

# FITNESS CENTERS

LISTED ALPHABETICALLY

COMPANY	NUMBER OF MEMBERS	FEES	PERSONAL TRAINING	CARDIO CLASSES	PILATES/YOGA CLASSES	POOL	TANNING	CHILD CARE	OTHER RECREATIONAL SPORTS	OWNER/MANAGER
<b>4 FITNESS ATHLETIC CLUB</b> Sheraton Springfield, One Monarch Place Springfield, MA 01144; (413) 263-2044 www.sheratonspringfield.com/fitness-center	460	Membership levels available	Yes	Yes	No	Yes	No	No	Racquetball; spinning	Tom Plunkett
<b>50/50 FITNESS/NUTRITION</b> 251 Russell St., Hadley, MA 01035 (413) 387-0191; www.5050fitnessnutrition.com	N/A	\$49-\$129/month; various packages	Yes	Yes	Yes	No	No	No	Boot camp; Barre; spinning; TRX; sports conditioning	Justin Killeen Katie Lipsmeyer
<b>180 FIT GYM</b> 1350 Main St., Suite 900, Springfield, MA 01103 (413) 285-7761; www.180fitgym.com	150	\$35/month with corporate discount	Yes	Yes	Yes	No	No	No	N/A	Jesse Baker
<b>ACTIVE LIFESTYLE FITNESS</b> 168 Elm St., Agawam, MA 01001 (413) 519-9641; www.activelifestylefitness.com	200	Fees vary	Yes	Yes	Yes	No	No	No	N/A	Ashley Brodeur
<b>ALL DAY ALL NIGHT FITNESS</b> 56 East St., Ludlow, MA 01056 (413) 547-8024; www.alldayallnightfitness.com	N/A	\$39/month; specials throughout the year	Yes	No	No	No	No	No	N/A	Carol Morello
<b>ANYTIME FITNESS</b> www.anytimefitness.com	N/A	Startup and monthly fees vary by site	Yes	No	No	No	Yes	No	N/A	Multiple owners
<b>ASYLUM FITNESS</b> 280 Wilbraham St., Palmer, MA 01069 (413) 283-3955; www.asylumfitness.net	1,550	\$29.95/month; no contract	Yes	Yes	Yes	Yes	Yes	No	Zumba; strength classes; HIIT training classes	Gary Libiszewski
<b>CENTURY FITNESS</b> 491 North Main St., East Longmeadow, MA 01028 (413) 525-8800; www.centuryfit.com	N/A	\$19.99/month; specials throughout the year	Yes	Yes	Yes	Yes	Yes	Yes	Zumba; kickboxing; boot camp	Todd Witwer
<b>CONCA SPORT AND FITNESS</b> 170 Elm St., West Springfield, MA 01085 1 Chamber Road, Palmer, MA 01019 (413) 304-2350; www.concasportandfitness.com	180	\$149-\$289/month	Yes	No	No	No	No	No	Professional strength and conditioning; elite baseball development; return-to-play programs after injury/surgery; adult fitness and youth athletic development	Steve Conca
<b>CROSSFIT IRON WILL</b> 100 State St., Ludlow, MA 01056 (860) 204-7132; www.crossfitironwill.com	200	\$139-\$169/month	Yes	Yes	No	No	No	No	Olympic weightlifting; CrossFit Kids	Heath Speckman
<b>CROSSFIT REVELATION</b> 7 Moody Road, Building 1, Enfield, CT 06082 (860) 749-0252; www.crossfitrevelation.com	N/A	\$165/month for unlimited training	Yes	Yes	No	No	No	No	Weightlifting	Kate Romeo
<b>CURVES</b> www.curves.com	N/A	Startup and monthly fees vary by site	Yes	No	No	No	Varies by location	No	N/A	Multiple owners
<b>THE DAVIS METHOD</b> 245 Russell St., Unit 15, Hadley, MA 01375 (978) 302-8299; www.thedavismethod.com	N/A	Custom individual fee structure	Yes	Yes	No	No	No	No	Small-group training; single-sport and multi-sport training plans	Ryan Davis
<b>FIT! HEALTH CLUBS</b> 6 University Dr., Amherst, MA 01002; (413) 549-1738 156 Northampton St., Easthampton, MA 01027; (413) 203-2060 www.fitwomenamherst.com	N/A	\$25/month	Yes	Yes	Yes	No	No	No	Small-group training	Megan Earle
<b>FITNESS FIRST HEALTH &amp; FITNESS CENTER</b> 60 North Westfield St., Feeding Hills, MA 01030 (413) 786-1460; www.fitnessfirsthealthclub.com	3,000	Individual and family memberships; class rates	Yes	Yes	Yes	Yes	Yes	Yes	Boot camp; racquetball court; TRX; Zumba	Kurt Welker
