

FITNESS CENTERS

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	nutrition/weight-loss program
Chelsea Piers Connecticut 1 Blachley Road, Stamford 06902 989-1200 • chelseapiersct.com	Chelsea Piers membership@chelseapiers.com 2012	450,000	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
Club NewFit 23 Commerce Road, Newtown 06470 426-8591 • newfit.com	NA lynda@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	Jason Fox, general manager, Greenwich Timothy Kuvak, 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 • getinshapeforwomen.com	Brian Cook, founder and CEO NA 2009	NA							✓						✓
LA Fitness 52 Sixth St., Stamford 06904 353-8810 • lafitness.com	NA 1984	NA		✓		✓	✓	✓	✓		✓				
New York Sports Clubs 6 Liberty Way, Greenwich 06830 869-1253 • mysportsclubs.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 and executive director bmcdowell@norwalkymca.org 1928	30,000	✓	✓	✓	✓		✓	✓		✓	✓		✓	✓
Peak Physique Inc. 50 Holly Hill Lane, Greenwich 06830 625-9595 • peakphysique.biz	Dominic Novak, Dana DeRespino-Novak, owners 1993	5,000	✓			✓		✓	✓					✓	✓
Prime Time Fitness 100 Route 37, New Fairfield 06812 312-0399 • primetimefitnessnf.com	Patrick Toth primetimefitnessnf@gmail.com 2005	NA		✓	✓	✓	✓		✓						
Solaris Racquet Club 23 Radio Place, Stamford 06906 359-0601 • solarisclubs.com	John DeFilippo, director of tennis jrdtennis1@aol.com 1972	40,000	✓						✓	✓					
Sportsplex 49 Brownhouse Road, Stamford 06902 358-0066 • sportsplex-ct.com	Felicia Gaglio, general manager pandrews@sportsplexbethel.com 1985	30,000	✓	✓	✓	✓	✓	✓	✓		✓	✓		✓	
Stamford Athletic Club 75 Third St., Stamford 06905 357-7555 • sacnews.com	Glenn Colarossi, managing director donna@stamfordathletic.com 1993	35,000	✓	✓	✓	✓		✓	✓		✓	✓			✓
YMCA of Greenwich 50 E. Putnam Ave., Greenwich 06830 869-1630 • greenwichymca.org	Ed Philipp, president and CEO 1916	NA	✓	✓	✓	✓		✓	✓		✓				

This list is a sampling of fitness clubs serving the region. If you wish your club to be included in our next listing, please contact Danielle Renda at drenda@westfairinc.com.

Note: Information obtained from company websites, LinkedIn accounts and responses to our questionnaire.
NA: Not available.