

Discounted Gym Memberships

Healthyme! 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 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 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 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 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.

Same rate applies to spouses.

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.