

WHO IS ELIGIBLE TO USE THE CENTER?

All IBM employees and contractors are eligible to join the ILC Fitness Center. All ILC external guests are free to use the Fitness Center at times posted.

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.