

YMCA

183 E Fairmount Ave... 716-763-0303
<http://www.jamestownymca.org/locations/lakewood/lakewood-family-ymca/>
Offers fitness consultations and group exercise classes, water exercise classes... membership depends on income... Mon-Thur 5am-10pm, Fri 5am-9pm, Sat-Sun 7am-5pm

Mayville- Curves for Women

99 E Chautauqua St... 716-326-2300
<https://curves.com/>
Classes for Cardio, Boxing, Body basics, and Balance... Monthly fee... open Monday-Saturday

Snap Fitness

6394 Horseshoe Bnd... 716-338-9882
<https://www.snapfitness.com/gyms>
Fitness Center... \$38.95/month... Open 24 hours

Chautauqua Health & Fitness Center

4840 W Lake Rd... 716-357-6430
<http://chg.org/season/recreation/fitness-centers>
Personal training, Pilates, small group training, nutrition consultations, yoga sessions... Monthly Fee... Open 24 hours

Point Chautauqua Dance

36 W Chautauqua St... 716-753-3456
Dance Classes

Ripley- Ripley Fitness Center

38 W Main St... 716-736-6060
<http://www.ripley-ny.com/town-facilities/fitness-room>
Fitness Center

Westfield- Centerstage Dance Studio

79 E Main St... 716-326-6500
Dances classes... Open Monday-Friday

Studio Panterra

8579 Hardscrabble Rd... 716-326-3993
<http://www.studiopanterra.com/>
Yoga studio... price depends on class... Sun-Tues and Fri closed, Sat Wed Thurs 10am-12pm, Wed 5:30pm-9:30pm, Thurs 5-8:30pm



**There is no magic herb that
can replace the need for
actual physical activity.**

Diane McLaren



Step It Up

Places to be Active
in Chautauqua
County
**Fitness Centers
and Classes**



Chautauqua- Chautauqua Institution Turner Community Center

Route 394 ... 716-357-6430
<http://chq.org/season/recreation/fitness-centers>
Fitness Center, Swimming, Fitness Classes...
Membership fee... open all year

Chautauqua Institution Tennis Center

Route 394... 716-357-6276
<http://chq.org/season/recreation/tennis>
Tennis...Membership or daily rate... May-October

Chautauqua Institution Sailing

Route 394... 716-357-6392
<http://chq.org/season/recreation/sailing>
Sailing classes... Free for lessons and rentals... Open June-August

Clymer – Downtown Fitness

562 Clymer-Sherman rd... 716-355-6434
Open Mon-Fri 9am-5pm

Dunkirk – Chautauqua Health and Fitness Center

1170 Central Ave ... 716-363-6383
<http://www.getfitwny.com/>
Fitness Classes, Personal training classes, fitness center... membership fee... open daily

Curves for Women

1170 Central Ave... 716-679-2878
<https://www.curves.com/fitness/classes>
Classes for Cardio, Boxing, Body basics, and Balance...
Monthly fee... open Mon-Fri

Yoga Underground

3817 Lakeshore Dr. E... 716-680-0559
<http://www.yogaundergroundfredonia.com/>
Various yoga class, class or monthly fee... open daily-
class times differ

Pump it Up

10745 Bennet Rd... 716-680-0361
<https://www.pumpitupfit.com/class-schedule>
Classes for Cardio and Strength training, Pilates, Yoga,
Country Dancing, Kickboxing, and Hip Hop Classes for
Cardio and Strength training, Pilates, Yoga, Country
Dancing, Kickboxing, and Hip Hop... Fee per class,
month, or year... open July 2- Sept 4, hours depend on
class

Dunkirk Senior Center

45 Cliffstar Court... 716-366-7530
<http://www.dunkirktoday.com/senior-citizens>
Aerobics, Zumba, Daily Exercise Programs... \$1 dues...
Weekly and Monthly programs

Falconer – Curves for Women

25 West Main Street...716-488-7078
<https://curves.com/>
Classes for Cardio, Boxing, Body basics, and Balance
Monthly fee... open Mon-Fri

