



Onondaga County Health Department

J. Ryan McMahon, II, County Executive
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John H. Mulroy Civic Center · 421 Montgomery Street, Syracuse, NY 13202



Division of Environmental Health
Lisa Letteney, Director

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Gym & Fitness Center COVID-19 Compliance

The following gyms/fitness centers successfully passed inspection and are approved to reopen

List updated 9-22-20

Gym/Fitness Center	Address
4 Sher Fitness, LLC dba North Syracuse Fit Body Boot Camp	5225 W Taft Rd N Syr 13212
A.P.E. Strength Training LLC	6181 Thompson Rd Suite 600
Achilles Heel Training LLC	100 Kasson Rd. Camillus NY 13031
Achilles Heel Training II	3800 Lee-Mulroy Rd, Marcellus
Anytime Fitness	7165 Buckley Rd Liverpool
Aspen Athletic Club-Cicero	5863 E. Circle Dr Cicero
Aspen Athletic Club-Fairmount	3440 W Genesee St Syr 13219
Aspen Athletic Club-Liverpool	8015 Oswego Rd Liverpool
Aubrey Taylor Fitness LLC	312 Towne Drive Fayetteville 13066
Barre3, Syracuse	3401 Erie Blvd. E, Syracuse
Bellevue Country Club	1901 Glenwood Ave, Syracuse 13207
BJ Sport & Fitness, LLC bda Trillium Sports & Fitness	2815 Erie Blvd. E, Syracuse
Blink Fitness	4949 W. Taft Rd., Liverpool
Blink Fitness	4722 Onondaga Rd., Syracuse
Blood Iron Barbell	900 Burnet Ave, Syracuse 13203
Bpassionate Studio Dance & Fitness	8319 Brewerton Rd, Cicero
Breathe Yoga & Juice Bar	6823 E. Genesee St., Fayetteville
Buff Lion Barbell Gym & Fitness	16 W. Main St., Marcellus
Burn Kickboxing-Camillus	3504 W Genesee St Syr 13219
Burn Kickboxing-North Syr	628 S Main St North Syracuse 13212
Camillus Cuse Camp	4107 W. Genesee St Syr NY 13219
Central Rock Gym Syracuse LLC	600 N. Franklin st.
Champions Fitness	7687 Frontage Rd Cicero 13039

Cicero Cuse Camp	8072 Brewerton Rd Cicero NY 13039
Clay Cuse Camp	4106 NY-31 Clay NY 13041
CNY Kickboxing	8395 Oswego Rd, Liverpool 13090
Core Fitness Training	4671 Onondaga Blvd, #150c Syr 13219 Western Lights Plaza
CORE Pilates & Yoga	5620 Business Ave Cicero 13039
Crossfit 315	8319 Brewerton Rd Cicero 13039
Crossfit Destroyer	6195 Rt. 31, Cicero 13039
Crunch Fitness-Dewitt	3179 Erie Blvd East Suite 180 Syr 13214
DiSimmone's Martia Arts	18 E. Genesee St, Baldwinsville 13027
Dewitt Fit Body Boot Camp	3453 Erie Blvd East
Eastside Kickboxing	5781 Bridge St, E. Syracuse 13057
Edge Strength & Conditioning	225 Wilkinson St. 13204
Elite Personal Fitness	240 Township Blvd, Camillus
Elevate Fitness	5791 Widewaters Pkwy Dewitt NY 13214
Elevate Fitness	7455 Morgan Rd Liverpool 13090
Evolution Fitness	6706 E Seneca Turnpike Jamesville 13078
Exercise Rx LLC	6255 State Rt 31 Cicero NY 13039
FHIIT Barre and Bodyworks	204 W Water St. #1 SYR 13202
Flex House of Fitness	919 Sunnycrest Rd. Syracuse NY 13206
Flight Room	1031 W. Genesee St 13204
Grenadier Village Apartments	100 Kings Park Drive, Liverpool 13090
Hercules Gym	6361 Thompson Rd, Syracuse 13206
Infinite Light Center for Yoga & Wellness	6499 E. Seneca Tpke Jamesville NY 13078
Kathy Caiello FitStop LLC	215 West Manlius St East Syr 13057
KW Fitness	401 E. Genesee St. Fayetteville NY 13066
LeMoyne College	1419 Salt Springs Road Syr 13214
Lifeforce Sanctuary	6181 Thompson Rd, Syracuse 13206
Liverpool Cuse Camp	7421 Oswego Rd Liverpool 13090
Manlius Cuse Camp	119 W. Seneca St., Manlius 13104
Metabolic Liverpool	7608 Oswego Rd, Liverpool 13090
Metro Fitness (East)	6800 E. Genesee St Fayetteville 13066
Metro Fitness	205 South Salina St Syr 13202
MIM Athletics (Syracuse Fitness Center)	404 N. Midler Ave. Syr 13206
My Gym	3218 Erie Blvd E, Syracuse 13214
N.X.T EFFECT	101 Shoecraft Rd Suite 203 Syr 13204
Syracuse Fitness LLC, Orange Theory Fitness	3150 Erie Blvd E Syr 13214

