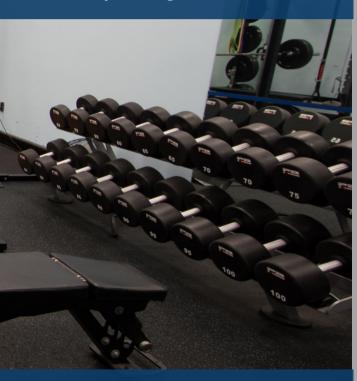
PERSONAL TRAINING RATES

- 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!



SWEAT IT OUT!

With state of the art Matrix Cardio variations of bikes.



INTRAMURAL SPORTS

FOR MORE INFO

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

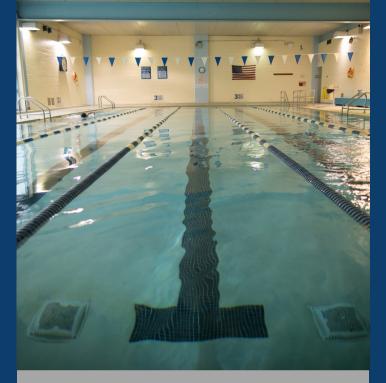
Memberships are open to all Einstein, Montefiore and Jacobi employees as well as their spouses. All Einstein students receive memberships supplemented through their tuition.

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