



Who are Philly's FITTEST Businesses?

Out of hundreds of nominations, we are featuring top businesses who received the most votes....from YOU, our readers!

At PhillyFIT, we're dedicated to highlighting the cream of the crop when it comes to local physical, emotional and spiritual fitness. That's why every edition is jam-packed with local voices bringing you the most up-to-date advice about how to switch up your exercise routine, power up your diet, or find times of serenity in your crazy schedule. We were curious: Who do you think has the hottest gym or the best fitness classes? When you are desperate to get that summer six-pack (and it's already May), where do you go? Which businesses see the "whole you" not just a set of statistics and a checkbook?

We asked you, and you told us. Listed below are the local fitness gurus, personal trainers, and gyms that constitute our reader's personal best in the five-county area. We are willing to bet that some of you (the ones who didn't write in because they were too busy training for that ultra-marathon) have others. We'll look forward to hearing from you. In the meantime, a round of applause goes to the individuals and businesses who constitute our Spring 2007 "Best Of", Philly's FITTEST businesses! A gold star goes to all of you who took the time to praise the men and women who work with you to get fit, and to stay fit!

Below are the nominee's listed in order by highest vote, not by category. This contest is 100% readership polled, and not related to advertising in any way.

TOP 32

Healthplex Sports Club
94 West Sproul Rd.
Springfield, PA 19064
610-328-8888 www.healthplex.net
See our ad on page 18

1

Team in Training
International Plaza, Ste. 245
Philadelphia, PA 19113
610-521-8274 x236
www.teamintraining.org

2

12th Street Gym
204 S. 12th Street
Philadelphia, PA 19107
215-985-4092 www.12streetgym.com
See our ad on page 14

3

Home Bodies Personal Training
805 Winston St.
Hatfield, PA 19440
267-640-5043 info@homebodies.com
See our ad on page 18

4

Professional Touch Fitness Sgt. Nate Cardio Workouts
Weston Fitness
Philadelphia, PA 19105
484-410-8007 www.ptfonline.net

5

Yoga Schelter
3502 Scotts Lane, Bldg. 3, Ste. 1
Philadelphia, PA 19129
215-991-yoga
www.yogaschelter.com

6

Jonathan Sills, Certified Massage Therapist
910 Pleasant Ave.
Wyndmoor, PA 19038
215-233-2680 jghsills@aol.com

7

Baby Boot Camp
Workouts for Pre and Post-Pregnancy
305 Kerrwood Road
Wayne, PA 19087
610-896-2789 www.babybootcamp.com

8

Havertown Health and Fitness
34 Brookline Blvd.
Havertown, PA 19083
610-449-1717
www.havertownhealthandfitness.com

9

Optimum Health and Fitness
137 MacDade Blvd.
Folsom, PA 19033
610-522-2535
www.optimumhealthandfitness.com

10



Perfect Fitt Personal Training

313 E. Cliveden
Philadelphia, PA 19119
267-549-5080 www.perfectfitt.com
See our ad in classifieds

Planet Beach Tanning

1375 Dilworthtown Crossing
West Chester, PA 19382
610-399-3200 www.planetbeach.com
See our ad in classifieds

Club La Maison

215 Sugartown Rd.
Wayne, PA 19087
610-964-8800 www.clublamaison.com

Leisure Fitness

17 locations to serve you
800-499-9936
www.leisurefitness.com
See our ad on page 3

One Fit Mama

903 Edann Road
Oreland, PA 19075
215-886-2869 www.onefitmama.com

Tryad Personal Training

1377 Birchwood Ave.
Roslyn, PA 19061
215-485-9180 www.tryad-pt.com
See our ad in classifieds

Action Karate Souderton

594 E. Broad St.
Souderton, PA 18964
215-723-4402 www.actionkarate.net

Astavita Supplements

18000 Horizon Way
Mt. Laurel, NJ 08054
toll free 800-507-4011
www.astavita.com
See our ad on page 12

**Back-In-Balance
Massage and Stretching**

Hulmeville, PA 19047
267-980-1727 www.back-in-balance.com

Equilibrium Pilates Studio

424 South 2nd Street
Philadelphia, PA 19147
215-923-3669
www.equilibrium-pilates.com

Mainline Health and Fitness

931 Haverford Road
Bryn Mawr, PA 19010
610-527-2200
www.mainlinehealthandfitness.com

**KMC Fitness
Personal Training**

206 Chestnut Street
Chalfont, PA 18914
215-820-5319 www.kmcfitness.com

Pumps Club

500 Chesterbrook Blvd., Ste. E3
Wayne, PA 19087
610-251-2223 www.pumpsfitness.com

**The Aquatic and
Fitness Center**

611 Righters Ferry Rd.
Bala Cynwyd, PA 19004
610-664-6464
www.theaquaticandfitnesscenter.com

Metal Health Gym

613 W. Market St.
Perkasie, PA 18944
215-453-8818 www.metalhealthgym.com

Newtown Health & Wellness

760 Newtown-Yardley Road, Ste. 125
Newtown, PA 18940
215-579-9200 www.nhwchiro.com

Rocky Run YMCA

Baltimore Pike
Media, PA 19037
610-497-7365

Sweat Gyms

4 locations to serve you
Manayunk, Center City, Queen Village,
Fitlers Square
215-351-0100 www.sweatfitness.com

Workout Plus

20 W. Pumping Station Rd.
Quakertown, PA 18951
215-538-9031 www.workoutplus.com

East Falls Fitness

3751 Ridge Avenue
Philadelphia, PA 19132
215-223-2311 www.eastfallsfitness.com

Fit Gym

4415 Chestnut St., Ste. 201
Philadelphia, PA 19104
215-386-3733 www.fitinphilly.com

**David J. Witchell Salon
& Day Spa**

25 South State Street
Newtown, PA 18940
215-579-1200 www.davidjwitchell.com