

Get Fit and Energized in Your Hometown!

Facility	Location	Classes	Hours of Operation and Cost	Contact Information
AGAWAM				
Anytime Fitness	200 Silver Street	Stretching and Foam Rolling	View website for hours of operation and member options.	413-786-7800 Website: Click Here
N.E.X.T Fitness	470 Shoemaker Lane	Cycling, Zumba, Boxing, Sculpting, Yoga, etc	View website for hours of operation and member options.	413-786-6398 Website: Click Here
BELCHERTOWN				
Anytime Fitness	35 Turkey Hill Rd	-	View website for hours of operation and member options.	413-323-7150 Website: Click Here
Planet Fitness	40 Turkey Hill Rd	-	View website for hours of operation and member options.	413-323-1003 Website: Click Here
CHICOPEE				
Planet Fitness	1183 Memorial Drive	-	View website for hours of operation and member options.	413-513-5566 Website: Click Here
Club Fitness	1501 Memorial Drive	Various personal training	View website for hours of operation and member options.	413-533-6167 Website: Click Here
EASTHAMPTON				
Snap Fitness	39 Union St	-	View website for hours of operation and member options.	413-529-2200 Website: Click Here

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EAST LONGMEADOW				
Century Fitness	491 North Main St	Group Exercise Classes Available	View website for hours of operation and member options.	413-525-8800 Website: Click Here
Heartsong Yoga	264 N. Main St	Various yoga classes	View website for hours of operation and member options.	413-525-0720 Website: Click Here
Healthtrax	45 Crane Ave	Various classes	View website for hours of operation and member options.	413-525-3931 Website: Click Here
ENFIELD				
Healthtrax	3 Weymouth Rd		View website for hours of operation and member options.	860-745-2408 Website: Click Here
Club Fitness	640 Enfield Street	Zumba, Yoga, Hard Core, Step & Sculpt, Body Pump	View website for hours of operation and member options.	860-253-9521 Website: Click Here
FLORENCE				
River Valley Yoga	30 N. Maple St	Various yoga classes	View website for hours of operation and member options.	413-584-1414 Website: Click Here
The Hub Studio	296 Nonotuck St, Suite 202	Spinning, TRX Suspension and Rip Training,	View website for hours of operation and member options.	413-570-4099 Website: Click Here
GREENFIELD				
ACD Women's Fitness Center	368 High St	Cardio Training, Pilates, Weight Training, Yoga, Zumba	View website for hours of operation and member options.	413-775-9944 Website: Click Here

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GREENFIELD (CONTINUED)				
Greenfield Recreation Department	20 Sanderson St	Triathlon training, adult co-ed softball & tennis lessons, leagues & tournaments	View website for hours of operation and member options.	413-772-1553 Website: Click Here
J.R. Roy Martial Arts	1 Osgood St	Karate and Tai Chi	View website for hours of operation and member options.	413-774-2888 Website: Click Here
Kings Gym Inc.	154 Main St	-	View website for hours of operation and member options.	413-774-6878 Website: Click Here
The Body Shoppe	306 High St	Total Body Strength & Stretch, Tabata, Total Body Blast, TRX, Weights & Stretch, Zumba	View website for hours of operation and member options.	413-774-2138 Website: Click Here
YMCA	451 Main St	Balance & Stretch, Beginner Cardio, Flexibility, Group Core, Step, Tai Chi, Turbo Kick, Yoga, Zumba	View website for hours of operation and member options.	413-377-3646 Website: Click Here
HADLEY				
Central Rock Gym	165 Russell St	Climbing and yoga classes	View website for hours of operation and member options.	413-584-7625 Website: Click Here
Planet Fitness	367 Russell St	-	View website for hours of operation and member options.	413-582-9900 Website: Click Here

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HOLYOKE				
Greater Holyoke YMCA	171 Pine St	Body Sculpt, Boot Camp, Cardio Hip-Hop, Cardio Kickboxing, Indoor Cycle, Strength Training, Swimming, Yoga	View website for hours of operation and member options.	413-534-5631 Website: Click Here
Snap Fitness	506 Westfield Rd,	-	View website for hours of operation and member options.	413-532-7627 Website: Click Here
Vega Yoga & Movement Arts	4 Open Square Way, Studio 221	Yoga, Prenatal & Core Focus Yoga	View website for hours of operation and member options.	413-519-4966 Website: Click Here
MONTAGUE-TURNERS FALLS				
Great Falls Yoga	34 3 rd Street	All levels of yoga and various types	View website for hours of operation and member options.	413-834-2078 Website: Click Here
NORTHAMPTON				
Stayin' Aligned Hot Yoga Studio	375 South St	Various Bikram yoga classes	View website for hours of operation and member options.	413-341-3116 Website: Click Here
Pioneer Valley CrossFit	373 South St	Various cross fit classes	View website for hours of operation and member options.	413-584-3140 Website: Click Here
Universal Health and Fitness	59 Service Center Rd	Zumba	View website for hours of operation and member options.	413-585-9900 Website: Click Here

