

## Adams County Gyms

**A Shapely You Inc**  
415 New Chester Road  
New Oxford, PA 17350  
(717) 624-1010

**Club 50 Fitness of Gettysburg**  
1400 Proline Place  
Suite 700  
Gettysburg, PA 17325  
(717) 339-0050

**Curves**  
3099 Biglerville Road  
Biglerville, PA 17307  
(717) 677-6100  
<http://www.curves.com>

**Curves**  
401 West King Street  
East Berlin, PA 17316  
(717) 259-6790  
<http://www.curves.com>

**Curves**  
4910 Fairfield Road # F  
Fairfield, PA 17320  
(717) 642-6005  
<http://www.curves.com>

**Curves**  
1707-B Old Harrisburg Road  
Gettysburg, PA 17325  
(717) 337-9886  
<http://www.curves.com>

**Curves**  
338 Lincoln Way E  
New Oxford, PA 17350  
(717) 624-7997  
<http://www.curves.com>

**East Berlin Area  
Community Fitness**  
405 E North Avenue  
East Berlin, PA 17316  
(717) 259-0149

**Fella Spa**  
2906 Carlisle Pike  
New Oxford, PA 17350  
(717) 624-9772

**Gettysburg YWCA**  
909 Fairfield Road  
Gettysburg, PA 17325  
(717) 334-9171  
<http://www.ywcagettsburg.org>

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

**Glory Gym**  
1179 Highland  
Avenue Road,  
Gettysburg, PA 17325  
(717) 334-9293

**Mummasburg Athletic Association**  
2501 Mummasburg Road  
Gettysburg, PA 17325  
(717) 677-4133

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

**Snap Fitness Club**  
763 E. Main St.  
Mount Joy, PA 17552  
(717)653-1044  
[www.snapfitness.com/mountjoy](http://www.snapfitness.com/mountjoy)  
[pa](http://www.snapfitness.com/mountjoy)

**Your Personal Trainer**  
634 W King Street  
Abbottstown, PA 17301  
(717) 586-3120

**Littlestown Area Family YMCA**  
95 Keystone Street  
Littlestown, PA 17340  
(717) 359-9733  
[www.hanoverymca.org/default.asp?ID=18](http://www.hanoverymca.org/default.asp?ID=18)

## Indoor Walking

**Gettysburg High School walking track**  
1130 Old Harrisburg Road  
Gettysburg, PA 17325  
(717) 334-6254 x6252

# York County Gyms

## **Athletic Club of York**

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

## **Bulldog Gym Inc**

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

## **Club 2000 Health & Fitness Center**

28 Baltimore Street  
Hanover, PA 17331  
(717) 632-6009

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

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

## **Curves**

305 S Baltimore St  
Dillsburg, PA 17019  
(717) 502-0632  
<http://www.curves.com>

## **Curves**

918 York Road  
Dillsburg, PA 17019  
(717) 502-0632  
<http://www.curves.com>

## **Curves For Women**

455-A Carlisle Street  
Hanover, PA 17331  
(717) 637-0737  
<http://www.curves.com>

## **Curves**

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

## **Curves**

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

## **Curves**

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

## **Curves For Women**

482 N Main St  
Spring Grove, PA 17362  
(717) 225-1110  
<http://www.curves.com>

## **Curves**

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

## **Curves For Women,**

1218 Greensprings Dr  
York, PA 17402  
(717) 751-7710  
<http://www.curves.com>

## **Curves**

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

## **Curves**

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

## **Curves**

80 Newberry Commons  
Etters, PA 17319  
(717) 938-5170  
<http://www.curves.com>

## **Cuts Fitness For Men**

1000 Carlisle Street  
Hanover, PA 17331-1121  
(717) 633-0001

## **East Coast Volleyball**

North George St.  
York, PA 17404  
(717) 764-6229  
<http://www.eastcoastvb.com>

## **Figures**

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

## **Fitness Center**

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

## **Fitness Factory**

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

**Gold's Gym**

1665 Broadway St.  
Hanover, PA 17331  
(717) 632-6060  
[www.goldsgym.com](http://www.goldsgym.com)

**Gold's Gym**

985 Far Hills, Suite 100  
New Freedom, PA 17349  
(717) 235-5500

**Gold's Gym**

298 Pauline Dr.  
York, PA 17402  
(717) 741-9529

**Gold's Gym**

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

**Hanover Area Family YMCA**

500 N. George St.  
Hanover, PA 17331  
(717) 632-8211  
[www.hanoverymca.org/default.asp?ID=17](http://www.hanoverymca.org/default.asp?ID=17)

**Hanover Area Family YMCA**

1013 Baltimore Street  
Hanover, PA 17331  
(717) 632-0294  
[www.hanoverymca.org/default.asp?ID=19](http://www.hanoverymca.org/default.asp?ID=19)

