



MONTEFIORE WELLNESS PROGRAMS

- Full Use of Facility
- Free Unlimited Classes
- Two Foundation of Fitness Training Sessions



**OFFERING EASY
TO FOLLOW
NUTRITION
PROGRAMS!**

FREEDOM GOLD

**One Time
Investment \$19.99**

\$19.99

**per month
Month to Month Membership
Month to Month Membership**

**Including
Friends
&
Family!**

ANNUAL CLUB FEE: \$39
www.goldsgym.com/carmelny

ADDITIONAL SERVICES

- **Unlimited Tanning:** \$10 per month
- **Towel Service:** \$10 per month
- **Childcare:** \$20 per month
- **3 Intro PT Sessions:** \$33 per session

•Pro Shop •Juice Bar •Dry Sauna

160 Route 52 • Carmel • New York 10512 • (845) 228-2818

Hours •Monday-Friday 5 am-10 pm •Saturday & Sunday 7 am—6 pm