

Health & Fitness

Bikram Yoga East Harlem

212-369-1830
4E 116th St.
(btwn. Madison Ave. and 5th Ave.)
New York, NY 10029
www.bikramyogaeastharlem.com

Bally Total Fitness

212-369-3093
1915 3rd Ave.
(btwn. E. 105th and E. 106th Sts.)
New York, NY 10029
www.ballyfitness.com

Bikram Yoga Harlem

212-926-0753
518 W 145th St.
(btwn. Amsterdam Ave. and Broadway)
New York, NY 10031
www.bikramyogaharlem.com

Blink Fitness

646-253-9700
301 W. 125th St.
(btwn. Frederick Douglass Blvd. and St. Nicholas Ave.)
New York, NY 10027
www.blinkfitness.com

Harlem Wellness Center

646-682-7993
127 W. 127th St.
(btwn. Malcolm X Blvd. and Adam Clayton Powell Jr. Blvd.)
New York, NY 10027
www.harlemwellness.org

Harlem YMCA

212-912-2100
180 W. 135th St.
(btwn. Malcolm X Blvd. and Adam Clayton Powell Jr. Blvd.)
New York, NY 10030
www.ymcanyc.org

New York Sport Club

212-722-1185
1400 5th Ave.
(btwn. W. 115th and W. 116th Sts.)
New York, NY 10026
www.mysportsclubs.com

New York Sport Club

212-316-2500
2311 Frederick Douglass Blvd.
(btwn. 124th and 125th Sts.)
New York, NY 10027
www.mysportsclubs.com

New York Sport Club

212-234-0016
303 W. 145th St.
(btwn. Frederick Douglass Blvd. and Bradhurst Ave.)
New York, NY 10039
www.mysportsclubs.com

Planet Fitness

212-497-2644
208 W. 125th St. (btwn. Adam Clayton Powell Jr. Blvd. and Frederick Douglass Blvd.)
New York, NY 10027
www.planetfitness.com

Planet Fitness

212-222-3200
317 Malcolm X Blvd. (btwn. 125th and 126th Sts.)
New York, NY 10027
www.planetfitness.com

Best Market

212-377-2300
2187 Frederick Douglass Blvd.
(btwn. W. 118th and W. 119th Sts.)
New York, NY 10026
www.bestmarket.com