

## Adams County Gyms

### **A Shapely You Inc**

415 New Chester Road  
New Oxford, PA 17350

### **Club 50 Fitness of Gettysburg**

260 W Middle Street  
Gettysburg, PA 17325

### **Curves**

3099 Biglerville Road  
Biglerville, PA 17307  
(717) 677-6100

Curves Fitness Centers offer women a place to exercise and maintain weight. 30 minutes of cardio and strength training.

### **Curves**

401 West King Street  
East Berlin, PA 17316  
(717) 259-6790

30-Minute Workouts  
Aerobic & Strength Training  
Carpet Stretching  
Cool Down

### **Curves**

4910 Fairfield Road # F  
Fairfield, PA 17320

### **Curves**

830 W. King Street  
Littlestown, PA 17340  
(717) 359-0900

### **Curves**

4091 Route 8  
New Oxford, PA 17350  
<http://www.curves.com>

### **Curves**

1707-B Old Harrisburg Road  
Gettysburg, PA 17325  
(717) 337-9886

### **Curves**

705 Old Harrisburg Rd # 2  
Gettysburg, PA 17325  
(717) 337-9886

### **Curves**

2819 Carlisle Pike  
New Oxford, PA 17350  
(717) 624-7997

### **East Berlin Area Community Fitness**

405 E North Avenue  
East Berlin, PA 17316

### **Fella Spa**

2906 Carlisle Pike  
New Oxford, PA 17350

### **Fitness Together**

Royersford, PA 19468  
(610) 630-2303  
Hours of Operation:  
Mon-Fri: 06:00 AM-09:00 PM  
Sat 06:00 AM-03:00 PM  
45 Minutes - 1 Hr of cardio  
& weight training  
body shaping & toning  
bodybuilding  
fitness programs  
high quality of sanitation

**Gettysburg Hospital - Physical  
Medicine & Rehabilitation,  
Gettysburg YWCA**  
Gettysburg, PA 17325  
[www.wellspan.org](http://www.wellspan.org)

**Physical Medicine & Rehab**  
Offers exercise classes and  
consultations, call for schedule and  
additional information  
(717) 337-4206

**Glory Gym**  
1179 Highland Avenue Road,  
Gettysburg, PA 17325

**Gettysburg Health & Fitness**  
1080 Chambersburg Rd # B  
Gettysburg, PA 17325  
(717) 334-4777  
[www.gettysburgfitness.com](http://www.gettysburgfitness.com)

**Miss Lindsay's INTL**  
5320 Chambersburg Road  
Orrtanna, PA 1735

**Mummasburg Athletic Association**  
2501 Mummasburg Road,  
Gettysburg, PA 17325

**New Oxford Gym Inc.**  
400 Lincoln Way E  
New Oxford, PA 17350  
(717) 624-8570

**Snap Fitness**  
763 E. Main St.  
Mount Joy, PA 17552  
[www.snapfitness.com/mountjoypa](http://www.snapfitness.com/mountjoypa)

**Your Personal Trainer**  
634 W King Street  
Abbottstown, PA 17301  
(717) 586-3120  
It's a full service fitness studio  
perfect for everybody from high  
school athletes to senior citizens,  
drug free, affordable  
& 1st session free!

## York County Gyms

### **Athletic Club of York**

1785 Loucks Road  
York, PA 17408  
[www.theathleticclubofyork.com](http://www.theathleticclubofyork.com)  
(717) 764-8536

### **Curves**

351 Loucks Road # 13  
York, PA 17404  
<http://www.curves.com>  
(717) 846-3300

### **Downtown Branch YMCA**

90 N Newberry Street  
York, PA 17401  
(717) 843-7884

### **Fitness Center**

Central York High School  
601 Mundis Mill Road  
York, PA 17406  
<http://www.cysd.k12.pa.us/education/district/district.php?sectiondetailid=1>  
(717) 846-6789

**The Fitness Center will be open for the following hours during the school year for community use:**

**Monday: 6:00-7:45am**

**Tuesday: 6:00-7:45am; 6:00-8:00pm**

**Wednesday: 6:00-7:45am; 6:00-8:00pm**

**Thursday: 6:00-7:45am; 6:00-8:00pm**

**Friday: 6:00-7:45am**

### **LA Fitness**

351 Loucks Road  
York, PA 17404  
[www.lafitness.com](http://www.lafitness.com)  
(717) 848-6910  
Toll-Free 1-800-523-4863

