

# FITNESS CENTER

## HOURS OF OPERATION

MON – THURS  
6:00 am – 9:00 pm

FRIDAY  
6:00 am – 2:00 pm

*Managed by:  
FLIK Hotels and  
Conference Centers*

## WHO IS ELIGIBLE TO USE THE CENTER?

All IBM employees and contractors are eligible to join the GCL Fitness Center.

### Membership Fee options:

- \$150/6 Months
- \$99/3 Months
- \$50/1 Month

*Lockers can be rented for an additional fee.*

## THE FACILITY INCLUDES:

- Treadmills
- Stationary bikes
- Stair climbers
- Elliptical trainers
- Rowers
- Free weights
- Cybex strength training machines
- Aerobic studio
- Full court basketball/volleyball court
- 4 Outdoor lighted tennis courts
- Running/walking trails

## GROUP EXERCISE CLASSES:

- Class schedule is revised approximately every 8 weeks
- Classes are included in membership
- A variety of classes are offered in the morning, lunch time and evening.
- Classes are designed to assist you in improving a variety of your fitness goals

## LOCKER ROOMS

- Locker rooms are located on the top level of the fitness center
- Lockers are available on a per visit basis free of charge or can be rented with membership dues.
- Shampoo, conditioner, soap, hair dryers and towels are provided

## SERVICES AVAILABLE

- **Fitness Assessments**
  - Approximately 45 minutes
  - Evaluation of resting blood pressure and heart rate
  - Body composition analysis
  - Flexibility assessment
  - Aerobic capacity assessment
  - Muscular strength and endurance assessment
  - Receive a print out and analysis of your results
- **Personal Training**
  - Sign up with one of our certified staff members
  - Different packages available
  - 1 Hour or ½ hour sessions
  - Personal program design
  - Personal short and long-term goals to meet your specific needs
  - Additional fee is charged for personal training
- **Tennis Courts**
  - If you would like to reserve a tennis court, please contact a staff member at **914-499-2260**.
  - Courts are open seasonally April (weather dependent) through Oct 31 until 10 pm.
- **Basketball/Volleyball Court**
  - If you would like to reserve the indoor court for volleyball or basketball you can call ahead, and we will have everything set up upon your arrival.