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PALMER				
Asylum Fitness	280 Wilbraham St	Tabata, Yoga, Zumba, Cross Training	View website for hours of operation and member options.	413-283-3955 Website: Click Here
Gils Gym and Racquet Health Club	159 Wilbraham St	Body Ball, Group Core, Group Kick, Group Power, Mixed Martial Arts, Pilates, Yoga, Zumba	View website for hours of operation and member options.	413-283-4455 Website: Click Here
SHELBURNE FALLS				
Hart Yoga	1 Ashfield St	Gentle Yoga, Iyengar-based Yoga, Morning Yoga, Power Yoga, Slow Flow Hatha Yoga, Yoga Fusion	View website for hours of operation and member options.	413-768-9291 Website: Click Here
Riverside Fitness Studio	5 Bridge St	--	View website for hours of operation and member options.	413-834-1961 Website: Click Here
SOUTHWICK				
Dhira Yoga Center	617 College Highway	Various yoga classes	View website for hours of operation and member options	413-998-3463 Website: Click Here
Tribe Life Athletics	809 College Hwy	Crossfit	View website for hours of operation and member options	413-998-3463 Website: Click Here
SPENCER				
Guaranteed Fitness	107 N. Spencer Rd	Circuit Training, Cardio Step, Kickboxing, Pilates, Get Pumped, Spin, Tabata, Turbo Kick, Yoga	View website for hours of operation and member options	508-885-3686 Website: Click Here

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SPRINGFIELD				
Best Fitness	1739 Allen St	Group Kick, Group Power, Hatha Yoga, Hip Hop Fusion, Pilates, PIYO, P90X, Zumba	View website for hours of operation and member options	413-271-7653 Website: Click Here
Springfield Recreation Department	200 Trafton Rd	Public skating, sports leagues, community pools. Most programs require you to be a resident.	View website for hours of operation and member options	413-787-6440 Website: Click Here
LA Fitness	1150 West Columbus Ave	Aqua Aerobics, Cycling, Kickboxing, Pilates, Yoga, Zumba	View website for hours of operation and member options	413-301-1015 Website: Click Here
Planet Fitness	1387 Liberty St	-	View website for hours of operation and member options	413-788-0448 Website: Click Here
Springfield Jewish Com. Ctr.	1160 Dickinson St	Group Exercise Classes, Water Aerobics, Personal and Small Group Training, Racquetball, Basketball and Tennis Courts	View website for hours of operation and member options	413-739-4715 Website: Click Here
Pioneer Valley Riverfront Club	121 West St	Introduction to Rowing, Introduction to Dragon Boating, Sculling, Sweep Rowing, Dragon Boating, Year-round Rowing Machine Fitness programs, for ages 13+.	View website for hours of operation and member options	413-736-1322 Website: Click Here
WARE				
D&D Fitness Factory	40 East Main St	Cardio, Circuit Training, Pilates, Zumba	View website for hours of operation and member options	413-967-6018 Website: Click Here
WARREN				
The Centered Place	286 Bridge Street	Svaroopa® Yoga	View website for hours of operation and member options	413-436-7374 Website: Click Here

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WESTFIELD				
Anytime Fitness	415 E. Main St	-	View website for hours of operation and member options	413-579-5364 Website: Click Here
CrossFit SWARM	4 Coleman Ave	-	View website for hours of operation and member options	413-642-1496 Website: Click Here
Expert Fitness	99 Springfield Rd	Cycling, Conditioning, Yoga, PIYO, etc	View website for hours of operation and member options	413-568-2200 Website: Click Here
Planet Fitness	68 Mainline Dr	-	View website for hours of operation and member options	413-568-0578 Website: Click Here
Westfield Yoga Center	94 N. Elm St	Various yoga classes	View website for hours of operation and member options	413-568-8989 Website: Click Here
WILBRAHAM				
Baila Comingo Dance Fitness	2701 Boston Rd	Boot Camp, Hip Hop, Piloxing, Tabata, Zumba	View website for hours of operation and member options	413-563-2455 Website: Click Here
Breath Yoga and Pilates Studio	2040 Boston Rd	Various yoga and Pilates classes	View website for hours of operation and member options	413-362-4410 Website: Click Here
YMCA	45 Post Office Park	Body Sculpt, Circuit, Kickboxing, Pilates, Tai Chi, Zumba, Yoga and more!	View website for hours of operation and member options	413-596-2061 Website: Click Here

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WEST SPRINGFIELD				
Hampshire Yoga	1702 Riverdale St	Hatha Yoga	View website for hours of operation and member options	413-781-2590 Website: Click Here
Healthtrax Fitness & Wellness	155 Ashley Ave	-	View website for hours of operation and member options	413-781-0181 Website: Click Here
International Center for Harmony & Living Arts	800 Armstrong Rd	Tai Chi and QiGong classes	View website for hours of operation and member options	413-210-2149 Website: Click Here
Karma Yoga	1233 Westfield St.	Hot yoga, meditation, yin yoga and power yoga	View website for hours of operation and member options	413-575-6607 Website: Click Here
Club Fitness	1452 Memorial Ave	Hard Core, Kickmax, Muscles N' Motion, Step & Sculpt, Body Pump, Zumba, Yoga	View website for hours of operation and member options	413-746-2677 Website: Click Here
Planet Fitness	1464 Riverdale St	-	View website for hours of operation and member options	413-731-7555 Website: Click Here

Baystate Health employees enrolled in the HNE medical plan are eligible to submit for the [\\$150 Fitness Reimbursement](#).

This search of locations was completed in April 2018. The listing is not meant to represent every available fitness center or program in these communities nor is this a facility endorsement.

