

WPH HEALTH CLUB DISCOUNT INFORMATION

WPH has made special arrangements with several community Health Clubs and strategic partners to offer discounts to WPH employees. You can use these discounts as a way to not only save but also to help you get more physically active to lead a healthier lifestyle.

- **Local Health Clubs Discounts**: All WPH employees can take advantage of discounts at local health clubs. Health Club discounts will vary from club to club and will change from time to time. If you are interested in joining a specific club, please reach out directly to the contact that is listed. A summary of the discounts and services that are available for each club follows this page.
- **GlobalFit Gym Membership Discounts**: In addition to local Health Club discounts, employees enrolled in the WPH Empire medical insurance plan can also have access to the Global Fit network to get the lowest available discount rate at over 10,000 health clubs. This offer is available to you and you immediate family members under the age of 23. Additional information is listed on the flyer that follows.
- **Wellbeats Virtual Exercise Classes**: Choose from over 350 FREE classes. Download the app and use your mobile device, tablet, computer or Smart TV to take a class. Wellbeats offers a variety of classes ranging from quick stretching exercises to 50 minute intense, full-body workouts. There are workouts for every interest, including yoga, bar, kickboxing, circuits, kettle, strength training, vibe, cycling and everything in between. Additional information is listed on the flyer that follows.

Here's the good news! If you join a health club or take Wellbeats classes and meet certain criteria, you can become eligible to earn a Physical Activity Wellness Innovation Reward! For more information, click [Wellness Rewards](#).

WPH LOCAL HEALTH CLUB DISCOUNTS



CROSSFIT (Mamaroneck, NY)

Contact: Megan Vizzari

e-mail: crossfittheflats@gmail.com

phone: (914) 548-8854

web: www.crossfittheflats.com

- 15% discount available for 6 or 12 month memberships; Contract cancellation fee \$200
- Free 3 day trial for WPH employees (must be used in 1 week)
- 12 month, 6 month and monthly memberships are available: 12 month (\$160 for 5X/week, \$145 for 3X/week), 6 month (\$175 for 5X/week, \$160 for 3X/week), month to month (\$200 for 5X/week, \$180 for 3X/week), Couples (\$250 for 5X/week, \$265 for 3X/week) – all pricing tiers do not include 15% discount
- 1 month punch card \$200 (must be used in selected month)
- Drop in rate \$20/session (experienced CrossFitters only)



ELEMENTS MASSAGE (White Plains, NY)

Contact: Ed Lachterman

Phone: (914) 479-5072

e-mail: whiteplains@elementsmassage.com

web: <https://elementsmassage.com/white-plains>

- Discounted WPH employee massage service rates are available at the Elements Massage located at 1 North Broadway (about a 10 minute walk from the hospital)
- Multiple massage services include:
 - Popular services – Deep Tissue Massage, Swedish Massage, Sports Massage, Trigger Point Massage and Stretch Massage

- Specialty Services - Armaritual® Therapy, Himalayan Salt Stone Massage, Hot Stone massage, Prenatal Massage and Cupping Therapy
- Discounted WPH employee Walk in rates
 - Drop in rate: \$95.20 (20% discount)
 - 3 Sessions Drop in rate: \$85.68 (10% discount)
 - 6 Sessions Drop in rate: \$80.92 (15% discount)
- Discounted WPH employee Membership rates
 - Membership rate: \$79.00 (33% discount)
 - Membership 90 minute massage rate: \$99.00 (41% discount)
- Massage Therapists will be available Monday to Saturday from 9:00am to 9:00pm and Sunday from 10:00am to 8:00pm
- Scheduling your appointment is easy. Call Elements Massage directly at (914) 479-5072 and identify yourself as a WPH employee
- Be sure to bring your WPH ID with you when you go for your appointment (debit or credit only, same day cancellation rates will apply).



