

Listed alphabetically.

Name Address 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	child care	parking	café	locker rooms	personal trainers	tennis courts	swimming pool	racquetball courts	tanning beds	massages
<b>Chelsea Piers Connecticut</b> 1 Blachley Road, Stamford 06902 989-1000 • chelseapiersct.com	Greta Wagner, executive director and executive vice president info@chelseapiersCT.com 2012	465,000	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
<b>Club NewFit</b> 23 Commerce Road, Newtown 06470 426-8591 • newfit.com	NA lynda@newfit.com 2007	30,000	✓	✓		✓	✓	✓	✓			✓	✓	✓
<b>The Edge Fitness Clubs</b> 1333 E. Putnam Ave., Old 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	✓	✓	✓	✓	✓	✓			✓		✓
<b>Equinox</b> 72 Heights Road, Darien 06820 16 Old Track Road, Greenwich 06830 655-2300 • 863-0070 • equinox.com	Jason Fox, general manager, Greenwich Anthony Cicchesi, general manager, Darien 1991	30,000, Darien NA, Greenwich		✓	✓	✓	✓	✓	✓				✓	✓
<b>Fitness Works</b> 275 Post Road East, Westport 06880 216-0033 • fitnessworks.us	Jo Rasmussen, owner fitnessworks93@yahoo.com 1993	NA		✓					✓					
<b>Get in Shape For Women</b> 85 Mill Plain Road, Fairfield 06824 873-0723 • getinshapeforwomen.com	Brian Cook, founder and CEO NA 2009	NA		✓					✓					✓
<b>LA Fitness</b> 52 Sixth St., Stamford 06904 353-8810 • lafitness.com	Louis Welch, CEO 1984	45,000		✓		✓	✓	✓	✓		✓			
<b>New York Sports Clubs</b> 6 Liberty Way, Greenwich 06830 869-1253 • mysportsclubs.com	Patricia Jeffries, general manager patricia.jeffries@town-sports.com 1974	NA	✓	✓	✓	✓		✓	✓					
<b>Peak Physique Inc.</b> 67 Holly Hill Lane, Greenwich 06830 625-9595 • peakphysique.biz	Dominic Novak, president fit@peak360greenwich.com 1993	5,000	✓			✓		✓	✓				✓	✓
<b>Prime Time Fitness</b> 3 Dunham Road, New Fairfield 06812 312-0399 • primetimefitnessnf.com	Patrick and Lauren Toth, owners primetimefitnessnf@gmail.com 2005	3,750		✓	✓	✓	✓		✓					
<b>Solaris Racquet Club</b> 23 Radio Place, Stamford 06906 359-0601 • solarisclubs.com	John DeFilippo, director of tennis jrdtennis1@aol.com 1972	40,000	✓						✓	✓				
<b>Sportsplex</b> 49 Brownhouse Road, Stamford 06902 358-0066 • sportsplex-ct.com	Felicia Gaglio, general manager pandrews@sportsplexbethel.com 1985	30,000	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
<b>Stamford Athletic Club</b> 75 Third St., Stamford 06905 357-7555 • sacnews.com	Jeff Kaminski, managing director jeffkaminski@sacnews.com 1993	35,000	✓	✓	✓	✓		✓	✓		✓	✓		✓
<b>The Stamford Family YMCA</b> 10 Bell St., Stamford 06901 357-7000 • stamfordymca.org	Dudley Williams, interim CEO dudley@stamfordymca.org 1868	50,000	✓	✓	✓	✓		✓	✓		✓	✓	✓	✓
<b>YMCA of Greenwich</b> 50 E. Putnam Ave., Greenwich 06830 869-1630 • greenwichymca.org	Bob DeAngelo, president and CEO 1916	NA	✓	✓	✓	✓		✓	✓		✓	✓	✓	

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

NA Not available.