### **Typical Life Corporation**

119 Stanley Place  
York, PA 17403  
(717) 845-2860

### **Typical Life Corporation**

123 E King Street  
York, PA 17401  
(717) 718-1909

### **York Morning Boot Camp**

Monday, Wednesday and Friday  
9:15 AM to 10:15 AM  
April through November  
Sunset Park beside Trimmer  
Elementary School  
[Chad@eckertfitnessgroup.com](mailto:Chad@eckertfitnessgroup.com)  
[Lindsey@eckertfitnessgroup.com](mailto:Lindsey@eckertfitnessgroup.com)  
(717) 259-1419

### **York Evening Boot Camp**

Monday, Wednesday and Friday  
6:30 to 7:30 PM  
April through November  
Springettesbury Park across from  
Galleria Mall  
[Chad@eckertfitnessgroup.com](mailto:Chad@eckertfitnessgroup.com)  
[Lindsey@eckertfitnessgroup.com](mailto:Lindsey@eckertfitnessgroup.com)  
(717) 259-1419

### **YWCA of York**

320 E. Market St  
York, PA 17403  
(717) 741-9529  
(717) 846-4700

### **Crumm's Strength & Fitness**

2290 Industrial Hwy  
York, PA 17402  
(717) 751-6055

**Curves**

1218 Greensprings Drive  
York, PA 17402  
<http://curvesinternational.com>  
(717) 751-7710

**Kim's Karate**

1450 Mount Rose Avenue  
York, PA 17403  
[www.tangsookim.com](http://www.tangsookim.com)  
(717) 848-5566

**Natural Choices**

Keeping You Healthy  
2241 Industrial Highway  
York, PA 17402  
(717) 840-8998

**Strictly Fitness**

2880 Carol Road  
York, PA 17402  
<http://www.strictlyfitnessusa.com>  
(717) 755-7665

**Typical Life Corporation**

2434 Brookside Lane  
York, PA 17402  
(717) 600-1747

**Unique Physique Fitness Center**

3432 E Market Street  
York, PA 17402  
<http://www.uniquephysique.net>  
(717) 755-2639

**Yorktowne Racquet & Fitness**

2810 E Prospect Road  
York, PA 17402  
<http://yorktownefitness.com>  
(717) 757-4833

**Curves**

918 York Road  
Dillsburg, PA 17019  
(717) 502-0632

**Curves**

922 S York Road  
Dillsburg, PA 17019  
<http://www.curvesinternational.com>  
(717) 502-0633

**Curves**

80 Newberry Commons  
Etters, PA 17319  
(717) 938-5170

**East Coast Volleyball**

70 Aberdeen Road  
Emigsville, PA 17318  
<http://www.eastcoastvb.com>  
(717) 764-6229

**Gold's Gym**

PO Box 487,  
Emigsville, PA 17318  
(717) 843-2810

**Gold's Gym**

2340 N George Street  
York, PA 17406  
<http://www.goldsgym.com>  
(717) 846-4700

**Ladies Workout Express**

4352 North George Street Extension  
Manchester, PA 17345  
<http://www.ladyofamerica.com>  
(717) 266-8438

**L A Shapes**

2159 White Street  
York, PA 17404  
(717) 846-0061

**LA Weight Loss**

2159 White Street, Suite 3  
York, PA 17404  
<http://www.laweightloss.com>  
(717) 845-5647

**Red Cedar Family Wellness**

689 Yorktown Road  
Lewisberry, PA 17339  
(717) 938-9496

**Skyline Gymnastics Center  
Limited**

2185 Pennsylvania Avenue  
York, PA 17404  
[www.skylinegym.com](http://www.skylinegym.com)  
(717) 845-3047

**Typical Life Corporation**

909 Bowers Bridge Road  
Manchester, PA 17345  
(717) 266-3095

**Typical Life Corporation**

3878 Oakleigh Drive  
York, PA 17402  
(717) 268-8239  
(717) 600-1426

**Typical Life Corporation**

662 Chestnut Street  
York, PA 17403  
(717) 845-2842

**UTA Karate**

Master Ebaugh,  
Dover, PA 17315  
[www.utakarate.com](http://www.utakarate.com)  
(717) 845-3936

