



## **FITNESS CENTER** / *Frequently Asked Questions*



### **HOURS /**

#### *Regular Hours*

**MON — THU** 6:30 AM to 10:45 PM

**FRIDAYS** 6:30 AM to 2:00 PM

**WEEKENDS** Open Seasonally

#### *Summer Hours (July 4 — Labor Day)*

**MON — THU** 6:30 AM to 1:00 PM + 4:00 to 10:45 PM

**FRIDAYS** 6:30 AM to 2:00 PM

**WEEKENDS** Closed

### **AGE LIMITS /**

Members must be at least 16 years-of-age to gain access to the Fitness Center.

15-year-olds seeking an early start may use the gym on a full-time basis once they've enrolled (and completed) our Teen Safety Course. The course includes three (3) sessions with a personal trainer for the low price of \$125. To sign up, see the first floor Reception Desk.

### **GETTING CHANGED + LOCKER STORAGE /**

Members wanting to shower and change once in the building may do so, free of charge, in the first floor locker rooms (make a left before the grand staircase). For access to private showers, Jacuzzis, a steam room, and a sauna, memberships to the Chehebar Health Spa (located on the second floor, closer to the fitness center) are also available.

Temporary storage lockers are available in several locations: in the locker rooms on the first floor, as well as by the exercise areas on the second floor. Although we make security a top priority at the Center, locks are not provided and should be brought from home.

### **DRESS CODE /**

Shoes and modest attire are required in the gym at all times.

### **SERVICES /**

Water fountains, vending machines, free towels and sanitary wipes are available for your convenience.

### **PERSONAL TRAINING /**

Personal training is the sure-fire way to make the most of the time you spend in the gym. So, work with one of our experts and see results sooner than you expected.

Custom programs and workouts available to members with specialized needs. For rates and package information, see the Fitness Center, or contact David Jolovitz, Health & Wellness Director, at (718) 954-3155.