



Montefiore Medical Center Health Club Membership

Montefiore and Emerging Health IT employees and their family members are eligible for an exclusive offer, good at all **New York Sports Clubs** with more than 100 locations in NY/NJ/CT. [Click here for a list of locations near you.](#)

The sooner you join, the sooner you can start enjoying the many benefits of exercise such as a sharper mind, improved mood and more energy. Join now and feel less stress right away – on you and your budget.

What's included?

Regional Passport Membership—access to all New York Sports Clubs facilities at all times, all group exercise classes and club amenities. Detailed club information can be found at www.MySportsClubs.com.

How much?

Your corporate rate is \$69 per month plus a one-time joining fee. You save \$17 per month. *(Retail rates: \$86 per month plus joining fee)*

How to participate

We are accepting online enrollment only. Please visit www.CompaniesGetFit.com and use your Montefiore or EHIT e-mail address to access enrollment—please wait for an auto-response e-mail with instructions. For associates without e-mail or family enrollment, please call (917) 351-6680 ext 1014.

Have a Sports Clubs membership already? Don't worry – associates with existing Sports Clubs memberships are eligible with a new one-year commitment. A \$39 transfer fee applies.

Have Questions?

Please call (917) 351-6680 x1014 or zachary.zakharyayev@town-sports.com. Corporate rate are not available at retail club locations. You must enroll by visiting www.CompaniesGetFit.com.

Facilities and Services

- Sports Clubs for Kids
 - Pools
 - Basketball & Racquet Sports
 - Steam and Sauna
 - Huge free weight area
 - Babysitting
 - Personal viewing screens
 - Personal Training
 - 120 group exercise classes
 - 22-XpressLine Workout
 - Large stretching mats
 - Complimentary fitness orientation
- (*amenities vary based on club)*

TSI facilities are designed and equipped to provide members with a positive environment in which to satisfy their exercise needs. The following equipment and services are available:

cardio-aerobic equipment

- Cycles (upright and recumbent) by LifeFitness
- Cycle Plus
- Concept II rowing machine
- Elliptical machines by Precor and LifeFitness
- Scifit UBE
- Stepmills by StairMaster
- Steppers by StairMaster
- Treadmills by LifeFitness and StarTrac
- Versa climber

strength training equipment

- XpressLine with Nautilus Nitro equipment
- Nautilus/Cybex circuits/LifeFitness
- Free Motion
- Free weights (Iron Grip)
- Hammer Strength
- Icarian
- Strive
- Ab roller and stretching areas that include stretch centers and stretch trainers

group exercise studios*

- Custom-sprung aerobic floors
- Latest studio exercise equipment including Pilates, group strength, boxing, Iron Grip group strength equipment, stackable Pilates Reformers
- Professional sound systems

group exercise classes

- Nationally certified exercise instructors
- Over 4,500 classes offered weekly
- Class formats to suit every ability

racquet sports*

- International and American squash
- Racquetball
- Tennis
- Junior programs
- Partner matching and ladders
- Private and group lessons
- Round robins
- Tournaments and leagues

exercise and fitness services

- Personal training
- Educational lectures
- Fitness testing and evaluation
- Health screening
- Physical therapy

value-added and comfort services*

- Baby-sitting
- Basketball
- Café
- Complimentary toiletries
- Sports Clubs for Kids programming
- Laundry service
- Locker rentals
- Massage therapy
- Rock climbing wall
- Running track
- Sauna
- Steam room
- Swimming pools

* Not all services at all locations.

Town Sports International



new york sports clubs

Manhattan — Upper West Side

| | |
|---------------------------------------|--------------|
| 145 th & Frederick Doug. | 212.234.0016 |
| 125 th Street – Harlem USA | 212.316.2500 |
| 115 th & 5 th | 212.722.1185 |
| 94 th & Broadway | 212.665.0009 |
| 80 th & Broadway | 212.873.1500 |
| 76 th & Broadway | 212.496.2444 |
| 73 rd & Central Park West | 212.496.6300 |
| 62 nd & Broadway | 212.265.0995 |

Manhattan — Upper East Side

| | |
|--|--------------|
| 91 st & 3 rd - <i>Pool</i> | 212.987.7200 |
| 86 th & Lexington | 212.860.8630 |
| 76 th & 1 st | 212.288.5700 |

