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# NEW MEMBER BENEFITS

## Complimentary Personal Training Session

As a new member, you can enjoy a complimentary personal training session with one of our highly skilled trainers!

# INTRODUCTORY TRAINING PACK

If you are a new member or new to training, we encourage you to take advantage of our Introductory Training Package, available at a 50% discount from the single session prices. This package is designed to get you acclimated to our facilities, introduce you to our wide range of fitness opportunities and set up on your way to fulfilling your goals.

## INTRODUCTORY TRAINING 3-PACKS AT A 50% DISCOUNT

Trainer Level	3-Pack Price
Advanced	\$150
Pier	\$160
Elite	\$180
Master	\$200

Available for new members or new training clients only.  
One-time purchase only.

**Visit or call 212.336.6099 for the Fitness Desk to purchase and schedule today!**

# THE·SPA

## CHELSEA PIERS

**All new members receive  
25% off your first Spa treatment.**

Members also receive 15% off all treatments  
and 10% off all retail products.



## NYC'S BEST CLUB HAS THE BEST REFERRAL PROGRAM

During any calendar month:

REFER	RECEIVE
1 Member	\$100
2 Members	\$300
3 Members	\$450
Month-to-Month, Student or Weekend	\$70

To refer a friend please contact Stacey Demar at 212.336.6000 or [demars@chelseapiers.com](mailto:demars@chelseapiers.com).

Some restrictions may apply.

### BRING YOUR FRIENDS!

All members receive complimentary guest passes to bring friends to the Sports Center. See your consultant to pick up your passes.

Also be on the look out for **Open House Days** throughout the year, when our members can bring in guests without passes!

Some restrictions may apply.

# CLUB INFORMATION

## Hours of Operation

<b>Health Club</b> 212.336.6000	Monday - Thursday	5:30am – 11:00pm
	Friday	5:30am – 10:00pm
	Saturday & Sunday	8:00am – 9:00pm
<b>The Spa</b> 212.336.6780	Monday - Friday	9:00am – 9:00pm
	Saturday & Sunday	11:00am – 7:00pm
<b>Rock Wall</b> 212.336.6083	Monday & Wednesday	2:00pm – 10:00pm
	Tuesday & Thursday	5:00pm – 10:00pm
	Friday	2:00pm – 9:00pm
	Saturday & Sunday	10:00am – 8:00pm

- **Pool closes** 30 minutes prior to the club closing.
- **Showers, steam room & sauna close** 15 minutes prior to the club closing.

For **holiday hours**, please check our website.

## Locker Rooms

The Sports Center locker rooms offer a full range of amenities and complimentary towel service. For your relaxation, protection and privacy, the use of cell phones is prohibited in the locker rooms. Additionally, as a courtesy to others, and in accordance with the department of health, food is not permitted in the locker rooms. Please adhere to facility closing times: the showers close 15 minutes before the club closes.

**Towels & Robes** are provided in the locker rooms and smaller towels are available in various areas of the Sports Center. As part of the club's ongoing "green" initiative, please be conscientious of your towel usage.

**Grooming Aids** are provided in the locker rooms for your convenience including shampoo, conditioner, moisturizer, razors, cotton swabs, mouthwash and hair products.

## Coat Check

Complimentary coat check is available for members and guests at the Front Desk.

## WiFi and Computer Station

The Sports Center provides free high-speed wireless internet connectivity (WiFi). A computer is located near the entrance to the locker rooms for email access.

## **Rented Lockers**

Lockers are available for rent, monthly or year-round. Please visit the Front Desk to rent a locker. Locker Policies are described in the rental agreement.

## **Day Use Lockers**

Lockers are available for complimentary daily use. Key locks are recommended by club management as a safer alternative to combination locks. The Sports Center is not responsible for lost or stolen property. Small security lockers are available at the Front Desk, to secure small valuables. If you do not rent a locker, please do not leave items in lockers overnight as management reserves the right to clip unauthorized lockers. Please refrain from placing belongings above lockers.

## **Sports Equipment**

Basketballs and volleyballs are available on the courts for your convenience. As a courtesy to other members, please replace balls on racks after use. Members are responsible for lost or damaged equipment and may be charged accordingly. Other items to enhance your workout are available for purchase at the Front Desk, including swim gear and hand wraps.

## **Bicycles**

Bicycle racks are available for day-use on the Chelsea Piers site. To gain access to the secured bike cage, electronic keys are available for a \$15 deposit at the Front Desk. Overnight storage is not permitted in the bike cage. Bicycles are not permitted in the facility unless rider is scheduled for a Bike Fitting or Performance Center program. In-line skates and skateboards may not be ridden in the facility.

