

MOVE, GROOVE, & IMPROVE

Indoor Activities & Fitness Centers

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| Town/City | Ages | Fitness Facility | Personal Trainers | Yoga | Pilates | Tai Chi | Child Care | Pool | Tennis | Racketball | Basketball | Karate/Martial Arts | In-Line Skating | Ice Skating | Rock Climbing | Archery | Gymnastics | Dance |
|--|------|------------------|-------------------|------|---------|---------|------------|------|--------|------------|------------|---------------------|-----------------|-------------|---------------|---------|------------|-------|
| BARRINGTON | | | | | | | | | | | | | | | | | | |
| Bayside Family YMCA 70 West St., (401) 245-2444 | All | ● | ● | ● | ● | ● | ● | ● | | | ● | | | | | | | |
| Centerstage Dance Academy 20 West St., (401) 247-7587 | 3+ | | | | | | | | | | | | | | | | | ● |
| Curves* + 286 Maple Ave., (401) 245-1445 | | ● | | | | | | | | | | | | | | | | |
| BRISTOL | | | | | | | | | | | | | | | | | | |
| Curves* + 576 Metacom Ave., (401) 253-4751 | | ● | | | | | | | | | | | | | | | | |
| East Bay Gymnastics Center 54 Gooding Ave., (401) 253-1267 | 2+ | | | | | | | | | | | | | | | | ● | |
| CENTRAL FALLS | | | | | | | | | | | | | | | | | | |
| YMCA 361 Cowden Street | 5+ | | | | | | | | | | | | | | | | | |
| CHARLESTOWN | | | | | | | | | | | | | | | | | | |
| Jennifer Prete School of Dance 2144 Matunuck Schoolhouse Rd. (401) 364-7400 | | | | | | | | | | | | | | | | | | ● |
| COVENTRY | | | | | | | | | | | | | | | | | | |
| Powerhouse Gym 113 Tiogue Ave., (401) 828-9495 | All | ● | ● | | | | | | | | | | | | | | | |
| CRANSTON | | | | | | | | | | | | | | | | | | |
| Cranston Veterans Memorial Ice Rink 900 Phoenix Ave., (401) 944-8690 | | | | | | | | | | | | | ● | | | | | |
| Cranston YMCA 1225 Park Ave., (401) 943-0444 | | | | ● | | | ● | ● | | | ● | ● | | | | | | ● |
| Curves* + 713 Oaklawn Ave., (401) 943-1393 | | ● | | | | | | | | | | | | | | | | |
| Curves* + 1083 Park Ave., (401) 942-3350 | | ● | | | | | | | | | | | | | | | | |
| Future Fitness Centers 125 Sockanossett Rd., (401) 464-4055 | 13 | ● | ● | ● | ● | | ● | | | | | | | | | | | |
| Gold's Gym 200 Bald Hill Rd., (401) 732-9773 | 13 | ● | ● | | | | | | | | | | | | | | | |

