

THE SILVERSNEAKERS® FITNESS PROGRAM: WHAT INDEPENDENCE BLUE CROSS PROVIDERS NEED TO KNOW



Independence Blue Cross members have a great way to get fit, have fun and make friends – **all at no additional cost!**

The SilverSneakers Fitness Program is designed specifically for Medicare beneficiaries. The program concentrates on improving strength and flexibility so daily living activities become easier. It's a fun way to stay in shape and increase social interaction, and it's offered to most Independence Blue Cross Medicare Advantage members. As the nation's leading exercise program designed exclusively for older adults, SilverSneakers engages members and helps keep them motivated to improve their own health and well-being.

What does the SilverSneakers Fitness Program offer?

- a complimentary fitness membership to a variety of more than 2,900 participating locations* nationwide. See attached list or Visit www.silversneakers.com to find a SilverSneakers location.
- exercise options for members at all levels of fitness
- fitness equipment, treadmills and free weights, and access to amenities like a swimming pool or indoor walking track
- the signature SilverSneakers group exercise classes that are easy on joints, help improve balance and muscle strength, and are led by experienced, caring instructors certified in older-adult fitness programming
- a non-intimidating environment where members can meet new people who share their health goals, participate in social activities and receive health education

**Class offerings, services and amenities vary by location.*

SilverSneakers engages members and helps keep them motivated to improve their own health and well-being.

Independence Blue Cross members eligible for SilverSneakers:

- Keystone 65 (Value, Advantage, Preferred, and Complete)
- Personal Choice 65SM (Standard)
- Select Advantage (Silver)



Impact of Regular Physical Activity

Primary Prevention

- Reduces the risk of developing:
 - Heart disease
 - Stroke
 - Hypertension
 - Type 2 diabetes
 - Colon cancer
 - Breast cancer
 - Osteoporosis
 - Falls and related injuries
- Increases strength
- Boosts metabolic rate
- Reduces body fat percentage
- Increases bone mineral density
- Improves cognitive function
- Assists with weight management
- Prolongs independence
- Enhances social well-being
- Improves health status
- Enriches quality of life



The SilverSneakers® Fitness Program is designed to address many of the chronic conditions seen in the older-adult population, including the following.

Diabetes

Beginning and keeping good health habits is key to helping control type 2 diabetes. Walking, stair climbing, low-impact activities and weight training are some exercises recommended for those at risk.

Hypertension

Exercise and diet help manage hypertension. Some exercises recommended for hypertension include brisk walking, moderate aerobic classes and low-impact activities.

Depression

Exercise has been shown to help reduce depression symptoms among patients with major depressive disorder.

Congestive Heart Failure

Exercise is associated with improved symptoms, exercise capacity and functional well-being in patients with CHF. Better results may be achieved when exercise is combined with peer-group support and health education regarding lifestyle changes.

Osteoporosis

Exercises that focus on bone health include weight-bearing and resistance exercises, such as walking, stair climbing, low-impact activities and weight training.

Osteoarthritis

Aerobic and resistance exercises, such as walking, weight-training and water exercises, are effective in reducing pain, improving range of motion and reducing disability. Among SilverSneakers class offerings is SilverSplash®, an aqua exercise class designed specifically for older adults.

Refer your Independence Blue Cross Medicare Advantage members to enroll at a participating SilverSneakers Fitness Program location today!

Participating SilverSneakers Locations

Bucks

Bristol

Nirvana Athletic & Fitness Center

1222 Veterans Hwy.

215-788-8800

Amenities: E, S, W, SC

Chalfont

Better Bodies Cross Training Center

219 W. Butler Ave.

215-997-6997

Amenities: E, SC

Philadelphia Sports Clubs - Highpoint

1 Highpoint Dr.

215-822-2303

Amenities: E, S, P, W, SC

Doylestown

Doylestown Fitness Center

4339 Swamp Rd.

215-340-1100

Amenities: E, SC

Doylestown (cont.)

