

Local Health and Fitness Clubs	Cost	Hours	Treadmills	Stationary bikes	Locker rooms	Activities	Pool	Massage /spa	Track	Racquetball/ tennis court	Daycare
AtlantiCare LifeCenter, 2500 English Creek Ave, Egg Harbor Township, 609-910-0602, www.atlanticare.org/lifecenter	\$63, regular membership; \$37.25, age 60 and older	5 a.m. to 10 p.m. Mon. to Fri.; 7 a.m. to 8 p.m. weekends	20	15	Y	65 classes including aqua, yoga, pilates	Y	Y	Y	N	Y
Bayside Health and Fitness, 8029 Black Horse Pike, Pleasantville, 609-646-6688	Additional information not available										
Body Architects, 7838 Ventnor Ave., Margate, 609-823-6460 www.bodyarchitects.net	\$129 for four months; \$15 drop-in rate per day	5 a.m. to 7 p.m. Mon. to Fri.; 6 a.m. to 3 p.m. Sat.; 8 a.m. to noon Sun.	4	6	Y	Yoga and pilates	N	Y	N	N	N
Brigantine Fitness Center, 4288 Harbour Beach Blvd., Brigantine, 609-266-0099	\$53 for adult per month, \$123 for three months, student discount	4:45 a.m. to midnight Mon. to Wed.; 4:45 a.m. to 10 p.m. Thurs. and Fri.; 6 a.m. to 9 p.m. Sat.; 7 a.m. to 8 p.m. Sun.	14	6	Y	Spin, step, body sculpting, cardio	N	N	N	N	N
Cape May Health Club, 3845 Bayshore Road, North Cape May, 609-898-3800	Call for rates	4:30 a.m. to 10 p.m. Mon. to Fri.; 7 a.m. to 8 p.m. weekends	11	6	Y	Boot camp, Zumba, yoga, spin, personal training	N	Y	N	N	Y
Crossfit OTG, 3330 Bargaintown Road, Egg Harbor Township, 609-513-9164, www.crossfitofthegrid.com	\$80 to \$175 per month, depending on class	9:30 a.m. to 7:30 p.m. Mon. to Fri; 9:30 to 10:30 a.m. Sat.	0	0	Y	Personal/group training	N	N	N	N	N
Cumberland Cape Atlantic YMCA, 1159 E. Landis Ave., Vineland — 856-691-0030, www.vinelandymca.org	\$67.72, family; \$56.57, one adult and children; \$45.59, one adult; \$41.03, seniors; \$22.53, ages 13 to 17; \$11.27, newborn to age 12	5:15 a.m. to 10 p.m. Mon. to Fri.; 5:30 a.m. to 6 p.m. Sat.; 11 a.m. to 6 p.m. Sun.	15	8	Y	18 classes including yoga, Zumba, cycling	Y	Y	N	N	Y
Curves, 4450 Black Horse Pike, Mays Landing 609-625-6000, www.curves.com	\$47.08 per month	6 a.m. to 7 p.m. Mon. to Fri.; 8 a.m. to noon Sat.	0	0	Y	Complete cardio and strength-training workout	N	N	N	N	N
Curves, 319 E. Jimmie Leeds Road, Galloway Township, 609-652-8100, www.curves.com	\$44 per month	6:30 a.m. to 1:30 p.m., 3 to 7 p.m. Mon. to Fri.; 8 a.m. to 2 p.m. Sat. and Sun.	0	0	Y	Complete cardio and strength-training workout	N	N	N	N	N
Elite Athletic Performance of South Jersey, 136 Route 50, Seaville, 609-390-7733, www.EAPSJ.com	\$65 per month, \$660 per year, discounts available	N/A	N/A	N/A	N/A	Group and personal training classes	N/A	N/A	N/A	N/A	N/A
Elite Fitness, 7805 Atlantic Ave., Margate, 609-822-8348, www.elifitness-ufit.com	\$299 for the year (\$59 per month)	7 a.m. to 8 p.m. Mon. to Fri.; 8 a.m. to 4 p.m. Sat.; 8 a.m. to 2 p.m. Sun.	4	3	Y	Personal training, fitness boxing, beach boot camp	N	N	N	N	N
Fitness Connection, 1047 Shore Road, Linwood, 609-927-6403	Additional information not available					N/A					
Greate Bay Raquet and Fitness Club, 90 Mays Landing Road, Somers Point, 609-926-9550, www.greatebayraquetandfitness.com	Call for rates	5 a.m. to 10 p.m. Mon. to Thurs.; 5 a.m. to 9 p.m. Fri.; 7 a.m. to 7 p.m. weekends	Y	Y	Y	More than 20 classes including aerobics, tennis, cycling	N	N	N	Y	N
