

An Amazing Opportunity!



New York State Correctional Officers & PBA



YOUR MEMBERSHIP INCLUDES:

ONLY \$34.99/MONTH

- Access to 2 Dutchess County Locations (Fishkill and LaGrange)
 - Free Travel Card privileges (providing access to 650+ Gold's Gym locations)
 -  Gold's Group Exercise classes
 - **fitRewards!** Incentive Program
REWARD YOURSELF EVERYDAY
 -  Gold'sGym PERX (substantial discounts to local restaurants, salons & services. Your membership pays for itself!)
 - Yoga*
 - One-on-One Training*
 - Small Group Training Programs*
(Bootcamp, Excel, Boxing &  XtremeFIT)
- * Fee-based.

No more excuses!
Join Now!
No Commitment!

**This opportunity is exclusive for members of the
New York State Correctional Officers & PBA!**

Gold's Gym—a place like no other!



- Unlimited access to Gold's Gym locations in Fishkill, and Poughkeepsie (LaGrange), home of the largest Gold's Gym in the world;
- Dutchess County's #1-rated exercise, nutrition, and personal training programs;
- Education, inspiration, and individual guidance for all types of people, with a personal action plan for success;
- Visual Fitness Planner™, 3-D avatar imaging software that visually illustrates before/after physical changes, health risk analysis, and health age assessment;
- Gold's Group Exercise (GGX), the Hudson Valley's best fitness classes, featuring Les Mills BODYPUMP®, BODYSTEP®, BODYCOMBAT®, BODYFLOW®, BODYATTACK®, SH'BAM®, BODYVIVE®, RPM®, Yoga, SilverSneakers™, Pilates, and ZUMBA®, CXWORX®;
- Small group training programs*, inclusive of Excel, Boot Camp, Xtreme Fit and Boxing; (* Extra fees apply)
- Classic Gold's - free weight areas;
- Lady Gold's - women's only private fitness areas;
- Cardio Cinemas with surround sound;
- Boxing Studios;
- 41,000 square feet of indoor turf sports fields: soccer, baseball, field hockey, lacrosse, and indoor driving range (LaGrange);
- Men's and Women's full locker rooms with steam rooms and saunas;
- Basketball, volleyball, racquetball, indoor track (LaGrange);
- Kids' Club - child care;
- KidZone - children's fitness and activity center (LaGrange);
- Children's Birthday Parties (LaGrange);
- Children's Summer Camps (LaGrange);
- Annual programs & charity events including: The Gold's Gym Challenge, member holiday party, heart walk, cancer walk, road races, ADA golf outing, and seasonal festivals for the entire family;
- 24-hour access (Fishkill).



JOIN NOW TO SAVE!

Fishkill 982 Main Street (845) 896-3300 • LaGrange 258 Titusville Road (845) 463-4800