Total Fitness Zone

800 N. Easton Rd.

215-489-2010

Amenities: E, SC

Fairless Hills

Lower Bucks Family YMCA - Fairless Hills Branch

601 S. Oxford Valley Rd.

215-949-3400

Amenities: E, S, P, W, SC

Feasterville

B&R Family Fitness Club

1040 Mill Creek Dr.

215-355-2700

Amenities: E, S, P, W, SC

Furlong

Cornerstone Health & Fitness - Doylestown

740 Edison Furlong Rd.

215-794-3700

Amenities: E, S, SC

Ivyland

Spring Mill Athletic Club

173 Jacksonville Rd.

215-328-9400

Amenities: E, S, W, SC

Langhorne

Bally Total Fitness - Oxford Valley

130 Middletown Blvd.

215-752-9506

Amenities: E, P, SC

Morrisville

Pennsbury Racquet & Athletic Club

375 W. Trenton Ave.

215-736-0248

Amenities: E, S, SC

New Hope

Cornerstone Health & Fitness - New Hope

415 S. York Rd.

215-862-2200

Amenities: E, S, SC

Newtown

Center Club at Newtown
2132 S. Eagle Rd.
215-579-7600
Amenities: E, S, SC

Perkasie

Fitness Plus of Perkasie
12 N. 7th St.
Ms. Cindy's
School of Dance
215-257-8850
Amenities: SC

Quakertown

Upper Bucks YMCA
451 California Rd.
215-536-8841
Amenities: E, S, SC

Chester

**Berwyn
Surrey Services
for Seniors**
28 Bridge Ave.
610-647-6404
Amenities: E, SC

Downingtown

Club Volant
981 E. Lancaster Ave.
610-518-7680
Amenities: E, S, P, SC

Exton

**Tennis Addiction
Sports Club**
202 Phillips Rd.
610-363-1052
Amenities: E, SC

Kennett Square

**Kennett Area
Senior Center**
427 S. Walnut St.
610-444-4819
Amenities: SC

Malvern

**Level 5 Fitness &
Conditioning**
10-20 Liberty Blvd.
610-644-6575
Amenities: E, SC

Oxford

**Oxford Area
Senior Center**
12 E. Locust St.
610-932-5244
Amenities: SC

Parkesburg

Wellness Xpress
4217 W. Lincoln Hwy.
484-712-5106
Amenities: SC

Phoenixville

**Phoenixville Health
and Fitness**
289 Schuylkill Rd.
610-933-6929
Amenities: E, SC

St. Davids

**Philadelphia Sports
Clubs - Radnor**
555 E. Lancaster Ave.
610-688-3342
Amenities: E, S, P, SC

Thorndale

Gold's Gym - Thorndale
50 James Buchanan Dr.
610-380-4653
Amenities: E, S, SC

Wayne

**Club La Maison Health
& Fitness Complex**
215 Sugartown Rd.
610-964-8800
Amenities: E, S, P, W, SC

West Chester

**West Chester
Area Senior Center**
530 E. Union St.
610-431-4242
Amenities: SC

Delaware

**Ardmore
Philadelphia Sports
Clubs - Ardmore**
34 W. Lancaster Ave.
610-645-7600
Amenities: E, S, SC

Aston

Tri State Sports
63 Concord Rd.
610-494-3600
Amenities: E, P*, SC

Broomall

Gold's Gym - Broomall
2920 Springfield Rd.
610-353-5633
Amenities: E, S, SC

Sussex Fitness Center

1101 Sussex Blvd.
610-328-2610
Amenities: E, P, W, SC

Darby

**Mercy Fitness Center at
Mercy Fitzgerald Hospital**
1503 Lansdowne Ave.
610-237-2607
Amenities: SC

Glen Mills

**Excel Physical Therapy
and Fitness**
331 Wilmington-West
Chester Pike
Rte. 202 and
Smithbridge Rd.
610-558-5866
Amenities: E, SC

