

# 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
- Small Group Training 4-Pack: \$240.00



## SWIM LESSONS

Swimming lessons are currently on hold.



### 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

Indoor sports are currently on hold.

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### FOR MORE INFO

[falkcenterinfo@einstein.yu.edu](mailto:falkcenterinfo@einstein.yu.edu)



# FACILITY HOURS

Mon - Thurs 6:30am - 10:00pm

Friday 6:30am - 8:30pm

Sat Closed

Sun 1:30pm - 8:30pm

# POOL HOURS

Mon & Wed 6:30am - 9:30pm

Tues & Thurs 11:00am - 9:30pm

Friday 6:30am - 8:30pm

Sat Closed

Sun Closed

\*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 are currently only offering OUTDOOR group fitness classes.

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