<b>FITNESS TOGETHER</b> 534 Main St., Amherst, MA 01002 (413) 461-3032; www.fitnessstogether.com/amherst 18 Strong Ave., Northampton, MA 01060; (413) 582-0727 www.fitnessstogether.com/northampton 41 Maple St., East Longmeadow, MA 01028; (413) 224-2033 www.fitnessstogether.com/eastlongmeadow	N/A	Customized individual fee structure	Yes	Yes	Yes	No	No	No	N/A	Jessica Phaneuf
<b>HAMPSHIRE ATHLETIC CLUB</b> 90 Gatehouse Road, Amherst, MA 01002 (413) 256-6446; www.hampshireac.com	2,500	\$49-\$69/month; \$499/year	Yes	Yes	Yes	Yes	No	Yes	Tennis and basketball court	Perry and Judy Messer
<b>HEALTHTRAX FITNESS &amp; WELLNESS</b> 155 Ashley Ave., West Springfield, MA 01089 (413) 781-0181 45 Crane Ave., East Longmeadow, MA 01028 (413) 525-3931 3 Weymouth Road, Enfield, CT 06082 (860) 745-2408; www.healthtrax.com	2,500 each location	Membership options available	Yes	Yes	Yes	Yes	Yes (except East Longmeadow)	Yes	Zumba; spinning; racquetball courts; basketball court (West Springfield and Enfield)	Marina Lebo
<b>LA FITNESS</b> 1150 Hall of Fame Ave., Springfield, MA 01105 (413) 301-1015; www.lafitness.com	N/A	\$99 down, \$29/month; specials throughout the year	Yes	Yes	Yes	Yes	No	Yes	Basketball and volleyball court	Fitness International LLC
<b>MBSC THRIVE - DC FITNESS</b> 175 Benton Dr., Suite 400, East Longmeadow, MA 01028 (413) 525-2400; www.mbscthrive-dcfitness.com	200	Customized packages available	Yes	Yes	Yes	No	No	No	Athletic, team, and small-group training; sports strength conditioning	Donna Chalfant
<b>NORTHAMPTON ATHLETIC CLUB</b> 306 King St., Northampton, MA 01060 (413) 585-8500; www.nohoac.com	2,500	\$49-\$69/month; \$499/year	Yes	Yes	Yes	No	Yes	Yes	Zumba; tae kwan do; basketball court; rock-climbing wall	Perry and Judy Messer
<b>PIONEER VALLEY CROSSFIT</b> 220 Russell St., Hadley, MA 01035; (413) 584-3140 375 South St., Northampton, MA 01060; (413) 727-8051 www.pioneervalleycrossfit.com	N/A	\$175/month for unlimited training	Yes	Yes	No	No	No	No	Weightlifting, mobility	Sean Manseau
<b>POWERHOUSE TRAINING</b> 80 Denslow Road, Suite 130 East Longmeadow, MA 01028 (413) 525-4345; www.powerhouse-training.com	150	Custom personal/group training rates	Yes	No	No	No	No	No	120-by-40-foot turf field; three batting tunnels; pitching lanes	Jon Davis
<b>SNAP FITNESS HOLYOKE</b> 506 Westfield Road, Holyoke, MA 01040; (413) 532-7627 5 Allen St., Hampden, MA 01036; (413) 566-1600 www.snapfitness.com	1,150	\$34.95/month single; \$49.95/month family	Yes	Yes	No	No	No	No	Boot camp	David Garvey
<b>SPRINGFIELD JCC HEALTH &amp; WELLNESS CENTER</b> 1160 Dickinson St., Springfield, MA 01108 (413) 739-4715; www.springfieldjcc.org	1,700	\$36-\$99/month; packages available	Yes	Yes	Yes	Yes	No	Yes	Zumba; basketball, tennis, raquetball, squash courts; rock-climbing wall; ropes course; youth wellness	Nonprofit
<b>STRENGTH FOR LIFE HEALTH &amp; FITNESS CENTER</b> 116 Pleasant St., Suite 125, Easthampton, MA 01027 (413) 529-0700; www.strengthforlife.com	120	\$195 evaluation \$50/month; packages available	Yes	No	No	No	No	No	N/A	Dr. Josef Arould
<b>UNIVERSAL HEALTH AND FITNESS</b> 59 Service Center Road, Northampton, MA 01060 (413) 585-9900; www.universalhealthandfitness.info	1,000	\$33-\$59/month	Yes	No	No	No	No	No	Zumba	Elizabeth Cole
<b>XROSSOVER FITNESS</b> 208 College Highway, Southwick, MA 01077 (413) 998-3683	500	\$29.95/month; packages available	Yes	Yes	No	No	No	Yes	Spin classes	Jeff Consolini
<b>YMCA OF GREATER SPRINGFIELD FAMILY CENTERS</b> 275 Chestnut St., Springfield, MA 01104; (413) 739-6951 45 Post Office Park, Wilbraham, MA 01095; (413) 206-5724 33 Oak St., Springfield, MA 01109; (413) 788-6143 www.springfieldy.org	12,400	Fees vary; scholarships available	Yes	Yes	Yes	Yes (except Oak Street)	No	Yes (except Oak Street)	Yes	Nonprofit