Havertown

Zone Fitness
162 W. Eagle Rd.
610-789-8272
Amenities: E, SC

Media

Hometown Senior Center
302 S. Jackson St.
610-566-0505
Amenities: SC

Woodlyn

**Bally Total Fitness -
MacDade**
1245 MacDade Blvd.
610-521-4266
Amenities: E, SC

Montgomery

**Ambler
The Becoming Center**
250 N. Bethlehem Pike
215-643-9908
Amenities: E, P, SC

Bala Cynwyd

**The Aquatic & Fitness
Center - Bala Cynwyd**
601 Righters Ferry Rd.
610-664-6464
Amenities: E, S, P, W, SC

Collegeville

Body Transit Fitness
305 Second Ave., Ste. 212
610-489-8855
Amenities: E, S, SC

Conshohocken

Gold's Gym - Conshohocken
200 W. Ridge Pike
610-940-6787
Amenities: E, S, SC

- Dresher**
Twining Valley Golf & Fitness Club
 1400 Twining Rd.
 215-659-4004
 Amenities: E, SC
- Elkins Park**
The Gym, Elkins Park
 46 E. Church Rd.
 215-379-3488
 Amenities: E, S, SC
- Fairview Village**
Kinetix Sports Club
 951 N. Park Ave.
 610-539-6700
 Amenities: E, S, SC
- Flourtown**
Aerobics, Etc.
 1710 Bethlehem Pike
 215-356-5500
 Amenities: SC
- Gilbertsville**
Final Results Fitness
 1100 Grosser Rd.
 610-367-6611
 Amenities: E, S, SC
- Harleysville**
Genesis Fitness Centre - Harleysville
 671 Main St.
 215-256-9998
 Amenities: E, SC
- Indian Valley**
Family YMCA
 890 Maple Ave.
 215-723-3569
 Amenities: E, SC
- Hatfield**
Hatfield Athletic Club
 2420 Bethlehem Pike
 215-822-6177
 Amenities: E, S, SC
- Horsham**
Horsham 24 Hour Fitness Club
 217 Witmer Rd.
 215-443-8510
 Amenities: E, S, SC
- Huntingdon Valley**
Body Dynamics Fitness Center
 1810 County Line Rd.
 Bldg. 400
 215-942-9500
 Amenities: E, SC
- Jenkintown**
The Aquatic & Fitness Center - Jenkintown
 921 Old York Rd.
 215-887-8787
 Amenities: E, S, SC
- King of Prussia**
Bally Total Fitness - King of Prussia
 256 Mall Blvd.
 610-768-0710
 Amenities: E, S, P, W, SC
- Fairmount Athletic Club**
 499 S. Henderson Rd.
 610-992-1004
 Amenities: E, S, SC
- Lansdale**
Central Montgomery Medical Center
 100 Medical Campus Dr.
 215-368-2100
 Amenities: E, SC
- Lansdale (cont.)**
La Crest Health Center of the North Penn YMCA
 624 E. Main St.
 215-368-1526
 Amenities: E, SC
- Total Body Fitness**
 611 S. Broad St.
 215-361-1888
 Amenities: E, S, P, SC
- Meadowbrook**
Holy Redeemer Health and Fitness Center
 1648 Huntingdon Pike
 215-947-5971
 Amenities: E, SC
- Norristown**
Montco SAAC
 536 George St.
 610-275-1960
 Amenities: SC
- Montgomery Hospital Rehabilitation Services**
 1330 Powell St.
 610-270-2002
 Amenities: E, P, W, SC
- Oaks**
Gold's Gym - Oaks
 RT 422 Business Center
 122 Mill Rd.
 610-650-3166
 Amenities: E, S, SC
- Pennsburg**
Cappuccio Dance Academy
 859 Main St.
 215-679-7006
 Amenities: SC
- Plymouth Meeting**
Greater Plymouth Community Center
 2910 Jolly Rd.
 610-277-4312
 Amenities: E, S, P, W, SC
- Pottstown**
Pottstown Health Club
 210 Moser Rd.
 610-326-6216
 Amenities: E, S, W, SC
- Pottstown Memorial Medical Center at CarePlex**
 81 Robinson St.
 610-970-1600
 Amenities: E, SC
- Royersford**
Gold's Gym of Limerick
 70 Buckwalter Rd.
 610-948-4088
 Amenities: E, S, SC
- Souderton**
Genesis Fitness Centre - Souderton
 76 County Line Rd.
 215-721-0600
 Amenities: E, SC
- Willow Grove**
Abington Fitness Institute
 2510 Maryland Rd.
 Ste. 100
 215-481-5900
 Amenities: E, SC
- Bally Total Fitness - Willowgrove**
 151 Old York Rd.
 215-657-8500
 Amenities: E, S, P, W, SC

