

Gym Discounts

Gold's Gym

Pat Barber

370 – 1500

PBarber@gotogolds.com

Free 7 Day Trial

VIP Membership Plan

\$0 Enrollment Fee

\$24.99/month for a 24 month membership

Access to all classes in all 4 gym locations

Free Towel and Coffee

Bring a friend for free Saturday and Sunday (including classes)

Bring a friend for \$5 during the week (including classes)

4 Locations:

Niskayuna – 370-1500

Guilderland – 464-1500

Latham – 786-1500

Clifton Park – 348-1500

Snap Fitness

Iris Tozzi, FitPro

A.C.E. Certified Personal Trainer

518-279-1700 (Club); 518-376-4765 (Cell)

Iris.tozzi@yahoo.com

828 Hoosick Road Troy, NY 12180

Discounted Rates:

Enrollment Fee: \$49 (original rate: \$99)

Monthly Rate: \$25 (original rate: \$34.95)

Access Card: \$15 (original rate: \$20)

Alpin Haus Fitness Center

Amsterdam

Rob 842-8383

AlpinHausFitness@gmail.com

\$275 – 1 year membership; or \$25 per month

Global Fitness

Queensbury/Glens Falls

Olga and Kevin

½ off sign-up fee = \$25

If 5 or more employees become a member:

Regular Membership: \$20/month

Gold Membership: \$34/month

Bally Total Fitness

Jeff McDonald: Owner

Phone: 518-869-0473

JeMcDonald@ballyfitness.com

We have three different levels of memberships here to offer you. All memberships will be on a month to month basis (no contract) and with no enrollment fee.

Fitness \$14.99

One club access (Crossgates Mall only)

Unlimited access to all cardio and weight equipment orientation with certified personal trainer

Platinum \$24.99

Includes all amenities of the Fitness Membership plus the below features unlimited group exercise classes including spin, Zumba, yoga, kickboxing etc.

Free personal training (weekly group sessions and monthly individual) use of all Bally clubs in NY State

Premier \$34.99

Includes all amenities of the Fitness and Platinum Membership plus unlimited Tanning (beds and booths)