



CALLING ALL MONTE EMPLOYEES

WEIGHT & FITNESS CENTER GET IN SHAPE FOR SPRING • START TODAY!

Weekdays, 12 noon - 8:45PM

Friday, 11AM - 6:30PM

Saturday, 10AM - 4PM (*Closed on Sundays*)

Hammer Strength • Weight Machines • Free Weights
Computerized Exercise Bike • Stair Masters • New Cybex Tread Mills
Smith Machine • EFX Machine

Daily Lockers & Showers • Locker Rentals

Large \$50 per year • Small \$25 per year

Guest pass - \$7 per visit (limited 3) Guests must be with a member

19 -60 years old \$175 year • Senior High \$130 year (15-18 years old)

Montefiore Employees (with I.D.) \$75

Adult Fitness Classes