EQUINOX (Scarsdale, Armonk NY)

Contact: Gerald Conlon

e-mail: Gerald.conlon@equinox.com

phone: (914) 219-1601

web: www.equinox.com

- Monthly fees vary; Initiation fees waived for WPH employees; year contract
- Spouse/domestic partner can join but must pay same rate (if they both join they also will get 3 personal training sessions and 1 massage)
- Payments are EFT only – credit or debit card from checking or savings
- Membership includes evaluation, a one-on-one personal training session, a 55 minute private Pilates session
- Free group exercise classes included with membership
- 10 one-day guest passes are provided
- Kid's Club access 3 months to 10 years for additional charge
- Parking lot adjacent to club with complimentary valet parking
- Spa services and products available for an additional charge
- towels and amenities (Kiel products, eucalyptus) are provided, locks (for day lockers only) are not, rental lockers and locks are available for a fee



NY SPORTS CLUB (White Plains, NY; other locations)

Contact: Glenn.Dickstein

e-mail: glenn.dickstein@tsiclubs.com

phone: (914) 428-2020 x 25141

web: www.mysportsclubs.com

- Neighborhood Membership:
 - White Plains Club Only
 - \$29.99 monthly fee (25% discount for WPH)
 - \$59.99 annual fee paid due at time of enrollment
- Neighborhood Plus Membership:
 - All Westchester/Fairfield County
 - \$39.99 monthly fee (20% discount for WPH)
 - \$59.99 annual fee paid due at time of enrollment
- Passport Membership:
 - Any club in the Sports Club Network (e.g. Boston, Washington, etc.)
 - \$54.99 monthly fee (38% discount for WPH)
 - \$59.99 annual fee paid due at time of enrollment
- Other Membership Benefits
 - \$100 initiation fee waived
 - Complimentary Person Fitness Workout (value \$99.99)
 - EFT method of payment
 - For either of these corporate rates to apply, we need ten (10) NEW memberships to sign up within 60 days
 - Existing members can convert to these special rates pending 10 new memberships (\$59.99 annual fee paid due at time of enrollment)
 - Month to month with 30 day notice to cancel
 - Can freeze account for \$15.00/month
 - Spouse/domestic partner can join but must pay same rate
 - NYSC also has lap pool, full court basketball court and squash courts
 - Parking not validated
 - Towels and some amenities are provided, locks (for day lockers only) are not, rental lockers are available; separate locker areas for pool (i.e. kids) sauna room is also available
 - Day care is available for additional charge



Orange Theory Fitness (*White Plains, NY; other locations*)

Contact: Paul Blanchard

phone: (914) 729-0996

e-mail: pblanchard@orangetheoryfitness.com

web: www.orangetheoryfitness.com

- Special discounted rates for WPH employees:
 - Unlimited membership: (\$179/month)
 - Elite membership (\$119/month – 8 classes per month)
 - Drop in rate - \$17 (\$12 plus \$5 for heart rate monitor rental); first class is free
- No long term contracts, enrollment fees or any other fees
- Discount heart rate monitors for WPH employees \$49



PRANA PRENATAL YOGA (*White Plains, NY*)

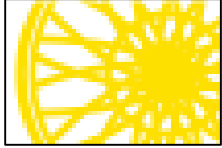
Contact: Dee Yergo

Phone: (914) 575-2069

e-mail: deeyergo@gmail.com

web: <https://www.pranaprenatalyoga.com/>

- WPH employees get 25% off all classes and workshops by e-mailing infor@pranaprenatalyoga.com from a valid WPH e-mail address
- Prana Prenatal Yoga and Education is the only studio in Westchester focused exclusively on fertility, pregnancy, and new motherhood and toddler classes
- Classes and Workshops are available at the Port Chester Studio location as well as on site at WPH on Sundays from 10:30am – 11:30am in the Centennial Room
- For more information, go to their website at www.pranaprenatalyoga.com



SOULCYCLE (Rye Ridge, NY; multiple locations)

Contact: Amanda Mickatavage

e-mail: amanda.mickatavage@soul-cycle.com

phone: (914) 713-1201

web: www.soul-cycle.com

- Free 1-day guest passes available to try a ride before you join
- You must purchase SoulCycle classes before you can reserve a spot in the class (classes are 45 minutes)
- You can purchase 1-50 SoulCycle classes/month; costs per class range from \$34/class to less than \$28/class (expiration dates apply to all memberships)
- Coded keypad locks are provided; clip on rentals (\$3), water – small (\$2) and large (\$3) are available if needed
- \$30 guest fee



