

Listed alphabetically.

Name Address 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 White Plains</b> 100 Main St., White Plains 10601 539-8800 • blinkfitness.com	NA 2013	2,100							✓	✓							
<b>The Burke Fitness Center ▲</b> Burke Rehabilitation Center 801 Mamaroneck Ave., White Plains 10605 597-2805 • burke.org	Kathleen Edsall kedsall@burke.org 2001	11,076	✓	✓		✓			✓	✓						✓	
<b>Club Fit</b> 584 N. State Road, Briarcliff Manor 10510 • 762-3444 600 Bank Road, P.O. Box 241, Jefferson Valley 10535 • 245-4040 clubfit.com	Bill Beck billbeckt@clubfit.com 1973	150,000, Briarcliff 125,000 Greenwich	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓
<b>Crunch Fitness White Plains</b> 1 N. Broadway, White Plains 10601 328-3311 • crunch.com	NA	21,000	✓	✓	✓	✓			✓	✓							
<b>Equinox Scarsdale</b> 800 White Plains Road, Scarsdale 10583 472-9000 • equinox.com	Jason Fox, general manager 1991	NA	✓	✓	✓	✓	✓	✓	✓		✓					✓	✓
<b>Family YMCA at Tarrytown</b> 62 Main St., Tarrytown 10591 631-4807 • ymcatarrytown.org	Gerry Riera, CEO info@ymcatarrytown.org 1903	40,000 (total includes locker rooms, pool, etc.)	✓	✓	✓	✓			✓	✓		✓					
<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 Yonkers</b> 77 Cole St., No. 1290, 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 Mistri, general manager 2014	210,000	✓	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓
<b>New York Sports Clubs</b> White Plains City Center, 4 City Place, White Plains 10601 248-2020 • mysportsclubs.com	NA	59,000	✓	✓	✓	✓			✓	✓	✓						
<b>The Partners Gym</b> 855 Franklin Ave., Thornwood 10594 579-2888 • thepartnersgym.com	Obi Nwoye, owner obi@thepartnersgym.com 2015	5,000	✓	✓		✓			✓	✓							✓
<b>Planet Fitness</b> 1001 Central Park Ave., Scarsdale 10583 713-1500 • planetfitness.com	NA	NA	✓			✓			✓						✓		
<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	Rick Beusman, president kkane@sawmillclub.com 1974	170,000	✓	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓
<b>Solaris Sport &amp; Racquet Club</b> 5 Browns Lane, Hawthorne 10523 592-3737 • hawthorne.solarisclubs.com	Melissa Rosabella melissa@solarisclubs.com 1972	40,000	✓	✓	✓	✓			✓	✓	✓						
<b>Solaris Sports Club</b> 201 Veterans Road, Yorktown Heights 10598 962-4094 • yorktown.solarisclubs.com	Kristin Theo, general manager kristin@solarisclubs.com 2001	40,000	✓	✓	✓	✓	✓	✓	✓	✓						✓	
<b>Studio 22 *</b> 145 Mount Kisco Ave., Mount Kisco 10598 218-8819 • studio22fitness.com	Catherine Gleason info@studio22fitness.com NA	4,000				✓			✓								
<b>Susan Marlowe Fitness</b> 80 Maple St., Scarsdale 10583 472-3335 • susanmarlowefitness.com	Lisa Avellino lisa-fitness@hotmail.com 1973	6,000	✓	✓	✓	✓			✓	✓						✓	✓
<b>TotalFusion Studios</b> 347 Halstead Ave., Harrison 10528 315-1360 • totalfusionstudios.com	Hana Rukaj contact@totalfusionstudios.com 2016	2,500	✓	✓		✓			✓	✓							✓
<b>White Plains Family YMCA</b> 250 Mamaroneck Ave., White Plains 10605 949-8030 • ymca-cnw.org	Cynthia Rubino, president and CEO WND	WND	✓	✓	✓				✓	✓		✓				✓	

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.

- ▲ Adult fitness center for age 40 and above.
- \* Boutique studio dedicated to indoor cycling.
- NA Not available.