**YMCA**

410 Fallowfield Road,  
Dillsburg, PA 17019  
<http://ymcaharrisburg.org>  
(717) 502-1177

**Bulldog Gym Inc**

62 E High  
Suite 2  
New Freedom, PA 17349  
(717) 235-4514

**Curves**

35-J N. Main Street  
Jacobus, PA 17407  
(717) 428-4949

**Curves**

35 North Main Street  
Seven Valleys, PA 17360  
<http://www.curves.com>  
(717) 428-4949

**Curves**

39 E Forrest Avenue # 4  
Shrewsbury, PA 17361  
<http://www.curves.com>  
(717) 235-7776

**Curves For Women**

431 S Main St  
Shrewsbury, PA 17361  
(717) 235-7776

**Curves For Women**

482 N Main St  
Spring Grove, PA 17362  
(717) 225-1110

**Curves**

18 W Pennsylvania Avenue  
Stewartstown, PA 17363  
<http://curvesinternational.com>  
(717) 993-3337

**Curves For Women,**  
1218 Greensprings Dr  
York, PA 17402  
(717) 751-7710

**Curves**  
14 Dairyland Square  
Red Lion, PA 17356  
<http://curvesinternational.com>  
(717) 246-7710

**Figures**  
1720 S. Queen Street  
York, PA 17403  
(717) 751-1703

**Fitness Factory**  
27 S. Main St.  
Red Lion, PA 17356  
(717) 846-2042

**Golds Gym**  
985 Far Hills Drive  
Glen Rock, PA 17327  
(717) 235-5500

**Gold's Gym**  
298 Pauline Dr.  
York, PA 17402  
(717) 741-9529

**Jake's Gym**  
148 West Main Street  
Windsor, PA 17366  
(717) 244-2273

**JCC of York**  
2000 Hollywood Drive  
York, PA 17403  
<http://yorkjcc.org>  
(717) 843-0918

**Ladies Workout Express,**  
223 Pauline Dr  
York, PA 17402  
(717) 741-9940

**Leader Health & Fitness**  
York's New Leader in Health &  
Fitness  
2500 S George Street  
York, PA 17403  
<http://www.leaderhealthandfitness.com>  
(717) 747-8590

**Main Street Beauty Works**  
436 S Main Street  
Shrewsbury, PA 17361  
(717) 235-8180

**Model A Fitness**  
950 Broad Street Extension  
Delta, PA 17314  
(717) 456-9334

**Moore Muscle**  
19 Dairyland Square  
Red Lion, PA 17356  
(717) 246-5816

**PA Fitness**  
543 S Main Street  
Shrewsbury, PA 17361  
<http://shrewsburyfitness.com>  
(717) 235-9390

**Planet Fitness York**  
1248 Greensprings Drive  
York, PA 17402  
(717) 751-2370

**Strength Training Made Easy**  
York Alliance Church  
501 Rathon Rd.  
York, PA  
Cost: \$10  
Registration is required  
(717) 851-3500 or 1-800-840-5905

**Typical Life Corporation**  
11706 Grim Road  
Felton, PA 17322  
(717) 244-2914

**Typical Life Corporation**  
505 E Frederick Street,  
Dallastown, PA 17313  
(717) 244-3516

**Typical Life Corporation**  
1796 Crescent Road  
York, PA 17403

**UTA Karate Red Lion**  
2 N Main Street  
Red Lion, PA 17356  
[www.utakarate.com](http://www.utakarate.com)  
(717) 246-0273

**UTA Karate - Shrewsbury**  
137 North Sunset Drive  
Shrewsbury, PA 17361  
[www.utashrewsbury.com](http://www.utashrewsbury.com)  
(717) 235-0959