STRETCHLAB (multiple locations)

Contact: Maxwell Ennist

Phone: (914) 400-2004

e-mail: whiteplains@stretchlab.com

web: <https://local.stretchlab.com/location/whiteplains>

- Assisted Stretching Benefits include:
 - Improved posture and relaxation, increased flexibility and range of motion, reduced muscle and joint pain, injury prevention and increased sports performance
- All WPH employees get 10% off the following memberships:
 - 4X/month 50 minute stretch
 - 8X/month 25 minute stretch
 - 4X/month 50 minute stretch
- 25 minute intro stretch: \$29 (40% discount)
- Discounted group stretches are also available



TOTAL FUSION (Harrison, NY)

Contact: Antoinette Montesano

Phone: (914) 315-1360

web: www.totalfusionstudios.com

e-mail: antoinette@totalfusionstudios.com

- Special discounted rates for WPH employees and package pricing savings:
 - \$49 Unlimited classes for 1st month
 - Unlimited classes: \$69/month (a 22% savings)
 - 1 class: \$25
 - 10 Class package: \$199/month (20% savings)
 - 20 Class package: \$359/month (28% savings)
- Classes include: single and fusion classes
 - Pilates - Sculpt
 - Yoga – Core, Sculpt, Stretch
 - Barre – Classic Ballet, Sculpt+ Barre, Sweat+ Barre
 - Cycle – Ride + Sculpt, Ride + Pilates, Ride + Yoga, Ride + Core, Ride + Sweat
 - Dance + Barre, Zumba
 - Sweat + Sculpt
- No long term contracts, enrollment fees or any other fees



WESTCHESTER FIT (White Plains, NY)

Contact: Alex Rivera

Phone: (914) 684-5464

e-mail: alex@crossfitwestchester.com

web: www.crossfitwestchester.com

- 50% discount off ONRAMP fee – regular at \$199; discount at \$99
 - Includes Personal Consultation, 3 Personal Training Sessions and Inbody Scan
- 10% off any annual, 6 month or monthly package
 - 12 month Unlimited – regular \$185/month; discount at \$166.50/month
 - 6 month Unlimited – regular \$199/month; discount at \$179.10/month
 - Monthly Unlimited – regular \$219/month; discount at \$197.10/month

- Membership includes unlimited access to classes:
 - CrossFit
 - Endurance
 - Weightlifting
 - Burn
 - Gymnastics
 - BASE
 - Mobility and Movement
- 10 Class Punch Cards and discounts for teachers, law enforcement, etc. are available



Westchester Tae Kwon Do (Port Chester, NY)

Contact: Master David Moradi
phone: (914) 251-0038
web: www.westchestertkd.com

- Traditional Tae Kwon Do school for children and adults
- Multiple classes are available – call for schedule
- Free trial class available – call to make appointment and give code WPH01-15
- Yearly contract: \$145/month (minimum 1 year); if paid in advance 20% savings
- Introductory Class - \$75 for 6 weeks (50% discount)
- Additional fees apply (e.g. uniforms \$30, test fees \$50/test)



WHITE PLAINS YMCA (White Plains, NY)

Contact: Marko Morales
e-mail: mmorales@ymca-cnw.org
phone: (914) 949-8030 x218
web: www.whiteplains.ymca-cnw.org

- 20% discount on all memberships; initiation fee waived (\$120.00 value)
- Membership can be annual or month to month
- Household & Family membership available (Spouse/domestic partner, children under 18); discounts will apply

- Payments can be credit or debit card, check or cash
- 60+ free group exercise classes (e.g. Zumba, Yoga, Spinning, etc.), Sauna and Steam Room, Basketball court, indoor track, racquetball courts included, group exercise studio included
- Fitness orientation and Y personal fitness 12 week program is free with membership
- During main business hours (7:00am – 6:00pm), the Y parking lot is available for staff only (members can park in the Y lot only before 7:00am, after 6:00pm and on weekends); during business hours, members must use city meters to park
- Golf towels and some amenities are provided, locks (for day lockers only) are not, rental lockers and baskets are available



