

DOWNTOWN NEW ROCHELLE Health & Fitness Guide



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NEW ROCHELLE
DOWNTOWN **BID**

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DOWNTOWN NEW ROCHELLE

Health & Fitness Guide



Directory listings correspond to map numbers.

1	Acupuncture New Rochelle	421 Huguenot St (Ste. 31)
2	Befit Supplements	232 North Ave
3	Champs Boxing Club	7 Division St
4	Dance Connection	81 Centre Ave/Loft 304
5	Downtown Recreation Center (City of New Rochelle)	29 Lecount Pl (2nd Floor)
6	Empty Hand Zen Center	45 Lawton St
7	GNC	192 North Ave
8	Knockout Boxing	236 North Ave
9	New Beginnings Perf Arts	2 Division St
10	PickleRage	173 Huguenot St
11	Planet Fitness	5 Lecount Pl
12	Rooftop Rhythms Dance Studio	10 S Division St
13	San Yama Bushi	612 Maple
14	San Yama Bushi Judo & Ju-Jitsu	534 Main St
15	Shorin-Ryo Karate	236 North Ave
16	Sky Zone Trampoline Park	33 Le Count Pl
17	Socceroof	33 Lecount Pl
18	The Monroe Athletic Complex	19 Lecount Pl
19	The Self Studio	632 Main St
20	The Total PKG	8 Division St
21	We Rock the Spectrum Children's Sensory Gym	606 Main St
22	Yasthetics and Wellness (MedSpa)	2 Division St (Suite 206)
23	Zen Shu Luxury Nail & Wellness Lounge	17 S Division St