Manhattan — Midtown

| | |
|--|--------------|
| 52nd & Broadway (24 hrs) | 212.307.9400 |
| 59th & Park | 212.308.1010 |
| 51st & Lexington | 212.317.9400 |
| 49 th & B'way – Crown Plz - <i>Pool</i> | 212.977.8880 |
| 48th & 6 th – Rockefeller Center | 212.840.8240 |
| 48 th & 2 nd | 212.371.2113 |
| Grand Central/Met Life (24 hrs) | 212.682.4440 |
| 44th & 5 th | 212.768.3535 |
| 41 st Street – Theater District | 646.366.9400 |
| 41 st & 3 rd | 212.661.8500 |
| 38 th & Broadway | 212.575.4500 |
| 36 th & Madison | 212.686.1144 |
| 34 th & Park | 212.686.1085 |
| 34 th & 2 nd | 212.213.5999 |

Manhattan — 23rd to Houston

| | |
|---|--------------|
| 23rd & Park | 212.982.4400 |
| 23rd & 8 th | 212.243.3400 |
| 16th & 8 th | 212.627.0065 |
| Irving Place | 212.477.1800 |
| 14 th & 5 th – Union Square | 212.337.9900 |
| 7 th Ave. at 10 th St. (24 hrs) | 212.206.1500 |
| Mercer Street | 212.780.7407 |
| Varick Street | 212.645.0995 |

Manhattan — Below Houston

| | |
|--------------------------|--------------|
| Broadway & Spring – Soho | 212.925.6600 |
| 217 Broadway – City Hall | 212.791.9555 |
| Tribeca at Reade Street | 212.571.1000 |
| Battery Park City | 212.945.3535 |
| Water Street | 212.363.4600 |
| Wall Street | 212.482.4800 |

NYC Boroughs

Brooklyn

| | |
|-----------------------------------|--------------|
| Bay Ridge | 718.921.5300 |
| Bay Ridge 86 th Street | 718.680.0094 |
| Brooklyn Belt | 718.714.4653 |
| Brooklyn Heights | 718.246.0600 |
| Cobble Hill | 718.643.4400 |
| Midwood | 718.375.0026 |
| Park Slope | 718.768.0880 |

Queens

| | |
|--------------------------------|--------------|
| Astoria | 718.932.1400 |
| Forest Hills | 718.897.5500 |
| Glendale – Shops at Atlas Park | 718.326.2228 |
| Rego Park | 718.263.2216 |
| Sunnyside | 718.361.2254 |
| Whitestone | 718.747.4653 |

Staten Island

| | |
|---------------|--------------|
| Staten Island | 718.698.4500 |
|---------------|--------------|

Bronx

| | |
|---------------------------|--------------|
| Morris Park - <i>Pool</i> | 718.828.0611 |
|---------------------------|--------------|

new york sports clubs (cont.)

Long Island

| | |
|---------------------------|--------------|
| Commack - <i>Pool</i> | 631.462.6400 |
| Deer Park - <i>Pool</i> | 631.242.4660 |
| East Meadow - <i>Pool</i> | 516.485.5100 |
| Garden City | 516.741.1500 |
| Great Neck | 516.829.2582 |
| Hicksville - <i>Pool</i> | 516.935.0622 |
| Huntington | 631.424.7100 |
| Long Beach - <i>Pool</i> | 516.432.5849 |
| Oceanside | 516.594.8300 |
| Port Jefferson | 631.331.6100 |
| Smithtown - <i>Pool</i> | 631.265.2666 |
| Syosset | 516.496.9800 |
| Woodmere | 516.792.9292 |

Westchester / Rockland / Putnam Counties

| | |
|--|--------------|
| Carmel | 845.225.0511 |
| Croton-on-Hudson | 914.271.8909 |
| Dobbs Ferry - <i>Pool</i> | 914.478.0944 |
| Hartsdale | 914.725.8447 |
| Hawthorne | 914.347.2248 |
| Larchmont | 914.834.7700 |
| Mamaroneck | 914.381.3282 |
| Nanuet | 845.624.4653 |
| New Rochelle - <i>Pool</i> | 914.636.2455 |
| Scarsdale | 914.472.2800 |
| Somers - <i>Pool</i> | 914.628.5600 |
| West Nyack | 845.358.1818 |
| White Plains - City Ctr. - <i>Pool</i> | 914.428.2020 |

Connecticut (Fairfield County)

| | |
|--------------------------------------|--------------|
| Danbury | 203.748.9121 |
| Greenwich | 203.869.1253 |
| Greenwich Financial Center | 203.863.9199 |
| Stamford – Commerce Rd - <i>Pool</i> | 203.323.6611 |
| Stamford – Landmark - <i>Pool</i> | 203.348.7600 |
| Stamford – Springdale | 203.329.2400 |
| Westport | 203.221.0700 |
| West Hartford - <i>Pool</i> | 860.236.5400 |

