

TWC Employee Gym Discounts

Albany

Bally Total Fitness

Contact Jeff McDonald: Owner

Phone: 869-0473 or JeMcDonald@ballyfitness.com

Bally's has three different levels of memberships. All memberships will be on a month to month basis (no contract) and with \$0 enrollment fee.

Fitness Package: \$14.99 per month

One club access (Crossgates Mall only)

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

Platinum Package: \$24.99 per month (any Bally's Club in NY State)

Includes all amenities of the Fitness Membership plus: unlimited group exercise classes including spin, Zumba, yoga, kickboxing etc, free personal training (weekly group sessions and monthly individual).

Premier Package: \$34.99 per month (any Bally's Club in NY State)

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

Amsterdam

Alpin Haus Fitness Center

Contact Rob

842-8383 or AlpinHausFitness@gmail.com

4852 State Highway 30

Discounted Rates:

\$275 – 1 year membership

Or \$25 per month – no contract

Clifton Park, Guilderland, Latham and Niskayuna

Gold's Gym

Contact: Pat Barber, Sales Rep (Niskayuna)
370-1500 or PBarber@gotogolds.com for more information

Or contact: Zac McMahon, Fitness Counselor/Isagenix Coach (Latham)
786-1500 or zmcmahon@gotogolds.com

Free 30 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)

Must have at least 5 employees sign-up to receive discount

4 Locations:

Guilderland 2080 Western Ave: 464-1500

Niskayuna 480 Balltown Road: 370-1500

Latham: 195 Troy Schenectady Road: 786-1500

Clifton Park 1220 New York 146: 348-1500

Glens Falls/Queensbury

Global Fitness

Queensbury/Glens Falls

Contact Olga or Kevin

792-6264

425 Glen Street

Half off sign-up fee = \$25

Regular Membership: \$20/month

Gold Membership: \$34/month

Must have at least 5 employees sign-up to receive discount

Schenectady

Best Fitness – Employee and Family Member Discount

Contact: Eric Taylor, General Manager

258-4992 or e.taylor@bestfitness.us

233 Watt Street Crosstown Plaza, Schenectady

\$0 Enrollment Fee

\$17.99 per month

14 Free Days of Fitness

Ask about their Visual Fitness Planner

Sports Time

Contact Andrew Gawinski

356-0100 or sales@schentady@sportstimeny.com

2699 Curry Road, Schenectady

Membership Type	Monthly Rate (1 year membership)
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Individual	\$29.00
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Couple	\$49.00
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Family	\$67.00
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Troy

Snap Fitness

Contact: Iris Tozzi, FitPro, A.C.E. Certified Personal Trainer

279-1700 (Club); 376-4765 (Cell) or Iris.tozzi@yahoo.com

828 Hoosick Road Troy, NY 12180

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

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

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