## **Parking**

Discounted Parking Debit Cards, which are similar to an EZ Pass, may be purchased through the Sports Center. Applications are located at the Front Desk and are processed within 2 business days. Any specific parking inquiries, issues or questions about an existing Debit Card Account should be directed to the North River Property at 212.336.6755. On occasion, the Pier 60 parking lot can get busy due to business needs complex-wide. Please refer to Parking Alerts posted on our "Newsfeed" webpage.

**IN PERSON** visit the Front Desk

**BY PHONE** 212.336.6755

# CLUB INFORMATION

## The Spa

The Spa specializes in treatments to support the athlete with an active lifestyle, like the Sports Performance Enhancing Massage, and also offers a wide range of other services such as manicures, pedicures, facials and body treatments. Members receive discounts on all spa services. Retail products are available for purchase.

**IN PERSON** visit the Front Desk    **BY PHONE** 212.336.6780

## ATMs

The Sports Center's Capital One ATM is located near the locker room entrance.

## Family Day

Children of members (ages 15 and younger) are invited to enjoy the club every Sunday, 9am to 2pm, for a nominal fee of \$5 per child. Children's programming is available; private swimming and rock climbing lessons are also available for an additional fee (reservations required). Parents must supervise their children at all times. Children are not permitted on the track, in the cardio area or on the strength deck. As a courtesy to our members who do not participate in Family Day, families are asked to plan the day's activities, including lunch, so that they leave the facility prior to 2:00pm.

## Membership Services

Our dedicated staff of Membership Services Associates are available to assist you with any questions you may have about your membership. Contact the Membership Services department at 212.336.6000 or [baddob@chelseapiers.com](mailto:baddob@chelseapiers.com) with questions about billing, viewing/managing your account online and freezing your membership.

## House Account

Members may open a House Account for charging services, merchandise and food & beverage at the Sports Center.

## Online Account Services

Members can access online account services through the Sports Center website to make payments, change personal and billing information and get attendance reports. The "Member Login" page can be accessed from any page of the Sports Center website.

## **Customer Service Department**

Should you have any comments, questions or concerns about your experience at the Sports Center, please email the Customer Service Director at [sportscenter@chelseapiers.com](mailto:sportscenter@chelseapiers.com). An appointment can also be requested at this email address.

## **Club Policies & Etiquette**

Please respect your fellow members and abide by the following club policies and etiquette guidelines. Members or guests who fail to abide by these, and all other posted policies pertaining to facilities and programs, may have their membership privileges revoked.

1. Please refrain from talking on your cell phone in the locker room, the cardio area, strength deck and sundecks. These are all cell phone free zones. You may use your cell phone in the café area, but please be mindful of your voice level as a courtesy to our other members.
2. Proper athletic footwear and attire must be worn at all times throughout the club. See-through apparel, torn clothing or clothing with offensive language may not be worn in the club. For safety purposes, athletic footwear must be worn in all areas of the club, with the exception of the pool, locker rooms and sand court.
3. A robe, towel or appropriate apparel must be worn to cover swimwear when traveling to and from the locker room and the pool/sundeck areas.
4. We suggest wearing appropriate water shoes in the locker room wet areas for the personal safety and health of you and your fellow members.
5. Management is not responsible for lost or stolen items. Do not leave valuables in your locker. Complimentary small lock boxes are available behind the Front Desk to secure valuables.
6. If you have any questions about the proper use of any sports or fitness equipment, please request assistance from any member of the staff. For your own personal safety, members and guests are asked to be mindful of physical limitations while exercising.

# PROGRAMS

## Personal Training

Whatever your level of fitness or sport of choice, the Sports Center has a trainer for you. Our experienced staff of trainers are here to assist you in attaining the level of fitness that meets your lifestyle goals. There are four levels of training at the Sports Center: Master, Elite, PIER and Advanced. All trainers are CPR-certified and hold certifications from at least one of the major personal training organizations in the fitness industry. All sessions are 55 minutes in length. For explanations of our levels of training and to browse our trainer gallery, visit [www.chelseapiers.com/sctraining](http://www.chelseapiers.com/sctraining).

