



Discounted Gym Memberships

Montefiore Medical Center has partnered with fitness facilities in New York, New Jersey and Connecticut to bring membership discounts to all Montefiore associates.

24 HOUR FITNESS (Located in the Bronx, Manhattan, Brooklyn, Westchester County and New Jersey)

\$29.99 a month for All Club Sport membership*

\$44.99 a month for All Club Super Sport membership*

\$74.99 a month for All Club Ultra Sport membership*

A one-time \$29.99 enrollment fee for month to month membership and a \$49.99 annual maintenance fee

⇒ Please Contact yarmendariz@24hourfit.com to join and for more information

CRUNCH (Located in all boroughs, Westchester County, New Jersey and Connecticut)

\$85.00 a month for All Crunch Freedom membership*

\$75.00 a month for One Crunch New York Freedom membership*

A one-time \$60.00 enrollment fee, \$35.00 processing fee and a \$50.00 annual maintenance fee

NOTE: Crunch discount prices for locations outside of Manhattan are significantly lower. Just show a Crunch representative your Montefiore ID!

⇒ Please Contact Randi.Zinker@crunch.com to join and for more information

CRUNCH NORWOOD (Moses Campus)

\$19.95 a month for PEAK membership

A \$39.00 annual maintenance fee

⇒ Please Contact Manager@crunchnorwood.com to join or for more information

EQUALIZE FITNESS (Yonkers Campus)

\$59.00 a month for an annual fitness membership*

\$69.00 a month for a month-to-month membership

A one-time \$39.00 processing fee and a \$45.00 annual maintenance fee

⇒ Please Contact Anthony@EqualizeFitness.com to join or for more information

EQUINOX (Located in Manhattan, Brooklyn, Westchester County and New Jersey)

\$150.00- \$250.00 a month for select membership*, prices vary by location

\$250.00 a month for all-access membership to multiple locations*

A one-time \$100 initiation fee

⇒ Please Contact Corporate@equinox.com to join or for more information

**One year minimum membership required*

Montefiore
To Your Health!
Montefiore for a Healthy You



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FALK RECREATION CENTER (Einstein Campus)

\$350.00 annually, \$270.00 for a nine month membership, \$200.00 for a six month membership, or \$105.00 for a three month membership

⇒ Please Contact (718) 430-4298 to join or for more information

MOSHOLU MONTEFIORE COMMUNITY FITNESS CENTER (Moses Campus)

\$160.00 annually for a membership*

⇒ Please Contact (718) 882-4000 to join or for more information

NEW YORK SPORTS CLUB (Located in all boroughs, Westchester County, New Jersey and Connecticut)

\$29.99 a month for Regional New Jersey access

\$29.99 a month for Regional Long Island access

\$39.99 a month for Regional Westchester access

\$59.99 a month for Passport access (excludes Elite locations)

\$69.99 a month for Elite Passport access (excludes Flagship Elite location)

A \$59.99 annual fee

⇒ Please Contact Matthew.Lui@tsiclubs.com to join or for more information

YMCA (Located in all boroughs)

\$63.75 - \$86.70 a month with a 15% discount applied

50% off the initiation fee with membership

⇒ Please Contact your local facility to join or for more information

Reach out to the Carebridge Employee Assistance Program (EAP) / 1199SEIU for additional fitness facility discount offerings!

Visit <http://www.mymontebenefits.com/to-your-health> to find out more about what services these facilities have to offer.

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