

# Discounted Gym Memberships

**Healthy me!** has partnered with fitness facilities in the tri-state area to bring membership discounts to all Montefiore employees.



### **CRUNCH NORWOOD (Moses Campus)**

\$19.99/mo for PEAK membership

\$24.99/mo for PEAK Results membership

\$59 annual maintenance fee

Contact [manager@crunchnorwood.com](mailto:manager@crunchnorwood.com) to join or for more information

### **CRUNCH (Located in all boroughs, Westchester County, NJ, CT)**

Discount applies to Crunch Signature locations  
ONLY! Employees can look online to find a signature location near them.

\$89/month for One Signature Club access

\$99/month for All Access membership

\$49 enrollment fee

\$50 processing fee

\$89 annual fee

Contact [randi.zinker@crunch.com](mailto:randi.zinker@crunch.com) to join or for more information

### **EQUALIZE FITNESS (Yonkers Campus)**

\$69/mo for a month to month membership,  
no annual membership fee

Contact (914)751-6655 to join or for more information

### **THE RIVERDALE YM-YWHA**

One time initiation fee: \$125

Contact (718) 548-8200 or email

[membership@riverdaley.org](mailto:membership@riverdaley.org) to join or for more information

### **NEW YORK SPORTS CLUB (Located in Brooklyn, Manhattan, Queens, Westchester County, NY and CT)**

\$74/mo for Passport Access, plus \$69 annual fee: \$125

Contact [Marvin.Perez@nysc.com](mailto:Marvin.Perez@nysc.com) to join or for more information

### **NYC YMCA (Located in all boroughs)**

No YMCA joining fee, plus 15% off monthly NYC YMCA rate

Contact your local facility to join or for more information

### **FALK RECREATION CENTER (Einstein Campus)**

\$39/mo (includes all classes, pool, and equipment), plus one week free trial. No annual or sign up fee.

Spouses may join at a rate of \$49 per month.

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

### **YOGA 365 (Online)**

FREE one-year program of micro-exercises, breathing practices, and meditations

Visit <https://yoga365.online/healthcare> to join or for more information

### **TRAIN WITH ME (Online)**

\$50-\$300/mo for beginner to premium plans.

Prices vary based on selection.

Visit <https://bit.ly/TWMSpecial> to join or for more information

**For questions or more information, please submit an Associate Health & Well-being request through the Employee Center at <https://montefiore.service-now.com/esc>**

*Relationships currently unavailable: 24 Hour Fitness, Blink Fitness, ClassPass, LA Fitness, Lifetime Fitness, NY Health & Racquet Club, Planet Fitness, Equinox, and XSport Fitness.*