

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	nutrition/weight-loss program
Chelsea Piers Connecticut 1 Blachley Road, Stamford 06902 989-1000 • chelseapiersct.com	Greta Wagner, executive director and executive vice president info@chelseapiersCT.com 2012	465,000	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓
The Edge Fitness Clubs 1333 E. Putnam Ave., Greenwich 06870 500 Kings Highway Cutoff, Fairfield 06825 also in 12 other Connecticut locations 637-3906 • 255-2582• theedgefitnessclubs.com	James Riemer, manager, Greenwich jriemer@theedgefitnessclubs.com Kyle Ferri, manager, Fairfield kferri@theedgefitnessclubs.com 1987	40,000 Fairfield N/A Greenwich	group/family	✓	✓	✓	✓	✓	✓				✓		✓
Equinox 72 Heights Road, Darien 06820 16 Old Track Road, Greenwich 06830 655-2300 • 863-0070 • equinox.com	Kori Smith, general manager, Greenwich Bryan Kilts, general manager, Darien 1991	30,000 Darien N/A, Greenwich		✓	✓	✓	✓	✓	✓					✓	✓
Fairfield Fitness for Women 85 Mill Plain Road., Fairfield 06824 873-0723 • fairfieldfitnessforwomen.com	Juliet Harker, founder N/A 2017	N/A		✓					✓						✓
Fitness Works 275 Post Road East, Westport 06880 216-0033 • fitnessworks93.weebly.com	Jo Rasmussen, owner fitnessworks93@yahoo.com 1993	N/A		✓					✓						
LA Fitness 52 Sixth St., Stamford 06904 • 353-8810 761 Main Ave., Norwalk 06851 • 842-0012 lafitness.com	Louis Welch, CEO of parent Fitness International LLC contact@fitnessintl.com 1984	45,000		✓		✓	✓	✓	✓		✓				
New York Sports Clubs 6 Liberty Way, Greenwich 06830 • 869-1253 106 Commerce Road, Stamford 06902 • 323-6611 newyorksportsclubs.com	Toni DAmario, general manager, Greenwich N/A Karen Catuogno, general manager, Stamford N/A 1974	N/A	✓	✓	✓	✓		✓	✓		✓				
Peak Physique Inc. 67 Holly Hill Lane, Greenwich 06830 625-9595 • peakphysique.biz	Dominic Novak, president fit@peak360greenwich.com 1992	5,000	✓			✓		✓	✓					✓	✓
Prime Time Fitness 3 Dunham Road, New Fairfield 06812 312-0399 • primetimefitnessnf.com	Patrick and Lauren Toth, owners primetimefitnessnf@gmail.com 2005	3,750		✓	✓	✓	✓		✓						
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 Brown House 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	Jeff Kaminski, managing director jeffkaminski@sacnews.com 1993	35,000	✓	✓	✓	✓		✓	✓		✓	✓			✓
The Stamford Family YMCA 10 Bell St., Stamford 06901 357-7000 • stamfordymca.org	Shawn Patch, CEO shawn@stamfordymca.org 1868	50,000	✓	✓	✓	✓		✓	✓		✓	✓		✓	✓
YMCA of Greenwich 50 E. Putnam Ave., Greenwich 06830 869-1630 • greenwichymca.org	Bob DeAngelo, CEO bdeangelo@gwymca.org 1916	N/A	✓	✓	✓	✓		✓	✓		✓			✓	

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 Peter Katz at pkatz@westfairinc.
N/A = Not available.