Fredonia – Curves for Women

183 E Main Street... 716-679-2878
<https://curves.com/>
Classes for Cardio, Boxing, Body basics, and Balance
Monthly fee... open Mon-Fri

Grape Belt Seniors

Masonic Lodge, Route 20... 716-672-5778
<https://www.nyconnects.ny.gov/providers/fredonia-pomfret-grape-belt-seniors-sofa-aq-381553>
Aerobics and weight fitness classes

Darwin’s Health Club

47 Water St... 716-679-1591
<http://www.darwinshealthclub.com/>
Aerobic Classes (Pilates, Core, Body Pump), Biking,
Weight Room... Membership fee... Mon-Fri 4:30am-10pm,
Sat 6am-6pm, Sun 7am-5pm

Blue Devils Fitness Center

Dods Hall Varsity road... 716-673-3232
<http://www.fredoniabluedevils.com/sports/2013/2/13/Ble%20Devil%20Fitness%20Center.aspx?&tab=3>
Fitness Center... \$5 guest fee... Mon-Fri 7am-10pm, Sat
10am-7pm, Sun 1-10pm

Zumba Fitness

25 Church street... 716-244-3472
<http://zumbawithsue.com/>
\$6 per class or \$50 for 10 classes... depends on the class

Jamestown- Snap Fitness

764 Foote Ave... 716-661-3690
<https://www.snapfitness.com/qyms/jamestown-ny-14701/1223/membership/plans>
Fitness Center... \$38.95/month... Open 24 hours

Snap Fitness

707 Fairmount Ave... 716-338-9882
<https://www.snapfitness.com/qyms/jamestown-ny-14701/1223/membership/plans>
Fitness Center... \$38.95/month... Open 24 hours

Anytime Fitness

901 Fairmount Ave... 716-489-3089
<https://www.anytimefitness.com/qyms/3199/jamestown-ny-14701/>
Offers group training and personal training...
\$40/month... Open 24 hours

Guys and Dolls Dance Studio

1390 Peck Settlement Rd... 716-487-0918
<http://gddance.net/>
various dance classes...class rate... call for lessons

YMCA

101 E 4th St... 716-664-2802
<http://www.jamestownymca.org/>
fitness consultations and group exercise classes, water
exercise classes... membership price depends on
income... Mon-Thur 5am-10pm, Fri 5am-9pm, Sat-Sun
7am-5pm

Sun Moon Yoga and Wellness

203 Cherry Street... 716-259-3592
<http://www.sunmoonjamestown.com/>
Many different types of yoga classes offered...pricing
depends on class... Mon-Thursday 5:30-7:30pm, Fri-
Sun closed

Curves for Women

421 E 2nd... 716-488-7078
<https://curves.com/>
Classes for Cardio, Boxing, Body basics, and Balance...
Monthly fee... open Monday-Saturday

JCC Fitness Center

525 Falconer St... 716-338-1262
<http://www.sunyjjc.edu/student-life/athletics/fitness>
Offers many different training classes... \$45/month...
Open everyday

Linda’s Studio of Dance

38 Howard St... 716-488-2262
Dance classes... class rate

Studio Dance Conservatory

90 Woodworth Ave... 716-488-3198
<http://www.studiodanceconservatory.com/yogapilates/>
Dance classes, yoga/pilates... Class rate... ballet barre
fri. 8:30-9:30am. Yoga/pilates Wed & Sat 9-10am

Lakewood- Planet Fitness

318 E Fairmount Ave... 716-763-0270
<https://www.planetfitness.com/qyms/lakewood-ny>
Fitness center... \$10/month... open 24 hours

The Fitness Bunker

9W Summit Ave... 716-526-4031
<http://www.thefitnessbunker.com/>
Offers boxing, yoga, and personal training...
\$30/month... open 24 hours

Urban Spin

110 Mall Blvd... 716-969-2145
<https://www.urbanspin716.com/>
Spin class... \$15 per class... hours depend on class