

Exclusively for New York Presbyterian Hospital employees, retirees, Columbia University employees, students and alumni, the 6,500 square foot, state-of-the-art NYPH Employee Fitness Center Powered by Plus One is a fun, effective and convenient place to get fit.

Come take a **free tour!** Each new member is entitled to **two complimentary weeks of complete access to the fitness center!** You will be carefully screened for possible risk factors. If you have health issues that deem you “at risk”, we will ask for medical clearance from your physician before allowing you to use the facility.

As a NYPH Fitness Center member you are entitled to:

- Use of the facility during hours of operation
- S.M.A.R.T. PATH program – establish relevant goals, receive individualized assessments and discuss your plan for success
- Participate in all group fitness classes
- Participate in contests, challenges and special events that help you stay motivated
- Use of complimentary workout clothing, including t-shirts, shorts, scrubs, and socks
- Use of the day lockers during your workout, and storage of your shoes and toiletries in your rental locker
- Use of the showers and amenities provided in the locker rooms

Hours of Operation

Mon - Thurs	6:00a – 9:00p
Friday	6:00a – 8:00p
Saturday	8:00a – 2:00p
Sunday	Closed

Membership Fees

1 Month Membership	\$	60.00
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NYPH Employees are eligible for payroll deduction.

Weekly	\$	13.85
Biweekly	\$	27.69

An Overview of Our Services

Plus One Gold Standard Personal Training

Plus One is the Gold Standard in personal training. All of our personal trainers hold one or more national certifications, and most hold B.S. degrees or higher in Exercise Science.

Nutrition Counseling Solutions

Whether your focus is weight loss, lowering health risks or simply a nutritional “checkup”, the Fitness Center’s on-staff Registered Dietitian is committed to helping members achieve their personal goals and improve their overall state of well-being.

Group Fitness

Our Group Fitness offerings include Spinning, Step, Dance, Boot Camp, Kickboxing, Sculpting, Yoga, Core Strength and many more exciting offerings!

For more information, please contact:

The Plus One NYPH Fitness Center Team:

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