Wyncote
**Bally Total Fitness -
Cheltenham**

1000 Easton Rd.
215-576-7807

Amenities: E, S, SC

Wynnewood
Kaiserman JCC

45 Haverford Rd.
610-896-7770

Amenities: E, S, P, W, SC

Philadelphia
Philadelphia
**Bally Total Fitness -
Aramingo**

3400 Aramingo Ave.
215-426-0880

Amenities: E, SC

**Bally Total Fitness -
Franklin Mills**

851 Franklin Mills Cir.
215-637-1580

Amenities: E, S, P, W, SC

**Bally Total Fitness -
Northeast**

9185 Roosevelt Blvd.
215-676-9110

Amenities: E, P, W, SC

**Bally Total Fitness -
South Philly**

2425 S. 24th St.
215-468-6741

Amenities: E, S, SC

**Body Challenge Fitness
Center**

1600 W. Hunting Park Ave.
2nd Fl.

215-457-8418

Amenities: E, SC

Philadelphia (cont.)
**Boyles World Gym
Fitness Center**

11000 Roosevelt Blvd.
Plaza

215-677-1496

Amenities: E, SC

City Fitness Philadelphia

200 Spring Garden St.
215-923-4114

Amenities: E, S, SC

East Falls Fitness

3751 Ridge Ave.
215-223-2311

Amenities: E, S, SC

**Frankford Hospitals
Wellness Centers**

Red Lion and Knights
Roads

215-612-4576

Amenities: E, SC

**Fusion: Heart,
Muscle, Mind**

105 S. 12th St.
215-733-0633

Amenities: E, SC

JCC Klein Branch

10100 Jamison Ave.
215-698-7300

Amenities: E, S, P, SC

**John M. Perzel
Community Center**

2990 St. Vincent St.
215-331-7120

Amenities: SC

Juniata Fitness

4401 G St.

215-289-4200

Amenities: E, S, P, W, SC

Philadelphia (cont.)
**Juniata Park Older
Adult Center**

1251 E. Sedgley Ave.
215-685-1490

Amenities: SC

Lehigh Senior Center

1701 W. Lehigh Ave.
Bldg. 6

215-226-0761

Amenities: SC

**M. L. King Older
Adult Center**

2101-35 W. Cecil B.
Moore Ave.

