org	Deborah Bowles WND	WND	✓	✓	✓			✓	✓					✓	

Source: Information taken from websites and responding companies. This listing is a sampling of fitness facilities. To be included in future lists, email Afrey@westfairinc.com.

▲ Adult fitness center for age 40 and above. • NA Not available.