

PERSONAL TRAINING RATES

- 30 Minute Session: \$43.00
- 30 Minute 10-Pack: \$400.00
- 45 Minute Session: \$58.00
- 45 Minute 10-Pack: \$500.00
- **Student/Post Doc** 30 Minute Session: \$28.00
- **Student/Post Doc** 30 Minute 10-Pack: \$250.00
- **Student/Post Doc** 45 Minute Session: \$40.00
- **Student/Post Doc** 45 Minute 10-Pack: \$375.00
- Specialty Group Training Session : \$120.00

COACHING RATES - 4 WEEKS

- Coaching Program: \$625.00
- **Student/Post Doc** Coaching Program: \$500.00
- Group Coaching 4-Pack: \$360.00

THREE-30 MINUTE SESSIONS*

- Members - \$99.00
- **Student/Post Doc** - \$75.00

*One time purchase only



SWIM LESSONS

Individual swim lessons are available. Please see personal training prices above for cost.



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
718-430-4298

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



FALK

RECREATION CENTER

FACILITY HOURS

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

Friday 6:30am - 8:30pm

Sat 7:30am - 2:30pm

Sun 1:30pm - 8:30pm

*Saturdays are open from September - May

POOL HOURS

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

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

Friday 6:30am - 8:30pm

Sat Closed

Sun 1:30pm - 8:30pm

Closed for 30 minutes 9:30 - 10am

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

Einstein Employees - \$29

Monte/Jacobi Affiliates & All Spouses - \$39

Guest Passes

Single Day - \$10

Guest Pass 5 - Pack - \$45

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/debit card or cash.

GROUP FITNESS

Group fitness classes are open to all levels and included in your membership.

(Classes Subject To Change)

Ab Lab

Barre Method

Cardio Blast

CoreFlex

Core & More

Dance Jam

H.I.I.T.

Mindful Mobility

Morning Amp

Pilates

Sports Conditioning

Total Body

Yoga

Zumba

FALK FIT

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