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|--|------|------------------|-------------------|------|---------|---------|------------|------|-------------|------------|------------|---------------------|-----------------|-------------|---------------|---------|------------|-------|
| CRANSTON <i>Continued</i> | | | | | | | | | | | | | | | | | | |
| Lady of America* 1400 Oak Lawn Ave., (401) 223-3444 | 12 | ● | ● | | | | ● | | | | | | | | | | | |
| Powerhouse Gym Plus 1776 Plainfield Pike, (401) 944-1964 | | ● | ● | | | | | | | | | | | | | | | |
| YMCA 1225 Park Ave., (401) 943-0444 | All | | | | | | | | | | | | | | | | | |
| CUMBERLAND | | | | | | | | | | | | | | | | | | |
| Susan Bochini's Dance Arts Studio 231 Broad St., (401) 724-7240 | 2+ | | | | | | | | | | | | | | | | | ● |
| Curves* + 1800 Mendon Rd., (401) 334-9944 | | ● | | | | | | | | | | | | | | | | |
| Fore Court 44 Cray St., (401) 333-4480 | | ● Age 13+ | ● | | | | ● | | ● Age 3+ | ● | ● | | | | | | | |
| Jasper School of Dance 3344 Mendon Rd., (401) 658-0144 | 3+ | | | | | | | | | | | | | | | | | ● |
| YMCA 690 Nate Whipple Hwy, (401) 333-1930 | 5+ | | | | | | | | | | | | | | | | | |
| EAST GREENWICH | | | | | | | | | | | | | | | | | | |
| Absolute Fitness 2727 S. County Trail, (401) 884-0330 | | ● | ● | | ● | | ● | ● | | | | | | | | | | |
| Aim High Gymnastics Academy 3335 S. County Trail, (401) 886-7827 | All | | | | | | | | | | | | | | | | ● | |
| Curves* + 778 Main St., (401) 886-7799 | 12 | ● | | | | | | | | | | | | | | | | |
| Flex Appeal 205 Main St., (401) 886-7411 | | ● | ● | | | | | | | | | | | | | | | |
| Core Fitness of East Greenwich 5600 Post Rd., (401) 886-4700 | 15 | ● | ● | | ● | | ● | | | | | | | | | | | |
| EAST PROVIDENCE | | | | | | | | | | | | | | | | | | |
| Bally's Total Fitness Center 50 Narragansett Prkwy, (401) 434-1500 | 13 | ● | ● | ● | ● | | ● | ● | | | | | | | | | | |
| Centre Court 55 Hospital Rd., (401) 437-1210 | | | | | | | | | ● | | | | | | | | | |
| Healthtrax Care NE Wellness Center 15 Catamore Blvd., (401) 434-3600 | 13 | ● | ● | | ● | | ● | ● | | ● | ● | | | | | | | |

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| EAST PROVIDENCE <i>Continued</i> | | | | | | | | | | | | | | | | | | |
| Indoor Tennis Court 8 Blanding Ave., (401) 434-9577 | | | | | | | | | ● | | | | | | | | | |
| United Skates of America 75 New Rd., (401) 438-9898 | | | | | | | | | | | | ● | | ● | | | | |
| EXETER | | | | | | | | | | | | | | | | | | |
| YMCA 100 Victory Hwy., (401) 295-4422 | | | | | | | | | | | | | | | | | | |
| FOSTER | | | | | | | | | | | | | | | | | | |
| One: A Center for Yoga and Wellness (401) 647-2226 | 7-9 | | | ● | | | | | | | | | | | | | | |
| HOPE VALLEY | | | | | | | | | | | | | | | | | | |
| YMCA 5 Mechanic St., (401) 539-2306 | 3+ | | | | | | | | | | | | | | | | | |
| JOHNSTON | | | | | | | | | | | | | | | | | | |
| Arthur Murray Dance Studios 1478 Atwood Ave. | | | | | | | | | | | | | | | | | | ● |
| Curves* + 1500 Atwood Ave., (401) 454-5755 | | ● | | | | | | | | | | | | | | | | |
| High Steppin Incorporated 1478 Atwood Ave., (401) 454-7837 | 2+ | | | | | | | | | | | | | | | | | ● |
| GREENVILLE | | | | | | | | | | | | | | | | | | |
| Marie K Jennison School of Dance 586 Putnam Pike, (401) 949-0350 | 2+ | | | | | | | | | | | | | | | | | ● |
| Rally Point Racquet Club 15 Church St., (401) 949-0320 | | | | | | | | | ● | | | | | | | | | |
| HARRISVILLE | | | | | | | | | | | | | | | | | | |
| Physical Attitude 70 Main St., (401) 568-1415 | 3+ | | | | | | | | | | | | | | | | | ● |
| LINCOLN | | | | | | | | | | | | | | | | | | |
| Curves* + 107 Higginson Ave., (401) 725-1880 | | ● | | | | | | | | | | | | | | | | |
| Heritage Ballet Albion Rd., (401) 333-9099 | 4+ | | | | | | | | | | | | | | | | | ● |