**Hanover Morning Boot Camp**

Hanover Karate Academy  
1418 Baltimore Street  
Hanover, PA 17331

**Hanover Medical Fitness Center**

400 York St  
Hanover, PA 17331  
(717) 637-6712

**Hanover Evening Boot Camp**

1043 Carlisle St.  
Hanover, PA 17331  
[www.hanoverbootcamp.com](http://www.hanoverbootcamp.com)

**It Figures**

2323 Carlisle Rd  
York, PA 17404  
(717) 764-8801

**Jake's Gym**

148 West Main Street  
Windsor, PA 17366  
(717) 244-2273

**JCC of York**

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

**Kim's Karate**

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

**LA Fitness**

351 Loucks Rd #F1  
York, PA 17404  
(717) 848-6910  
<http://www.lafitness.com/Pages/clubClassSchedule.aspx?clubid=374>

**LA Weight Loss**

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

**Lifestyles Fitness and Weight Loss Studios**

2820 Whiteford Road  
York, PA 17402  
(717) 650-6537  
[www.lifestylesfitnessstudio.com/index.html](http://www.lifestylesfitnessstudio.com/index.html)

**L A Shapes**

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

**Lincolnway Swimming Pool And Sports Club**

4321 Zimmerman Drive,  
York, PA 17408-5939  
(717) 792-9639  
<http://www.lincolnwaypool.com/>

**Lincoln Way Sportcenter For Youth**

2601 W Market Street  
York, PA 17404  
(717) 792-5425  
<http://www.lwsfy.com/>

**Medical Fitness Center**

Located at Hillside Medical Center  
250 Fame Avenue (lower level)  
Suite 100  
Hanover, PA 17331  
(717) 633-8869

**Model A Fitness**

950 Broad Street Extension  
Delta, PA 17314  
(717) 456-9334  
<http://www.modelafitness.com/>

**Moore Muscle**

19 Dairyland Square  
Red Lion, PA 17356  
(717) 246-5866

**Next Level Fitness**

1043 Carlisle Street  
Hanover, PA 17331  
(717) 451-5120  
[www.nextlevelfitnesspa.com](http://www.nextlevelfitnesspa.com)

**PA Fitness**

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

**Planet Fitness**

801 Baltimore Street,  
Hanover, PA 17331-4100  
(717) 633-1001

**Planet Fitness York**

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

**Planet Fitness**

2130 White Street  
Carlisle Commons  
York, PA 17404  
(717) 747-1481

**Red Cedar Family Wellness**

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

**Red Lion Karate**

2 N. Main Street  
Red Lion, Pa 17356  
(717) 246-0273  
[www.redlionkarate.com](http://www.redlionkarate.com)

**Slim Time Spa**

1000 Carlisle Street  
Hanover, PA 17331  
(717) 632-8011  
[www.slimtimespa.com](http://www.slimtimespa.com)

**Slim Time Spa**

1201 Carlisle Rd  
York, PA, 17404  
(717)848-6293

**Slim Time Spas**

1071 Church Rd.  
York, PA 17404  
(717) 848-6293

**Snap Fitness Club**

180 Leader Heights Road  
York, PA 17402  
(717)741-2348

**South Hanover YMCA**

1013 Baltimore Street  
Hanover, PA 17331  
(717) 632-0294  
[www.hanoverymca.org](http://www.hanoverymca.org)

**Spring Grove Area Community Center  
Fitness Center Classes**

50 North East Street, Suite 1  
Spring Gove, PA 17362  
(717) 225-9733  
[www.sgacc.com](http://www.sgacc.com)

**Strictly Fitness**

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

**Unique Physique Fitness Center**

3432 E Market Street  
York, PA 17402  
(717)755-2639

**UTA Karate Manchester**

147 S. Main St.  
Manchester, PA 17345  
(717) 268-0606  
[www.utamanchester.com](http://www.utamanchester.com)

**UTA Karate**

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

**UTA Karate West York**

1400 Bannister St  
York, PA 17404  
(717) 845-3936  
[www.utawestyork.com](http://www.utawestyork.com)

**Yorktowne Racquet & Fitness**

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

**YMCA**

21 South Chestnut St  
Dillsburg, PA 17019  
(717) 502-1177  
<http://ymcaharrisburg.org>

**Downtown Branch YMCA**

90 N Newberry Street  
York, PA 17401  
(717) 843-7884  
<http://www.yorkcoymca.org/>

**YWCA of York**

320 E. Market St  
York, PA 17403  
(717) 845-2631  
[www.ywcayork.org](http://www.ywcayork.org)

## Indoor Walking

### North Hanover Mall

1155 Carlisle Street  
Hanover, PA 17331  
Phone: (717) 632-8352

### Apple Hill Medical Center

25 Monument Road,  
York, PA 17403  
Walkers are welcome in the evenings from  
3:00 PM – 8:00 PM

### York Galleria Mall

2899 Whiteford Road  
York, PA 17802  
(717) 840-1322  
Mall walking hours: 7:00 – 10:00 AM All  
entrances are open to public.  
For more information call  
(717) 840-1322

### West Manchester Mall

1800 Loucks Road  
York, PA 17408-4610  
(717) 764-5942  
Mall walking hours: 8:00 – 10:00 AM

## Exercise Websites

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

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

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

<http://www.wellspan.org/body.cfm?id=144>

<http://www.shapeuppa.org/about.php>

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

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

[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)