215-685-2715

Amenities: SC

Mann Older Adult Center

3201 N. 5th St.
215-685-9844

Amenities: SC

**Mercy Fitness &
Wellness Center**

5008 Baltimore Ave.
2nd Fl. Fitness Center

215-764-8505

Amenities: E, SC

**Mercy Fitness &
Wellness Center**

2821 Island Ave.
215-863-6106

Amenities: E, SC

MossRehab
Outpatient Centers

2400 Market St., Ste. 15
Marketplace Design Center
215-523-7600

Amenities: E, SC

Philadelphia (cont.)
**Norcom Community
Center**

10980 Norcom Rd.
215-613-1070

Amenities: E, SC

**Northeast Community
Center**

2840 Holme Ave.
215-335-0870

Amenities: E, S, P, SC

**Northeast Older
Adult Center**

8101 Bustleton Ave.
215-685-0577

Amenities: SC

**Oxford Rehabilitation
and Fitness Center**

6735 Harbison Ave.
215-725-2000

Amenities: E, P, SC

**Philadelphia Senior
Center - Main Branch**

509 S. Broad St.
215-546-5879

Amenities: SC

**Philadelphia Senior
Center Tioga Branch**

1531 W. Tioga St.
215-227-9999

Amenities: SC

**Philadelphia Sports
Clubs - Market Street**

1735 Market St.
215-564-5353

Amenities: E, S, SC

**Philadelphia Sports
Clubs - Rodin Place**

2000 Hamilton St.
215-568-9555

Amenities: E, S, SC

Philadelphia (cont.)

Philadelphia Sports Clubs - Society Hill
220-250 S. 5th St.
215-592-8900
Amenities: E, S, P*, SC

SIS Fitness
1320 Somerville Ave.
215-457-8663
Amenities: E, SC

South Philadelphia Older Adult Center
1430 E. Passyunk Ave.
215-685-1697
Amenities: SC

Southwest Fitness Senior Center
6916 Elmwood Ave.
215-937-1880
Amenities: E, P*, SC

Stiffel Senior Center
604 Porter St.
215-468-3500
Amenities: SC

The Aquatic & Fitness Center - Philadelphia
3600 Grant Ave.
215-677-0400
Amenities: E, S, P, W, SC

The Center at Journey's Way
6012 Ridge Ave.
215-487-1750
Amenities: SC

The Optimal Gym
325 Bainbridge St.
215-627-4900
Amenities: E, S, P, W, SC

West Oak Lane Senior Center
7210-18 Ogontz Ave.
215-685-3511
Amenities: SC

Amenities Legend

- E** Exercise Equipment
- S** Steam/Sauna
- P** Pool
- W** Whirlpool
- SC** SilverSneakers Classes
- *** Seasonal Pool