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| LINCOLN <i>Continued</i> | | | | | | | | | | | | | | | | | | |
| Maccoll Field YMCA 26 Breakneck Hill Rd., (401) 725-0773 | 3+ | | | | | | | | | | | | | | | | | |
| Rhode Island Rock Gym 100 Higginson Ave., (401) 727-1704 | | | | | | | | | | | | | | | ● | | | |
| USA Karate 246 Front St., (401) 728-1972 | | | | | | | | | | | | ● | | | | | | |
| MIDDLETOWN | | | | | | | | | | | | | | | | | | |
| Curves* + 926 Aquidneck Ave., (401) 841-9650 | | ● | | | | | | | | | | | | | | | | |
| Innerlight Center for Yoga and Meditation 850 Aquidneck Ave., (401) 849-3200 | | | | ● | | | | | | | | | | | | | | |
| Villaris Studios 825 W. Main Rd., (401) 847-0184 | 4+ | | | | | | | | | | | ● | | | | | | |
| YMCA 792 Valley Rd., (401) 847-0752 | 3-17 | | | | | | | | | | | | | | | | | |
| NARRAGANSETT | | | | | | | | | | | | | | | | | | |
| Curves* + 91 Point Judith Rd., (401)783-3717 | | ● | | | | | | | | | | | | | | | | |
| Narragansett Performing Arts Dance Center 148 Boon St., (401) 789-5080 | | | | | | | | | | | | | | | | | | ● |
| Rock Island (401) 486-6532 | | | | | | | | | | | | | | | ● | | | |
| NEWPORT | | | | | | | | | | | | | | | | | | |
| Indoor Tennis International Tennis Hall of Fame 194 Bellevue Ave., (401) 849-4777 | | | | | | | | | ● | | | | | | | | | |
| National Tennis Club International Tennis Hall of Fame 194 Bellevue Ave., (401) 849-6672 | 14 | | | | | | | | ● | | | | | | | | | |
| Newport County YMCA (401) 847-9200 | | | | | | | | | | | | | | | | | | |
| SOMA Yoga 2 Pond Ave., (401) 846-7662 | | | | ● | | | | | | | | | | | | | | |
| Waterfront Fitness 256 Thames St., (401) 846-3720 | 16 | ● | | | | | | | | | | | | | | | | |

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| NORTH KINGSTOWN | | | | | | | | | | | | | | | | | | |
| Curves* + 6665 Post Rd., (401) 884-4599 | | ● | | | | | | | | | | | | | | | | |
| Raffa Power Yoga 650 Ten Rod Rd. | | | | ● | | | | | | | | | | | | | | |
| RI Ballet Arts Academy 7610 Post Rd., (401) 294-9279 | All | | | | | | | | | | | | | | | | | ● |
| West Bay Family YMCA 7540 Post Rd., (401) 295-6501 | | | | | | | | | | | | | | | | | | |
| NORTH PROVIDENCE | | | | | | | | | | | | | | | | | | |
| Aura 974 Charles St., (401) 725-5133 | | | | ● | | | | | | | | ● | | | | | | |
| Bally's Total Fitness Center 1420 Mineral Spring Ave. (401) 353-9230 | 13 | ● | ● | ● | | | ● | ● | | | | | | | | | | |
| The Festival Ballet Providence Center for Dance Education 5 Hennessey Ave., (401) 353-1129 | 3+ | | | | | | | | | | | | | | | | | ● |
| Curves* + 360 Sunset Ave., (401) 354-4545 | | ● | | | | | | | | | | | | | | | | |
| NORTH SCITUATE | | | | | | | | | | | | | | | | | | |
| Nick Cerios Kenpo Karate 38 Hartford Pike, (401) 934-6455 | | | | | | | | | | | | ● | | | | | | |
| NORTH SMITHFIELD | | | | | | | | | | | | | | | | | | |
| Curves* + 175 Eddie Dowling Hwy, (401) 762-3388 | | ● | | | | | | | | | | | | | | | | |
| RI Sports Center 1186 Eddie Dowling Hwy, (401) 762-1588 | | | | | | | | | | | | | | ● | | | | |
| PAWTUCKET | | | | | | | | | | | | | | | | | | |
| Aura 974 Charles St., (401) 725-5133 | 5-13 | | | ● | | | | | | | | | | | | | | |
| Curves* + 20 Carter Ave., (401) 312-0311 | | ● | | | | | | | | | | | | | | | | |
| Dennis Lynch Arena 25 Andrew Ferland Way, (401) 728-7420 | | | | | | | | | | | | | | ● | | | | |

