

FITNESS CENTERS

WESTCHESTER COUNTY  
NEXT LIST:  
CONSTRUCTION COMPANIES

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	child care	parking	café	locker rooms	personal trainers	tennis courts	swimming pool	racquetball courts	tanning beds	massages	nutrition/weight-loss program
<b>Blink Fitness</b> 100 Main St., White Plains 10601 539-8800 • blinkfitness.com	NA 2013	9,000						✓	✓						
<b>Bodyfit Studio</b> 858 Scarsdale Ave., Scarsdale 10583 725-9400 • bodyfitstudio.com	Phyllis Lombardi, manager 2005	NA		✓	✓	✓		✓							
<b>Burke Smart Fitness ▲</b> 801 Mamaroneck Ave., White Plains 10605 597-2805 • burke.org	Heather Keeler hkeeler@burke.org 2001	11,076	✓	✓		✓		✓	✓						
<b>Clay Health Club and Spa</b> 11 Riverdale Ave., Port Chester 10573 937-5000 • insideclay.com	Seth Hirschel/Lance Root mheron@insideclay.com 2014	28,000		✓	✓	✓	✓	✓	✓					✓	✓
<b>Club Fit Briarcliff</b> 584 N. State Road, Briarcliff Manor 10510 762-3444 • clubfit.com	Bill Beck billbeckt@clubfit.com 1973	150,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
<b>Club Fit Jefferson Valley</b> 600 Bank Road, P.O. Box 241, Jefferson Valley 10535 245-4040 • clubfit.com	Bill Beck billbeckt@clubfit.com 1973	125,000	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
<b>Crunch Fitness White Plains</b> 1 N. Broadway, White Plains 10601 328-3311 • crunch.com	TJ Colaiezzi, general manager NA	21,000	✓	✓	✓	✓		✓	✓						
<b>Equinox</b> 800 White Plains Road, Scarsdale 10583 472-9000 • equinox.com	Liz Jacobs, general manager	NA	✓	✓	✓	✓	✓	✓	✓		✓			✓	✓
<b>Family YMCA at Tarrytown</b> 62 Main St., Tarrytown 10591 631-4807 • ymcatarrytown.org	Gerry Riera info@ymcatarrytown.org 1903	40,000 (total includes locker rooms, pool, etc.)	✓	✓	✓	✓		✓	✓		✓	✓			
<b>Health and Wellness</b> 450 Mamaroneck Ave., Harrison 703-4811 • nyhealthandwellness.com	Mitch Suss info@healthandwellness.com 2014	6,000	✓	✓		✓	✓		✓					✓	✓
<b>Healthy Fit For Women</b> 1000 E. Boston Post Road, Mamaroneck 10543 670-0600 • myhealthyfit.com	Kelly Dianni, sales and marketing manager kelly.dianni@myhealthyfit.com 2004	WND	✓	✓	✓	✓		✓	✓		✓	✓		✓	
<b>LA Fitness</b> 4 Second St., Yonkers 10710 297-4477 • lafitness.com	NA 1984	60,000		✓		✓		✓			✓			✓	
<b>Life Time Athletic, Westchester</b> 1 Westchester Park Drive, Harrison 10604 290-5067 • lifetimfitness.com	Susan Setna Mistri 2014	210,000	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
<b>New York Sports Club</b> White Plains City Center, 4 City Place, White Plains 10601 248-2020 • mysportsclubs.com	NA	59,000	✓	✓	✓	✓		✓	✓	✓	✓				
<b>Planet Fitness</b> 1001 Central Park Ave., Scarsdale 10583 713-1500 • planetfitness.com	NA	NA	✓			✓		✓					✓		
<b>Powerhouse Gym</b> 750 Central Park Ave., Yonkers 10704 423-8669 • powerhousegymny.com	Neal and Denise Francese powerhouse@aol.com 1991	14,200							✓						
<b>Premier Athletic Club</b> 2127 Albany Post Road, Montrose 10548 739-7755 • premierathletic.com	Valerie Schemmer membership@premierathletic.com 1972	70,000		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Ripped Fitness</b> 14 Rye Ridge Plaza, Second floor, Rye Brook 10573 481-5755 • rippedfit.com	Brian Ripka, founder info@rippedfit.com NA	NA	✓												
<b>Saw Mill Club</b> 77 Kensico Drive, Mount Kisco 10549 241-0797 • sawmillclub.com	Kevin Kane Vice president and general manager kkane@sawmillclub.com 1974	170,000	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
<b>Solaris Sports &amp; Racquet Club</b> 5 Browns Lane, Hawthorne 10523 592-3737 • solarisclubs.com	Nic Sabbati, general manager nic@solarisclubs.com 1972	40,000	✓	✓	✓	✓		✓	✓	✓					
<b>Solaris Sports Club</b> 201 Veterans Road, Yorktown Heights 10598 962-4094 • solarisclubs.com	Kristin Theo, general manager kristin@solarisclubs.com 2001	40,000	✓	✓	✓	✓	✓	✓	✓	✓				✓	
<b>Strata Health Club</b> 4 Westchester Park Drive, West Harrison 10604 694-4656 • stratahealthclub.com	Michael Wohltmann stratacollect@gmail.com 2008	7,300		✓		✓		✓	✓					✓	✓
<b>Susan Marlowe Fitness</b> 80 Maple St., Scarsdale 10583 472-3335 • susanmarlowefitness.com	Lisa Avellino lisa-fitness@hotmail.com 1973	6,000	✓	✓	✓	✓		✓	✓					✓	✓
<b>White Plains Family YMCA</b> 250 Mamaroneck Ave., White Plains 10605 949-8030 • ymca-cnw.org	Deborah Bowles WND	WND	✓	✓	✓			✓	✓		✓	✓		✓	
<b>Will2lose</b> 303 Central Park Ave., Scarsdale 10583 • 358-9890 855 Franklin Ave., Thornwood 10594 579-2888 • will2lose.com	Vito DiMatteo vito@will2lose.com 2010	10,000	✓	✓		✓		✓	✓						✓

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.

▲ Adult fitness center for age 40 and above.

NA Not available

WND Will not disclose