

COMMUNITY EXERCISE RESOURCE GUIDE

This guide links individuals to community resources for exercise and wellness after rehabilitation. Inclusion does not imply endorsement by Thompson Health, nor does exclusion imply disapproval. Thompson Health is not responsible for the quality of listed services. *For personal health concerns, consult your healthcare provider.*

Paid Programs – Contact for Pricing

1. Tall Trainer Fitness Studio

[Tall Trainer](#)

Offering indoor, outdoor, and online workouts

2510 Rochester Road, Suite A
Canandaigua, NY 14424

Contact: Jeremy Biernat

Email: jeremy@talltrainer.com

Phone: 585-260-4235

2. YMCA

[Sands Family YMCA | Canandaigua, NY | YMCA of Greater Rochester](#)

Exercise classes, gym access, personal training

351 North St
Canandaigua, NY 14424

Contact: Amy Jo, Wellness Coordinator

Email: amyjo.bugenhagen@rochesterymca.org

Phone: 585-396-8700

3. Planet Fitness

[Planet Fitness – Canandaigua](#)

91 Eastern Blvd
Canandaigua, NY 14424

Contact: (585) 577-6226

4. Anytime Fitness

[Anytime Fitness – Canandaigua](#)

4402 Rte 5-20
Canandaigua, NY 14424

Contact: (585) 396-9777

5. Smart X PD

[Smart X PD](#)

Online Exercise Classes

6. Rock Steady Boxing

[Directory – Rock Steady Boxing](#)

Serving multiple locations throughout the Finger Lakes

*Also offered at **Wellness 360**

[Rock Steady Boxing at Wellness 360](#)

961 Panorama Trail, South
Rochester, NY

Contact: 585-482-5060

7. Empower PT

[Empower Physical Therapy & Wellness](#)

Offering specialized fitness classes for individuals with neurological conditions and chronic diseases, as well as an Advanced Stroke Recovery Program (ASRP) for post-stroke and traumatic brain injury (TBI) patients

Meets Tuesdays & Thursdays

Two class times available: 10:45–11:45 a.m.
& noon – 1 p.m.

2503 Browncroft Blvd, Suite C.
Rochester, NY 14625

Contact: Lindsay Zanghi

Email: Lindsay@goempowerpt.com

Phone: 585-507-2184

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FREE Programs **

1. Wellness Classes through the Office for the Aging

[Ontario County Office for the Aging – Classes](#)

Offering health promotion classes including 60 + exercise classes, chair yoga, tai chi, and fall prevention

Contact: Chelsea Carey

Phone: (585) 396-4409

Email: Chelsea.Carey@ontariocountyny.gov

2. Silver Sneakers On Demand

[SilverSneakers](#)

Free at-home workouts for eligible seniors

More information: [Check Eligibility & Access Workouts](#)

3. Gerofit -

[Gerofit](#) | [VA Finger Lakes Health Care](#) | [Veterans Affairs](#)

Offering individually tailored exercise programs for Veterans ages 65+

* Must be enrolled within the VA system

Canandaigua VA Medical Center

400 Fort Hill Avenue

Canandaigua, NY 14424-1159

Contact: Greg Reynolds, M.S.

Phone: [585-393-8027](tel:585-393-8027)

Email: phillip.reynolds@va.gov

***Resources are typically free to access. However, some services may require a small fee or donation to participate. Please contact the service provider for pricing.*