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| PAWTUCKET <i>Continued</i> | | | | | | | | | | | | | | | | | | |
| Gold's Gym 603 Pawtucket Ave., (401) 722-6600 | 16 | ● | ● | ● | | | | | | | | | | | | | | |
| Pawtucket Family YMCA 20 Summer St., (401) 727-7900 | 5-13 | | ● | ● | ● | | ● | ● | | ● | ● | | | | | | | |
| The Physique Company 170 York Ave., (401) 723-3060 | All | | ● | | | ● | | | | | | | | | | | | |
| Rhode Island Rock Gym 210 Weeden St., (401) 727-1704 | 3-4 with adult | | | | | | | | | | | | | ● | | | | |
| USA Karate 36 East Ave., (401) 723-0414 | 4+ | | | | | | | | | | | ● | | | | | | |
| YMCA 105 Fuller St., (401)727-7900 | 3+ | | | | | | | | | | | | | | | | | |
| PEACEDALE | | | | | | | | | | | | | | | | | | |
| Riverbend Athletic Club 316 Columbia St., (401) 789-9585 | 14 | | ● | ● | | | ● | | | ● | ● | | | | | | | |
| YMCA of South County 365 Broad Rock Rd., (401) 783-3900 | | | ● | ● | ● | | ● | ● | | | ● | | | | | | | |
| PORTSMOUTH | | | | | | | | | | | | | | | | | | |
| American Martial Arts of Portsmouth 3001 E. Main Rd., (401) 683-3892 | 3+ | | | | | | | | | | | ● | | | | | | |
| Portsmouth Abbey 285 Cory's Lane, (401) 683-2000 | | | | | | | | | | | | | ● | | | | | |
| Position I School of Dance 1994 E Main Rd., (401) 683-2119 | 3+ | | | | | | | | | | | | | | | | | ● |
| Steppin' Out Dance Studio 35 Dyer St., (401) 683-5232 | | | | | | | | | | | | | | | | | | ● |
| PROVIDENCE | | | | | | | | | | | | | | | | | | |
| All Star Gym 95 Hathaway St., (401) 781-8778 | All | ● | ● | | | | | | | | | | | | | | | |
| Curves* + 53 Weybosset St., (401) 351-6121 | | ● | | | | | | | | | | | | | | | | |
| Davey Lopes Recreation Center 248 Dudley St., (401) 331-2912 | | | | | | | | ● | | | | | | | | | | |
| East Side YMCA / Mount Hope 438 Hope St., (401) 521-0155 | 3+ | | ● | ● | ● | ● | ● | ● | | | ● | | | | | | | |