Participating Silver Access Locations



Bucks
Bensalem
Curves of Bensalem Twp.
2155 Galloway Rd.
215-639-9199

Doylestown
Curves of Doylestown
Twp./Plumstead Twp.
4095 Ferry Rd.
215-230-4151

Dublin
Curves of Dublin/
Hilltown Twp.
164 N. Main St.
215-249-3760

Jamison
Curves of Warwick
2581 York Rd.
215-491-7430

Lahaska
Curves of Buckingham
Twp./Solebury Twp.
5861 York Rd.
215-794-0121

Langhorne
Curves of Northampton/
Langhorne
140 N. Pine St.
215-741-5514

St. Mary Wellness Center
1201 Langhorne Newton
Rd.
215-710-6861

Levittown
Curves of Bristol Twp.
6914 New Falls Rd.
215-547-4733

Levittown (cont.)
Curves of Tullytown
8012 Mill Creek Pkwy.
215-946-3313

Morrisville
Curves of Morrisville/
Yardley
830 W. Trenton Ave.
215-337-8055

New Britain
Curves of New
Britain Chalfont
432 Town Center
215-230-4403

New Hope
New Hope Fitness Center
510 Union Square Dr.
215-862-7123

Newtown
Curves of Newtown
126 S. State St.
215-968-8590

**Curves of Upper
Makefield/Wrightstown**
842 Durham Rd., Ste. 21
215-598-9727

Perkasie
Curves of Perkasie/East
Rockhill Twp.
622 W. Chestnut St.
215-453-6900

Quakertown
Curves of Quakertown
1408 W. Broad St., Ste. 2
215-536-9333

Richboro
Curves of Richboro
1061 2nd Street Pike
215-322-0806

Warminster
Curves of
Warminster Twp.
820 W. Street Rd.
215-444-0799

Yardley
Slim and Tone LLC
10 Penn Valley Dr.
215-321-8664

**Chester
Berwyn**
Berwyn Squash
and Fitness Club
625 Cassatt Rd.
610-647-6375

Curves of Easttown
511 Old Lancaster Rd.
610-647-7478

Upper Main Line YMCA
1416 Berwyn Paoli Rd.
610-647-9622

Coatesville
Brandywine YMCA
295 Hurley Rd.
610-380-9622

**Curves of Valley/
Coatesville**
1131 W. Lincoln Hwy.
610-380-0778

Downington
Curves of Caln/
Downingtwn/East Caln
3941 Lincoln Hwy.
610-269-2211

Elverson
Twin Valley YMCA
51 S. Pine St.
610-913-9622

Exton
Curves of Uwchlan Twp.
327 Gordon Dr.
Lionville Bus. Center
610-524-5832

Lionville
Community YMCA
100 Devon Dr.
610-854-1658

Glenmoore
Curves of Glenmoore
1691 Horse Shoe Pike
610-942-4023

Kennett Square
Curves of Kennett/
New Garden
350 Scarlet Rd., Ste. 19
610-925-0454

Kennett Area YMCA
101 Race St.
610-444-9622

Oxford
Curves of Oxford/East
Nottingham/Lower Oxford
45 Wyncote Dr.
610-932-4799

Paoli
Curves of Tredyffrin
21 Plank Ave.
610-640-2624

Phoenixville
Curves of Schuylkill/
Phoenixville
1193 Valley Forge Rd.
610-935-4558

Pottstown

Curves of North
Coventry/South Coventry/
East Coventry
48 Glocker Way
610-323-5507

Spring City

Curves of East Pikeland/
West Vincent/East
Vincent
3563 Schuylkill Rd.
610-792-1300

West Chester

Curves of East
Bradford Twp.
710 Dowingtown Pike
610-431-3410

Curves of East Goshen/
West Goshen
1514 Paoli Pike, Unit R
610-344-7756

Curves of Thornbury/
Westtown
1381 Dilworthtown
Crossing
610-399-9550

Pilates Body Center
317 Westtown Rd., Ste. 5
610-696-3844

The Center for Health
and Fitness at the Chester
County Hospital
795 E. Marshall St.
610-738-2348

West Chester
Area YMCA
1 E. Chestnut St.
610-431-9622

West Grove

Curves of Penn Twp./
West Grove Twp./London
Grove Twp.
263 W. Evergreen St.
610-869-7404