**Club 2000 Health & Fitness Center**  
28 Baltimore Street  
Hanover, PA 17331  
(717) 632-6009

**Curves For Women**  
1010 Eichelberger St  
Hanover, PA 17331  
(717) 637-0737

**Cuts Fitness For Men**  
1010 Eichelberger St  
Hanover, PA 17331  
(717) 633-0001

**Curves**  
1418 Baltimore Street # 10  
Hanover, PA 17331  
<http://curvesinternational.com>  
(717) 630-8333

**Curves For Women**  
482 N. Main St  
Spring Grove, PA 17362  
(717) 225-1110

**Curves**  
2150 White Street # 2  
York, PA 17404  
<http://www.curves.com>  
(717) 812-1700

**Gold's Gym**  
1013 Baltimore St  
Hanover, PA 17331  
[www.goldsgym.com](http://www.goldsgym.com)  
(717) 632-6060

**Hanover Medical Fitness Center**  
400 York St  
Hanover, PA 17331  
(717) 633-8869

**Hanover Medical Fitness Center**  
731 Fame Ave  
Hanover, PA 17331  
(717) 633-8869

**Hanover Hospital - Hanover  
Medical Fitness Center,**

250 Fame Avenue 100  
Hanover, PA 17331

<http://www.hanoverhospital.org>

(717) 633-8869

Toll-Free 1-800-673-2426

**Hanover Morning Boot Camp**

Monday, Wednesday and Friday

9:00 AM to 10:00 AM

April through November

Moul Field near Hanover High School

[Chad@eckertfitnessgroup.com](mailto:Chad@eckertfitnessgroup.com)

[Lindsey@eckertfitnessgroup.com](mailto:Lindsey@eckertfitnessgroup.com)

(717) 259-1419

**Hanover Evening Boot Camp**

Tuesdays and Thursdays

6:00 PM to 7:00 PM

April through November

Moul Field near Hanover High School

[Chad@eckertfitnessgroup.com](mailto:Chad@eckertfitnessgroup.com)

[Lindsey@eckertfitnessgroup.com](mailto:Lindsey@eckertfitnessgroup.com)

(717) 259-1419

**Hanover Area Family YMCA**

50 N. George St.

Hanover, PA 17331

(717) 632-0294

**It Figures**

2323 Carlisle Rd

York, PA 17404

(717) 764-8801

**L A Shapes**

2159 White St

York, PA 17404

(717) 846-0061

**Lincoln Way Sportcenter Inc**

2601 W Market Street

York, PA 17404

(717) 792-5425

**Slim Time Spa**

1000 Carlisle Street

Hanover, PA 17331

(717) 632-8011

**Slim Time Spas**

1071 Church Rd.

York, PA 17404

(717) 848-6293

**South Hanover YMCA**

1013 Baltimore Street

Hanover, PA 17331

<http://www.hanoverymca.org>

(717) 632-0294

**Spring Grove Area Community  
Center**

**Fitness Center Classes**

50 North East Street, Suite 1

Spring Gove, PA 17362

[springgroverec@comcast.net](mailto:springgroverec@comcast.net)

[www.sgacc.com](http://www.sgacc.com)

(717) 225-9733

Adult Tennis Clinics, Volleyball,

Basketball, Softball, Horseshoes

**Typical Life Corporation**

3052 Quail Lane

York, PA 17408

(717) 792-3486

**Typical Life Corporation**

3476 Indian Rock Dam Road

York, PA 17408

(717) 792-4637

**Typical Life Corporation**  
2159 White Street  
York, PA 17404  
(717) 854-2707

## Exercise Websites

<http://www.keystoneactivezone.com/>

<http://www.nlm.nih.gov/medlineplus/fitnessandexercise.html>

<http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

<http://www.nrgbalance.org/>

[www.wellspan.org](http://www.wellspan.org)

[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)

<http://www.primusweb.com/fitnesspartner/index.html>

[www.keystoneactivezone.com](http://www.keystoneactivezone.com)

[www.americaonthemove.org](http://www.americaonthemove.org)

[www.shapeup.org](http://www.shapeup.org)

[www.fitness.gov](http://www.fitness.gov)

[www.healthierus.gov](http://www.healthierus.gov)

[www.ava.org](http://www.ava.org)

## Indoor Walking

### **Gettysburg High School walking track**

1130 Old Harrisburg Road  
(Oct – Apr) Mon and Wed 7 to 8:30 PM  
Open to the public.  
For more information call the  
Gettysburg Recreation Park  
(717) 334-2028

### **North Hanover Mall**

Mall walking hours  
Mon – Sat 8:00 AM – 10:00 AM  
9:00 AM – 11:00 AM Sunday  
(717) 637-7840

### **Apple Hill Medical Center**

25 Monument Road, York  
Walkers are welcome in the evenings  
from 3:00 PM – 8:00 PM

### **York Galleria Mall**

Mall walking hours: 7:00 – 10:00 AM  
All entrances are open to public.  
For more information call  
(717) 840-1322

### **West Manchester Mall**

Mall walking hours: 8:00 – 10:00 AM  
Mall walking booth is located near  
Value City Store. A \$1.00 fee per year  
is required. All entrances open. For  
more information call: (717) 764-5901