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| PROVIDENCE <i>Continued</i> | | | | | | | | | | | | | | | | | | |
| George Pesares Kenpo Karate Institute 680 Douglas Ave., (401) 272-8929 | Call | | | | | | | | | | | ● | | | | | | |
| Healthtrax Fitness & Wellness (Pool, strength) (401) 434-3600 | | ● | | | | | | ● | | | | | | | | | | |
| Intown Providence YMCA 164 Broad St., (401) 456-0100 | | | | | | | | | | | | | | | | | | |
| Uechi Karate 153 Weybosset St., (401) 274-1600 | 8+ | | | | | | | | | | | ● | | | | | | |
| World Gym 725 Branch Ave., (401) 831-9509 | 13 | | ● | | | | | | | | | | | | | | | |
| RICHMOND | | | | | | | | | | | | | | | | | | |
| Curves* + 1146 Main St., (401) 539-8725 | | ● | | | | | | | | | | | | | | | | |
| RIVERSIDE | | | | | | | | | | | | | | | | | | |
| Centre Court Tennis Club 55 Hospital Rd., (401) 437-1210 | | | | | | | | | ● | | | | | | | | | |
| RUMFORD | | | | | | | | | | | | | | | | | | |
| Bally Total Fitness 50 Narragansett Park Dr. (401) 434-1500 | 13 | ● | ● | ● | ● | | | ● | | | | | | | | | | |
| United Skates of America Center 75 New Rd., (401) 438-0090 | | | | | | | | | | | | ● | | | | | | |
| SMITHFIELD | | | | | | | | | | | | | | | | | | |
| Angels of Mercy Kenpo Karate Academy 49 Cedar Swamp Rd. | 3+ | | | | | | | | | | | ● | | | | | | |
| Curves* + 375 Putnam Pike, (401) 232-0712 | | ● | | | | | | | | | | | | | | | | |
| Gold's Gym 970 Douglas Pike, (401) 232-3375 | 14 | ● | ● | ● | ● | | ● | | | | | | | | | | | |
| Nick Cerios Kenpo Karate 49 Cedar Swamp Rd., (401) 233-9599 | 5+ | | | | | | | | | | | ● | | | | | | |

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| SMITHFIELD <i>Continued</i> | | | | | | | | | | | | | | | | | | |
| Smithfield Municipal Arena 109 Pleasant View Ave., (401) 233-1051 | | | | | | | | | | | | | ● | | | | | |
| Smithfield YMCA (401) 949-2480 | | | | | | | | ● | | | | | | | | | | |
| SOUTH KINGSTOWN | | | | | | | | | | | | | | | | | | |
| Curves* + 1918 Kingstown Rd, (401) 783-5485 | | ● | | | | | | | | | | | | | | | | |
| TIVERTON | | | | | | | | | | | | | | | | | | |
| RI Ballet Arts Academy 1719 Stafford Rd., (401) 624-2283 | All Ages | | | | | | | | | | | | | | | | | ● |
| WAKEFIELD | | | | | | | | | | | | | | | | | | |
| All That Matters Holistic Health & Education Center 315 Main St., (401) 782-2126 | 6+ | | | ● | | | | | | | | | | | | | | |
| DeLuca Jean Dance & Gymnastics 36 Charles St., (401) 782-8664 | 2½+ | | | | | | | | | | | | | | | | ● | ● |
| WARREN | | | | | | | | | | | | | | | | | | |
| East Bay Fitness 16 Cutler St., (401) 247-7440 | 15 | ● | ● | ● | | | ● | | | | | | | | | | | |
| WARWICK | | | | | | | | | | | | | | | | | | |
| Apollo Fitness 400 Warwick, Ave., (401) 941-1999 | 15 | ● | ● | ● | ● | | ● | | | | | | | | | | | |
| Body Language Plus 1160 Post Rd., (401) 467-1160 | 16 | ● | ● | ● | | | | | | | | | | | | | | |
| Curves* + 957 Namquid Dr., (401) 738-1222 | | ● | | | | | | | | | | | | | | | | |
| Curves* + 2914 Post Rd., (401) 454-8444 | | ● | | | | | | | | | | | | | | | | |
| Gold's Gym 200 Bald Hill Rd., (401) 732-9773 | 14 | ● | ● | | | | | | | | | | | | | | | |
| Gold's Gym 2429 Post Rd., (401) 739-9408 | 14 | ● | ● | | | | | | | | | | | | | | | |
| Healthtrax Care NE Wellness Center 2191 Post Rd., (401) 732-2413 | 13 | ● | ● | | ● | | ● | ● | | ● | ● | | | | | | | |

