

SWIM LESSONS

One on One swim lessons and weekly group classes are available with a swim coach. Swimmers of all experience levels are welcome.

All swimming sessions will be conducted at our 5 lane, 25 yard lap pool.



PERSONAL TRAINING RATES

- 30 Minute Session: \$38.00
- 30 Minute 10-Pack: \$350.00
- 45 Minute Session: \$50.00
- 45 Minute 10-Pack: \$450.00
- Student/Post Doc 30 Minute Session: \$25.00
- Student/Post Doc 30 Minute 10-Pack: \$225.00
- Student/Post Doc 45 Minute Session: \$35.00
- Student/Post Doc 45 Minute 10-Pack: \$325.00



GAINS GAINS GAINS!

Falk Recreation offers a variety of free weights as well as selectorized resistance machines to meet your strength training needs.



SWEAT IT OUT!

With state of the art Matrix Cardio equipment Falk Recreation provides treadmills, ellipticals, climbmills, rowers and multiple variations of bikes.

Cardio equipment is wifi connected for a better user experience. Also provided; an online reservation system for all cardio equipment.



INTRAMURAL SPORTS

In addition Falk runs year round recreational and intramural sports. These Sports include Badminton, Basketball, Boxing, Dodgeball, Fencing, Floor Hockey, Soccer, and Volleyball. Open to all levels.

FOR MORE INFO

falkcenterinfo@einstein.yu.edu



FALK

RECREATION CENTER

FACILITY HOURS

M-Th 6:30am - 11:30pm

Fri 6:30am - 8:30pm

Sat 8:30am - 8:30pm

Sun 11:00am - 7:30pm

POOL HOURS

Mon, Wed 6:30 - 9:30pm*

Tues, Thurs 11am - 9:30pm*

Fri 6:30am - 8:30pm

Sat Closed

Sun 11:00am - 7:30pm

Closed for 30 minutes 9:30 - 10am

ELIGIBILITY

Memberships are open to all Einstein, Montefiore and Jacobi employees as well as their spouses. All Einstein students receive memberships supplemented through their tuition.

AMENITIES

Here at Falk Recreation we provide day lockers as well as locker rentals. Within each locker room there is a Sauna and Steam Room.

Personal care amenities provided.

In addition to these great amenities we have both an indoor and an outdoor track. We also have an outdoor basketball court and tennis court.



MEMBERSHIP RATES

Monthly Membership Fee - \$29

Guest Pass - \$8

Guest Pass 5-Pack - \$35

Locker Rental - \$5 per month

Monthly membership recurring via payroll deduction or credit/ debit card.

Payroll Deduction Is Still Available For Einstein Employees.

Payments for a guest pass/pack and locker can be made by credit card, cash or check and make checks payable to AECOM.

GROUP FITNESS

We offer a variety of group fitness classes focused on all facets of exercise.

Group fitness classes are open to all levels and included in your membership.
(Classes Subject To Change)

Barre Method

Boot Camp

Box & Burn

Cardio Blast

Cardio Kickboxing

Circuit Training

Core & More

Dance Cardio

H.I.I.T.

Hatha Yoga

Pilates

Vinyasa Yoga

Sculpt

Sports Conditioning

Swim Class

Weightlifting 101

Zumba