Syracuse Fitness LLC, Orange Theory Fitness North Syracuse Fitness LLC	3881 Route 31 Liverpool 13090
Panos Fitness LLC dba Blink Fitness	4979 W. Taft Rd Unit 7B Liverpool
Panos Fitness of Onondaga LLC dba Blink Fitness	4722 Onondaga Blvd Unit 1 Syr 13219
Pastime A.C.	1314 North Salina St, Syracuse
Park Point Residential	417 Comstock Ave., Syracuse
Parallax Syracuse	871 Van Rensselear St Syr 13204
Pine Grove Health & Country Club	4050 Milton Ave. Camillus 13031
Powerhouse Gym	Baldwinsville
Planet Fitness Camillus	2318 W. Genesee St, Camillus 13219
Planet Fitness Dewitt	5859 Bridge St Dewitt 13057
Planet Fitness North Syracuse	628 South Main St. Syr 13212
Planet Fitness South Syracuse	6003 South Salina St Suite #8 Syr 13205
Powerhouse Gym Syracuse	210 West Division St Syr 13205
Pure Barre Syracuse	6819 E. Genesee St, Fayetteville 13066
Rock Steady Boxing -CNY	209 Oswego St, Liverpool 13088
Scollo Strength & Performance	19 E. Genesee St., Balwinsville
Shape of Your Life	4583 Grace Court Prof. Bldg, Jamesville 13078
Skaneateles Strength & Conditioning	1382 E Genesee St, Skaneateles 13152
Sky Yoga Studios dba O Yoga	4465 E. Genesee St., Dewitt
Sky Yoga Studios dba O Yoga	225 Wilkinson St., Syracuse
Smokey Hollow Crossfit	19 E Genesee St, Baldwinsville 13027
Solvay Geddes Community Center	1010 Woods Rd, Solvay 13209
Square 1 Wellness	19 E Genesee St Baldwinsville 13027
SRCTec, Inc (Corporate Fitness Center)	7502 Round Pond Road N Syr 13212
SUNY Upstate Medical University Rec Center	155 Elizabeth Blackwell St., Syracuse
Syracuse Sweat Club LLC	3030 Erie Blvd, East Syr 13224
Syracuse University	130 Sims Dr., Syracuse
Syracuse Yoga	6181 Thompson Rd Suite 803 Syr 13206
The Dance Studio CNY	1 Thermold Dr., Manlius
The Dance Studio CNY	5301 W. Genesee St., Camillus
The Recovery Lounge	310 Towne Dr Fayetteville 13066
TQK LLC dba 9Round Liverpool	408 Oswego St., Liverpool
Town of Geddes Rec Center	823 State Fair Blvd., Syracuse
Train Hard Fitness	8180 Oswego Rd. Liverpool 13090
Trufitness Health Club	4651 Nixon Park Dr. Syr 13215
Tully 24 Fitness	38 Clinton St., Tully 13159

UPoint Syracuse	404 University Ave., Syracuse
Upstate Yoga Institute	6843 E. Genesee St., Fayetteville
Urban Life Athletics	920 Spencer St. Syracuse 13204
Vyana Yoga & PolariTea	131 W. Seneca St., Manlius
West Area Athletic & Educ Center	307 S. Geddes St. Syracuse 13204
Workouts 24/7	3567 State Rt 31 Baldwinsville 13027
YMCA of CNY-Downtown	340 Montgomery St. Syr 13202
YMCA of CNY -Southwest Y-OCC	4585 W Seneca Turnpike Syr
YMCA of CNY-Hal Welsh East	200 Towne Dr Fayetteville 13066
YMCA of CNY -Manlius Y	140 W Seneca St Manlius NY 13104
YMCA of CNY- Northwest Family	8040 River Rd Baldwinsville 13027
YMCA of CNY - North Area Family	4775 Wetzel Rd Liverpool 13090
YMCA of CNY – Skaneateles	97 State St., Skaneateles