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|--|------|------------------|-------------------|------|---------|---------|------------|------|--------|------------|------------|---------------------|-----------------|-------------|---------------|---------|------------|-------|
| WARWICK continued | | | | | | | | | | | | | | | | | | |
| Kent County YMCA 900 Centerville Rd., (401) 828-0130 | | ● | | | | | | ● | ● | | | | | | | ● | ● | |
| Tennis Rhode Island 636 Centerville Rd., (401) 828-4450 | | | | | | | | | ● | | | | | | | | | |
| Thayer Arena and Warburton Arena 75 Sandy Lane, (401) 738-2000 | | | | | | | | | | | | | ● | | | | | |
| World Gym 1755R Bald Hill Rd., (401) 828-5600 | 13 | ● | ● | | | | | | | | | | | | | | | |
| YMCA of Warwick 900 Centerville Rd., (401) 828-0130 | | | ● | ● | ● | | ● | ● | | | ● | | | | | | | |
| WESTERLY | | | | | | | | | | | | | | | | | | |
| Curves* + 62 Franklin St., (401) 348-9428 | | ● | | | | | | | | | | | | | | | | |
| Heart of Avondale (401) 596-4209 | 4+ | | | ● | | | | | | | | | | | | | | |
| Pond View Racquet Club Inc. 252 Shore Rd., (401) 322-1100 | | | | | | | | | ● | | | | | | | | | |
| Sea Side Dance & Gymnastic 271 Post Rd., (401) 322-7565 | All | | | | | | | | | | | | | | | | ● | ● |
| Westerly-Pawcatuck YMCA 95 High St., (401) 596-2894 | All | | ● | ● | | ● | ● | ● | | ● | ● | | | | | | | |
| WEST GREENWICH | | | | | | | | | | | | | | | | | | |
| Curves* + 45 Nooseneck Hill Rd., (401) 397-2822 | | ● | | | | | | | | | | | | | | | | |
| WEST WARWICK | | | | | | | | | | | | | | | | | | |
| American Health Fitness Center 555 Quaker Lane, (401) 828-3458 | 13 | ● | ● | ● | ● | | ● | ● | | | | | | | | | | |
| Curves* + 289 Cowesett Ave., (401) 826-1352 | | ● | | | | | | | | | | | | | | | | |
| Dance Unlimited 1745 Main St., (401) 821-5110 | 3+ | | | | | | | | | | | | | | | | | ● |
| Judi T Dance Studio 1211 Main St., (401) 823-8630 | All | | | | | | | | | | | | | | | | | ● |

* Female-only Facilities.

+ Curves facilities have a mother-daughter plan for daughters under 18 years of age. Call for minimum age restrictions.

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|--|----------------|------------------|-------------------|------|---------|---------|------------|------|--------|------------|------------|---------------------|-----------------|-------------|---------------|---------|------------|-------|
| WEST WARWICK <i>continued</i> | | | | | | | | | | | | | | | | | | |
| Lady of America* 1745 Main St., (401) 826-5239 | 13 | ● | ● | ● | ● | | ● | | | | | | | | | | | |
| USA Karate 1745 Main St., (401) 828-2880 | 4+ | | | | | | | | | | | ● | | | | | | |
| WOONSOCKET | | | | | | | | | | | | | | | | | | |
| Curves* + 275 Social St., (401) 766-9922 | | ● | | | | | | | | | | | | | | | | |
| Mount St. Charles Ice Arena 800 Logee St., (401) 769-7727 | | | | | | | | | | | | | ● | | | | | |
| Woonsocket Health and Racquet 600 Social St., (401) 766-6766 | 15 w/ adult | ● | ● | ● | ● | ● | ● | ● | | ● | ● | | | | | | | |
| Woonsocket YMCA 18 Federal St., (401) 769-0791 | | | ● | ● | | | ● | ● | | | ● | | | | | | | |
| WYOMING | | | | | | | | | | | | | | | | | | |
| East Coast Karate 12 Stillson Rd., (401) 539-1111 | | | | | | | | | | | | ● | | | | | | |

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