Hollywood East Fitness, 29 Washington St., Hammonton, 609-567-7700	\$20 per month, \$45 for three months, \$175 per year	Open consecutive hours from 4 a.m. Mon. to 10 p.m. Sat. and 6 a.m. to 10 p.m. Sun.	20	6	Y	15 classes including Zumba, kickboxing, yoga	N	Y	N	N	Y
Island Gym and Fitness, 801 N. Tilton Road, Northfield, 609-485-0002, www.islandgym.com	\$29 for six months, \$372 for one year	24 hours	Y	Y	Y	More than 10 classes including Zumba, cardio, yoga	N	N	N	N	Y
Island Gym and Fitness, 660 White Horse Pike, Absecon, 609-569-0041, www.islandgym.com	\$29 for six months, \$372 for one year	5 a.m. to 11 p.m. Mon. to Fri.; 6 a.m. to 10 p.m. Sat.; 6 a.m. to 9 p.m. Sun.	Y	Y	Y	More than 10 classes including Zumba, cardio, yoga	N	N	N	N	Y
Island Gym and Fitness, 3003 English Creek Road, Egg Harbor Township, 609-484-3100, www.islandgym.com	\$29 for six months, \$372 for one year	5 a.m. to 11 p.m. Mon. to Fri.; 6 a.m. to 10 p.m. Sat.; 6 a.m. to 9 p.m. Sun.	Y	Y	Y	More than 10 classes including Zumba, cardio, yoga	N	N	N	N	Y
Island Gym and Fitness, 5010 Wellington Ave, Ventnor, 609-823-3400, www.islandgym.com	\$29 for six months, \$372 for one year	24 hours	Y	Y	Y	More than 10 classes including Zumba, cardio, yoga	N	N	N	N	Y
LA Boxing — Somers Point, 35 Bethel Road, Somers Point, 609-653-9269, www.laboxing.com/somerspoint	Call for rates	6:30 a.m. to 9 p.m. Mon. to Fri.; 8 a.m. to 6 p.m. Sat.; 9 a.m. to 1 p.m. Sun.	Y	Y	Y	Cardio kickboxing, boxing, Brazilian jitsu	N	N	N	N	N
Miracles Fitness, 1418 New Road, Suite 3, Northfield, 609-677-1022, www.miraclesfitness.com/northfield	\$50 for one month, \$130 for three months, \$230 for six months, \$440 for one year	6 a.m. to 8 p.m. Mon. to Fri.; 8 a.m. to 3 p.m. Sat.; closed Sun.	3	2	Y	Six classes including Zumba and chair pilates	N	N	N	N	N
Miracles Fitness, 408 Rio Grande Blvd., Rio Grande, 609-886-7070, www.miraclesfitness.com/riogrande	\$53.50 for one month, \$139.10 for three, \$246.10 for six, \$449.40 for one year; other rates available for families	5 a.m. to 9 p.m. Mon. to Fri.; 6:30 a.m. to 5 p.m. Sat.; 7 a.m. to 3 p.m. Sun.	Y	Y	Y	More than 15 classes including boot camp	N	N	N	N	N
Miracles Fitness, 94 Route 50, Seaville, 609-624-8960 www.miraclesfitness.com/seaville	\$53.50 for one month, \$139.10 for three, \$246.10 for six, \$449.40 for one year; other rates available for families	5 a.m. to 9 p.m. Mon. to Fri.; 6:30 a.m. to 5 p.m. Sat.; 7 a.m. to 3 p.m. Sun.	9	7	Y	More than 15 classes, spinning and cycling are extra	N	N	N	N	Y
North Beach Health Club, 3860 Bayshore Rd Cape May, 609-886-4842, www.northbeachgym.com	\$45 for one month, \$99 for three months, \$319 for one year	5 a.m. to 10 p.m. Mon. to Thurs.; 5 a.m. to 9 p.m. Fri.; 7 a.m. to 6 p.m. Sat.; 8 a.m. to 4 p.m. Sun.	6	3	Y	Boot camp, yoga, pilates, senior, bootie class	N	N	N	N	Y
Ocean City Aquatic and Fitness Center, 1735 Simpson Ave., Ocean City, 609-398-6900	City resident single person, \$39; nonresident, \$49	6 a.m. to 9 p.m. Mon. to Fri.; 7 a.m. to 6 p.m. Sat.; 9 a.m to 6 p.m. Sun.	7	10	Y	Yoga, pilates, kickboxing, tai chi, pool	Y	N	N	Y	Y
