



The Club Where Everybody Fits

If you're looking for a fitness center that's easy on your wallet and doesn't require a long term commitment, then Spunk Fitness is right for you. We have redefined staying healthy with affordable, spacious gyms loaded with cardio and strength training equipment that's ready to use when you are. We know that long term commitments can be intimidating, so Spunk Fitness has made it simple: Pay monthly! Stay with us for as many months as you want. No long term contracts!

Open: 24 Hours Monday – Friday

Saturday 7 am – 7 pm,

Sunday 8 am – 5 pm

175 West Shore Blvd.

Newark, NY 14513

(315) 331-7500

[Get Directions](#)

Also enjoy...

+ Juice Bar

+ Tanning

+ Massage Therapy (fees apply)

+ Personal Training (fees apply)

+ Locker and shower facilities

The Spunk Difference



At Spunk Fitness, our members have access to an extensive variety of superior fitness equipment in a clean and comfortable environment, all for the lowest price available in the industry of just \$9.99 a month. People ask us, "How can you stay in business with membership rates that low?" The fact is, we've eliminated the high cost of traditional health clubs by eliminating sales representatives, child care services, pools, and racquet sports. These types of things are what drastically increase the cost of membership fees at other fitness centers.

The best gyms give their members what they want. We've designed our facilities and services without all of the bells and whistles that many don't want or use. The Spunk fitness center nearest you has more of what you do want: quality fitness equipment and no wait to use it.

We offer FREE unlimited instruction to our members, which is unheard of in this industry! We want to ensure that our members are knowledgeable about and comfortable with their fitness programs. When we created Spunk Fitness, we didn't skimp! Besides the free fitness instruction, our clubs provide FREE towel service! Some of our locations have saunas, steam rooms, and juice bars, and some offer group fitness classes like Zumba and Boot Camp for an additional fee. Find the Spunk Fitness nearest you to see what other amenities we offer.

Mission Statement

We are committed to providing our members with:

- A clean, comfortable, welcoming and fun exercise environment!
- An abundance of only the latest and greatest cardiovascular and strength training equipment!
- Free fitness instruction!
- All at an incredible, mind bogglingly low price!

Our Promise: We'll never have the "stuff" that you don't want or use, so you'll never pay for it!

Our Goal: To provide our members with the absolute best experience and value the fitness industry has to offer!

Our Philosophy: Fitness changes people. By helping one person, we help to change the world – one body at a time.

I look forward to coming every day!

I am 38 years old and live in Newark, NY. I had back surgery on August 22, 2011. I joined Spunk to get back into shape and to lose the 20 pounds I gained due to my injury. Since joining Spunk in January I have lost 20+ pounds and have regained a lot of my lost muscle tone. The employees at Spunk are very friendly and helpful. I hired Rachel Bruno as my personal trainer and she did an amazing job. I highly recommend her to many people. I do not have anything negative to say. The only thing I would change is changing the tanning bulbs more regularly. I know it's not a top priority, but many of my friends only pay for the lesser packer and go tanning at Tanning Beds. I look forward to coming every day!

Suzanne Henry - Newark, NY

Go to www.spunkfitness.com to download a Free guest pass and view membership options.