

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!

Falk Recreation provides state of the art Matrix Cardio equipment, including 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.



SPORTS

We offer a range of intramural sports including basketball, soccer, volleyball, racquetball, squash and badminton

FOR MORE INFO

falkcenterinfo@einsteinmed.edu

*2 Hour Parking available at Quik Park (1975 Eastchester Road) for \$10



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

Falk Recreation provides day lockers as well as locker rentals. Within each locker room there is a Sauna and Steam Room.

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 Only 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.

FITNESS

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

Barre Method

Cardio Blast

CoreFlex

Core & More

H.I.I.T.

Mat Hatha Yoga

Mindful Mobility

Pilates

Sports Conditioning

Weightlifting 101

Yoga

Zumba

FALK FIT

Set goals, address form or programming with this **FREE** personal training assessment included with your membership