The Ocean Club, 700 S. Main Street (Route 9), Stafford Township, 609-978-2244, www.tiltonfitness.com	Call for rates	4:30 a.m. to 11 p.m. Mon. to Fri.; 6 a.m. to 10 p.m. Sat.; 6 a.m. to 8 p.m. Sun.	Y	Y	Y	Personal training, aquatic classes	Y	Y	N	Y	Y
Ocean County YMCA, 1088 West Whitty Road, Toms River, 732-341-9622, www.ocymca.org	\$576 for one adult for one year, includes joiners' fee; other ages vary	5:45 to 10 p.m. Mon. to Fri.; 7 a.m. to 6 p.m. Sat.; 8 a.m. to 6 p.m. Sun.	14	8	Y	Aquatic, personal training, pilates and more	Y	N	N	N	Y
Oceanside Wellness and Sport, 6718 Black Horse Pike, Egg Harbor Township, 609-272-8697	\$42.80 per month; discounts for students, firefighters, police officers and military	4 a.m. to 10 p.m. Mon. to Fri.; 7 a.m. to 6 p.m. weekends	8	15	Y	Pilates, cross-fitness training	N	N	N	N	N
Retro Fitness, 6825 Tilton Road, Egg Harbor Township, 609-241-0017, www.eggharbornj.retrofitness.net	\$19.99 per month (plus tax)	4 a.m. to midnight Mon. to Fri.; 7 a.m. to 7 p.m. weekends	18	5	Y	Personal training, tanning (extra)	N	N	N	N	Y
Retro Fitness, 712 E. Bay Ave., Stafford Township, 609-978-4700, www.manahawkinnj.retrofitness.net	\$19.99 per month (plus tax)	5 a.m. to 11 p.m. Mon. to Fri.; 7 a.m. to 7 p.m. Sat.; 7 a.m. to 5 p.m. Sun,	Y	Y	Y	Personal training, tanning (extra)	N	N	N	N	Y
Shape Wellness Studios, 9407 Second Ave., Stone Harbor, 609-368-6900, www.shapeholistic.com	\$12 per class, up to \$50 for private training	By appointment only	N/A	N/A	N	Private training, group, pilates, yoga	N	Y	N	N	N
Snap Fitness, 3 Bethel Road, Somers Point, 609-927-8300, www.snapfitness.com/somerspoint	\$39.95 for single person, \$64.95 for family (plus access card fee)	24 hours (not always staffed)	Y	Y	N	Tanning (extra fee)	N	N	N	N	N
Snap Fitness, 4 W. Roosevelt Blvd., Unit No. 1, Upper Township, 609-390-4800, www.snapfitness.com/marmora	\$39.95 for single person, \$64.95 for family (plus access card fee)	24 hours (not always staffed)	6	2	N	Tanning (extra fee)	N	N	N	N	N
Somers Point Fitness, 1201 Atkinson Ave., Somers Point, 609-653-1284	Call for rates	5 a.m. to 10 p.m. Mon. to Fri.; 7 a.m. to 7 p.m. weekends	10	10	Y	None	N	N	N	N	N
South Jersey Healthcare Fitness Connection, 333 Irving Ave., Bridgeton, 856-575-4570	Call for information										
South Jersey Healthcare Fitness Connection, 1430 W. Sherman Ave., Vineland, 856-696-3924, www.SJhealthcare.net	Call for information		Y	Y	Y	N/A	N/A				
Tilton Fitness, Tilton Road and Hingston Avenue, Egg Harbor Township, 609-646-2590 www.tiltonfitness.com	\$54 per month	24 hours	20	10	Y	70 classes including Body Pump, Zumba, pilates	Y	Y	Y	Y	Y
Tilton Fitness, 323 S. Pitney Road, Galloway Township, 609-652-7744 www.tiltonfitness.com	Call for rates	24 hours	16	40	Y	More than 50 classes including pilates and cardio	Y	Y	N	N	Y
Tilton Fitness, 5401 Harding Highway, Mays Landing, 609-625-9355 www.tiltonfitness.com	Call for rates	5:30 a.m to 10 p.m. Mon. to Fri.; 7 a.m. to 7 p.m. Sat. and Sun.	Y	Y	Y	40 classes including Body Pump, Zumba, pilates and cardio	N	Y	N	N	Y
World Gym, 3811 S. Main Road, Vineland, 856-825-4646 www.worldgym.com	\$35 for a special lifetime membership for one year, \$25 when joining with another person	24 hours Mon. to Fri.; 8 to 7 p.m. Sat.; 8 to 4 p.m. Sun.	12	25	Y	Yoga, Zumba, abs, Body Pump and step	Y	N	N	Y	Y