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!

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

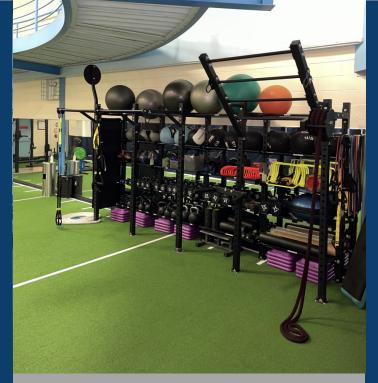
ELIGIBILITY

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