24 HOUR FITNESS (multiple locations)

Contact: Yvonne Armendariz

Phone: (760) 918-4564

e-mail: yarmendariz@24hourfit.com

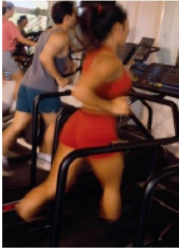
web: www.24hourfitness.com

- All Club Sport (access to all Sports Clubs):
 - Employee monthly payment with 1 year commitment: \$28.99/month; \$0 initiation
 - Employee monthly payment: \$29.99/month; \$29.99 initiation fee
 - Each add on: \$28.99/month: \$0 initiation
- All Club Super-Sport (access to all Super-Sport and Sports Clubs):
 - Employee monthly payment with 1 year commitment: \$43.99/month; \$0 initiation
 - Employee monthly payment: \$44.99/month; \$29.99 initiation fee
 - Each add on: \$43.99/month: \$0 initiation
- All Club Ultra-Sport (access to every club nationwide):
 - Employee monthly payment with 1 year commitment: \$73.99/month; \$0 initiation
 - Employee monthly payment: \$74.99/month; \$29.99 initiation fee
 - Each add on: \$73.99/month: \$0 initiation
- Approximately 90% of clubs are 24 hour
- \$49.95 enrollment fee billed in 4-6 months
- Pay 1st and last month's dues at time of enrollment
- Guest passes available
- Online enrollment available at www.24hourfitness.com/corporate (enter ID# 112921CORP)
- Complimentary Fitness Evaluation
- Group Exercise Classes
- Fitness Education and Seminars/Workshops
- 24 Hour Fitness "e-magazine"

WPH GLOBALFIT GYM MEMBERSHIP DISCOUNTS



Welcome to the WPH & Empire BCBS Benefit GlobalFit Gym Membership Discount Program!



If you are a **WPH** employee enrolled in the **WPH** insurance plan, this offer is available to you and your immediate family members under the age of 23

By joining a GlobalFit Network health club and meeting certain criteria, you can become eligible to earn Wellness Innovation Rewards at the end of the year!



Why Use GlobalFit?

The WPH Wellness Program is expanding its current Health Club discount offerings! Through our partnership with Empire BCBS, employees can now get health club discounts The GlobalFit network makes it easy and affordable! Compare and save!

- ▶ **Choose** from 10,000+ gyms, including big chains and local favorites
- ▶ **Save** with GlobalFit's Lowest Price Guarantee and one time activation fee!
- ▶ **Transfer** to other Network Gyms
- ▶ **Freeze** your memberships for up to 2 months a year
- ▶ **Travel** with access to other Network Gyms nationwide
- ▶ **Discounts** are available on various exercise programs and wearables



To Register

1. Create an account or log in at www.empireblue.com to register
2. Click on the "Discounts" tab then the "Fitness & Health" tab
3. Click on "Discounts on Gym Memberships", and complete the GlobalFit registration

Questions? Contact Frank J. LoCastro at flocastro1@wphospital.org or at extension 2536.

WPH WELLBEATS VIRTUAL EXERCISE CLASSES



WELLBEATS EXERCISE CLASSES – ANYWHERE, ANYTIME!

The Wellbeats Program provides a solution to help you become your best self. Choose from over 350 **FREE** classes. Use your mobile device, tablet, computer or Smart TV. Just download the Wellbeats app.

Wellbeats offers a variety of classes ranging from quick stretching exercises to intense 50-minute intense, full-body workouts. There are workouts for every interest, including yoga, bar, kickboxing, circuits, kettle, strength training, vibe, cycling and everything in between. Instructors will motivate and guide you through the fun, energizing workouts. Challenge yourself with a Wellbeats class today!

You will only be able to register via the Wellbeats web portal below and not via the app. There are two ways to take advantage of this exciting new **FREE** fitness offer:

1. Click on or download this link <https://portal.wellbeats.com/#/register/08a8ae49> to register
2. Go to www.wellbeats.com, click on Login, then select 2.0 Portal. Click on "Register via Activation Code" and enter 08a8ae49.

If you have any questions, please contact me at flocastro1@wphospital.org or at extension 2539.

