

They're the Best



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NEW HAMPSHIRE SUNDAY NEWS • JULY 3, 2016

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Fitness

Martial Arts

Gold: **Bedford Martial Arts Academy**, 334 Route 101, Bedford; 471-0696

Silver: **Tokyo Joe's**, 1338 Hooksett Road, Hooksett; 641-3444

Gym

Gold: **Dynamic Strength & Conditioning**, 115 Northeastern Blvd., Nashua; 882-2348

Silver: **Envy**, 298 Queen City Ave., Manchester; 703-5303

Yoga Studio

Gold: **Bikram Yoga**, 195 McGregor St., Manchester; 669-7711

Silver: **Yogabalance**, 135 Hooksett Road, Manchester; 625-4000

Weight Loss

Gold: **Weight Watchers**, 545 D.W. Highway, Manchester; 800-516-3535

Silver: **Obesity Treatment Center at CMC**, 100 McGregor St., Manchester; 663-6642

Dance Studio

Gold: **NH School of Ballet**, 183 Londonderry Turnpike, Hooksett; 668-5330

Silver: **Dimensions in Dance**, 84 Myrtle St., Manchester; 668-4196

Cheer & Gymnastics

Gold: **Granite State Gymnastics**, 71 River Road, Bow; 228-8424

Silver: **East Celebrity Elite**, 10 Liberty Drive, Londonderry; 425-5111