Jennersville YMCA
880 W. Baltimore Pike
610-869-9622

Delaware

Aston
Curves of Aston Twp.
417 Marianville Rd.
610-485-2260

Brookhaven

Curves of Brookhaven/
Upland/Chester/Parkside
3400 Edgmont Ave.
610-872-3700

Bryn Mawr

Curves of Radnor Twp.
864 County Line Rd.
868
610-525-2499

Chadds Ford

Curves of Concord Twp./
Chadds Ford Twp.
101 Ridge Rd.
610-361-1030

Clifton Heights

Curves of Clifton Heights
301 W. Baltimore Ave.
610-284-1180

Drexel Hill

Curves of Upper
Darby - West
5051 State Rd.
610-622-7901

Havertown

Curves of Haverford Twp.
2010 W. Chester Pike
Ste. 442
610-789-8630

Holmes

Curves of Ridley
2121 Macdade Blvd.
610-522-1160

Marcus Hook

Curves of Upper
Chichester Twp.
3266 Chichester Ave.
610-485-2434

Media

Curves of Upper
Providence/Media
280 N. Providence Rd.
610-892-5000

Riddle Rehab Institute
1098 W. Baltimore Pike
610-891-3030

YMCA Rocky Run
1299 W. Baltimore Pike
610-627-9622

Newtown Square

Curves of
Newtown Square
4669 West Chester Pike
610-353-3060

Woodlyn

Curves of Woodlyn
1936 MacDade Blvd.
610-872-4050

Montgomery

Abington
YMCA-Abington
1073 Old York Rd.
215-884-9622

Ambler

YMCA Ambler
400 N. Bethlehem Pike
215-628-9951

Ardmore

YMCA Main Line
100 Saint Georges \ Rd.
610-649-0700

Cedars

Curves of Skippack/
Worcester/Towamencin
3401 Skippack Pike
610-222-0708

Collegeville

Curves of Collegeville/
Trappe
511 W. Main St., Ste. C
610-489-2801

Conshohocken

Curves of Plymouth/
Whitemarsh Twp.
406 W. Ridge Pike, Unit D
610-834-9770

East Greenville

Curves of East Greenville
307 Main St.
215-679-6100

Hatboro

YMCA Hatboro
440 S. York Rd.
215-674-4545

Horsham

Curves of Horsham Twp.
301 Horsham Rd., 30
215-441-5051



Huntingdon Valley

Curves of Lower Moreland
638 Welsh Rd.
215-938-1996

Jenkintown

Curves of Abington Twp.
1627 The Fairway
215-884-0588

King Of Prussia

Curves of Upper Merion Twp.
802 N. Henderson Rd.
610-337-8387

Lansdale

Curves of Lansdale
809 W. Main St.
215-362-9141

Lederach

Curves of Lower Salford Twp.
690 Harleysville Pike
Ste. 1
215-513-2012

Montgomeryville

Curves of Montgomery Twp.
755 Bethlehem Pike
215-368-0426

Narbeth

Curves of Lower Merion/Conshohocken
915 Montgomery Ave.
610-949-9562

Norristown

The Gym and Tan Line Studio
2725 W. Main St.
610-630-0266

Norriton

Curves of Whitpain Twp./East Norriton Twp.
38 W. Germantown
610-239-1300

Pottstown

Curves of Pottstown/Lower Pottsgrove/Upper Pottsgrove
1494 N. Charlotte St.
610-970-9979

Royersford

Curves of Limerick Twp./Royersford
Parktown Plaza
301 N. Lewis Rd.
610-948-7122

Souderton

Curves of Franconia/Souderton
40 N. 2nd St.
215-723-0180

Trooper

Curves of Lower Providence Twp.
2812 Audubon Village Dr.
610-676-0020

Curves of West Norriton

2030 W. Main St.
610-630-3820

Zieglerville

Curves of Lower Frederick
1202 N. Gravel Pike
610-287-9460

Philadelphia

Philadelphia Philadelphia
Curves of Chestnut
7733 Crittenden St.
215-242-3117

Philadelphia (cont.)

Curves of Manayunk
4590 Main St.
215-482-1116

Curves of Philadelphia - 63 and Woodhaven
12355 Academy Rd.
215-281-9003

Curves of Philadelphia - Fairmont
2333 Fairmount Ave.
215-236-3315

Curves of Philadelphia - Northeast
9373 Krewstown Rd.
215-673-1983

Curves of Philadelphia - South Passyunk
2115 W. Oregon Ave.
215-465-2005

Curves of Philadelphia - South Snyder
1100 S. Columbus Blvd.
Store G
215-551-0401

Curves of Philadelphia - Filmore
7979 Oxford Ave.
215-725-3188

Curves of Philadelphia - Fishtown
2401 E. Tioga St.
215-288-3000

Northeast Wellness Connection Inc.
2869 Holme Ave.
215-676-4070

Vigorworks Fitness Center
1315 Walnut St.
215-545-2000

Philadelphia (cont.)

YMCA Christian Street
1724 Christian St.
215-735-5800

YMCA Columbia
1400 N. Broad St., # 26
215-235-6440

YMCA Northeast
11088 Knights Rd.
215-632-0100

YMCA Roxborough
7201 Ridge Ave.
215-482-3900

YMCA West
5120 Chestnut St.
215-476-2700