



Get **CONNECTED**
to a local gym
to start your
fitness journey

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)

- \$21.99 before taxes for a monthly membership
- \$41 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

- 25% off adult and family memberships
- Employees must provide proof of employment with their ID or a letter from their HR manager stating they are an employee with Montefiore.
- One-time initiation fee of \$125. Employees cannot join online; they must visit the location or call **718-548-8200**.

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

- \$74.99/mo for Passport Access, plus \$69.99 annual fee

Contact Marvin.Perez@nysc.com to join or for more information.

NYC YMCA (Located in all boroughs)

- 15% off monthly NYC YMCA rate, plus no YMCA joining fee

Contact your local facility to join or for more information.

FALK RECREATION CENTER (Einstein Campus)

- \$39/mo (includes access to all classes, pools, equipment, group fitness classes, sports programs, and exercise equipment), plus one week free trial. No annual or sign up fee
- Spouses may join at a rate of \$49 per month

Employees can enroll at falkcenter@einsteinmed.edu or call **718-430-4298** 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

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



For questions or more information, visit HealthyMEBenefits.com or call the HealthyME Benefits Center at 866-959-3545 from 8:00 am to 8:00 pm, Monday through Friday.