New Jersey — North

| | |
|-----------------------------------|--------------|
| Butler - <i>Pool</i> | 973.838.1140 |
| Clifton | 973.365.8003 |
| Englewood | 201.569.1175 |
| Hoboken | 201.656.4800 |
| Hoboken North | 201.222.5771 |
| Jersey City- Harborside Fin. Ctr. | 201.332.8200 |
| Livingston - <i>Pool</i> | 973.716.0999 |
| Mahwah | 201.848.0015 |
| Montclair | 973.509.0048 |
| Newark | 973.642.6070 |
| Ramsey - <i>Pool</i> | 201.327.1122 |
| Ridgewood | 201.251.9332 |
| Springfield | 973.376.3776 |
| West Caldwell | 973.808.8411 |
| Westwood | 201.358.4041 |

New Jersey — Central

| | |
|-------------------------------|--------------|
| Colonia | 732.381.4999 |
| East Brunswick - <i>Pool</i> | 732.257.7507 |
| Franklin Park | 732.821.4900 |
| Freehold | 732.431.1355 |
| Marlboro - <i>Pool</i> | 732.536.4141 |
| Matawan | 732.583.3990 |
| Princeton | 609.921.6985 |
| Princeton North - <i>Pool</i> | 732.329.8300 |
| Somerset | 732.356.3333 |

boston sports clubs

Boston

| | |
|-----------------------------|--------------|
| Allston | 617.731.4177 |
| Copley Square - <i>Pool</i> | 617.236.1189 |
| Downtown Crossing | 617.695.9944 |
| Fenway | 617.266.7400 |
| Government Center | 617.624.9600 |
| Newbury Street | 617.867.0100 |
| South End - <i>Pool</i> | 617.482.1266 |
| South Station - <i>Pool</i> | 617.428.3622 |

Greater Boston

| | |
|---------------------------------|--------------|
| Andover | 978.475.3333 |
| Central Square | 617.876.5550 |
| Davis Square | 617.776.0086 |
| Franklin - <i>Pool</i> | 508.528.5960 |
| Lexington - <i>Pool</i> | 781.861.8600 |
| Lynnfield - <i>Pool</i> | 781.246.7500 |
| Natick | 508.651.7555 |
| Newton - <i>Pool</i> | 617.928.2000 |
| Waltham (Premium Club) | 781.522.2222 |
| Watertown - <i>Pool</i> | 617.924.0669 |
| Wellesley (Premium Club) | 781.263.5700 |
| Wellington Circle - <i>Pool</i> | 781.391.1622 |
| West Newton | 617.332.1700 |
| Westborough - <i>Pool</i> | 508.836.9931 |
| Weymouth | 781.331.8988 |
| Woburn - <i>Pool</i> | 781.933.2055 |

Rhode Island

| | |
|---------------------|--------------|
| Providence Eastside | 401.351.2449 |
| Providence Dorrance | 401.278.4950 |

washington sports clubs

D.C.

| | |
|--------------------------------|--------------|
| Capitol Hill | 202.547.2255 |
| Chevy Chase | 202.966.5051 |
| Columbia Heights - <i>Pool</i> | 202.986.2281 |
| Downtown – Conn. Ave. | 202.296.7733 |
| Dupont Circle | 202.332.0100 |
| F Street | 202.737.7744 |
| Gallery Place | 202.737.3555 |
| Georgetown | 202.338.0911 |
| Glover Park | 202.333.2323 |
| K Street | 202.466.6500 |

Maryland

| | |
|------------------------------|--------------|
| Germantown | 301.428.3488 |
| North Bethesda | 301.896.0505 |
| Silver Spring - <i>Pool</i> | 301.587.1388 |
| South Bethesda - <i>Pool</i> | 301.654.1990 |

Virginia

| | |
|------------------|--------------|
| Alexandria | 703.933.3777 |
| Clarendon | 703.465.2828 |
| Fairfax | 703.934.4424 |
| Sterling | 703.444.8338 |
| West Springfield | 703.569.6966 |

philadelphia sports clubs

Philadelphia

| | |
|----------------------------|--------------|
| Market Street | 215.564.5353 |
| Rodin Place | 215.568.9555 |
| Society Hill - <i>Pool</i> | 215.592.8900 |

Greater Philadelphia

| | |
|-------------------------|--------------|
| Ardmore | 610.645.7600 |
| Cherry Hill | 856.216.0500 |
| Highpoint - <i>Pool</i> | 215.822.2303 |
| Radnor - <i>Pool</i> | 610.688.3342 |

swiss locations

| | |
|------------|-------------------|
| Forum Club | 011.4161.322.8585 |
| Joggeli | 011.4161.312.3636 |
| Luxor Club | 011.4144.202.3838 |