## Private Pricing & Packages

	<b>Single Session</b>	<b>12 Pack</b> <i>5% Discount</i>	<b>24 Pack</b> <i>7% Discount</i>	<b>48 Pack</b> <i>10% Discount</i>
<b>MASTER</b>	\$135	\$1,540	\$3,015	\$5,830
<b>ELITE</b>	\$120	\$1,365	\$2,680	\$5,185
<b>PIER</b>	\$105	\$1,195	\$2,345	\$4,535
<b>ADV.</b>	\$90	\$1,025	\$2,010	\$3,885

*Pricing includes all one-on-one training (i.e. rock climbing, aquatics, etc.).*

## Semi-Private Pricing & Packages

	<b>Single Session</b>	<b>12 Pack</b> <i>5% Discount</i>	<b>24 Pack</b> <i>7% Discount</i>	<b>48 Pack</b> <i>10% Discount</i>
<b>MASTER</b>	\$95	\$1,082	\$2,120	\$4,105
<b>ELITE</b>	\$85	\$970	\$1,898	\$3,673
<b>PIER</b>	\$75	\$855	\$1,675	\$3,240
<b>ADV.</b>	\$65	\$742	\$1,450	\$2,808

*Pricing includes all semi-private training (i.e. rock climbing, aquatics, etc.).*

## Group Training

The Sports Center offers small group training for members looking for an alternative to one-on-one training. Groups of 3 to 6 members work with our Personal Trainers for a minimum of 4 sessions.

<b>MASTER</b>	\$55 per person, per session
<b>ELITE</b>	\$50 per person, per session
<b>PIER</b>	\$45 per person, per session
<b>ADV.</b>	\$40 per person, per session

If you are interested in creating or joining a group training program, please visit the Fitness Desk.

## Triathlon Training

The Sports Center, a USAT Certified Training Center, offers triathlon training programs for every level of athlete, from novice to expert, including half-day introductory camps, 8-week training programs and the Full Throttle Endurance Racing Team. For pricing information, please visit our website.

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## Boxing

The Sports Center is home to a state-of-the-art boxing facility, equipped with a regulation-size ring, heavy and speed bags and a team of world-class boxing coaches. The Boxing Department offers private instruction\*, group boxing classes and group fitness classes for beginner, intermediate and advanced boxers.

\*See Personal Training Price Chart.

For your safety, sparring is not allowed without a Sports Center instructor; shadow boxing and focus mitt training, however, are permitted. Boxing shoes or flat sneakers with no tread are required footwear in the boxing ring.

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## Pilates

Pilates is a 100-year-old exercise system that uses specific movement patterns and breathing techniques to strengthen core abdominal and back muscles, as well as improve posture, balance and flexibility. The Sports Center Pilates Program offers private, semi-private and group sessions; sessions utilizing the Cadillac Trapeze Table and Stability Chair; complimentary Pilates Mat classes; and CP Stott authorization testing for members looking to practice Pilates on their own. For pricing information, please see the Private and Group Training price charts.

### For all training inquires:

**IN PERSON** visit the Fitness Desk **BY PHONE** 212.336.6099

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## Group Exercise Classes

The Sports Center offers over 100 classes a week with instruction from New York City's top certified professionals. Updated class schedules are available throughout the club and on our website at [www.chelseapiers.com/sc/classes](http://www.chelseapiers.com/sc/classes).

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## Cycling Group Classes

Perched on the mezzanine level and surrounded by floor-to-ceiling glass windows, the new Cycle Studio features 30 Keiser bikes, a Suunto heart rate monitor system, 60" televisions and beautiful views of the Hudson River. Cycle classes are offered at convenient times and provide a fun and intense workout.

# PROGRAMS

## Aquatics

The Aquatics Department provides an extensive range of programs and activities that appeal to swimmers of all experience levels, from beginners to elite competitors. The Aquatics Department offers one-on-one personal training\* and group classes for beginner, intermediate and advanced swimmers. The pool is also home to a Masters Swim Team, with practices scheduled throughout the week. Specialty Swim workshops are offered from time to time during the year for an additional fee.

\*See Personal Training Price Chart.

## Rock Climbing

Experience the excitement of climbing on the Sports Center's 11,000-square-foot indoor climbing wall, one of the Northeast's largest climbing venues. Even if you've never climbed before, our instructors will have you up in your first session. Advanced climbers can take on the over-hung competition roof and the bouldering cave! The Climbing Department offers private instruction\*, climbing schools, climbing equipment rentals, and top roping & lead climbing belay certifications. Members are expected to abide by all posted safety rules and procedures. Climbing and bouldering are not permitted during non-climbing hours. See Club Information section for Climbing Hours.

\*See Personal Training Price Chart.

## Complimentary Belay Certification

Weekdays: 7:00pm; Weekends: 2:30pm

## 4-Week Climbing Schools

<b>BEGINNER ROCK CLIMBING</b>	Tuesdays: 6:30pm or 8:30pm Thursdays: 6:30pm or 8:30pm
<b>BOULDERING</b>	Thursdays: 8:00pm
<b>INT/LEAD CLIMBING</b>	Wednesdays: 8:00pm

\$125 for Members. Open to non-members as well.

## Equipment Rentals

Harness Rental: \$4 • Shoe Rental: \$6

If you are interested in trying out the sport, please inquire about open climb sessions.

**IN PERSON** visit the Rock Wall Desk

**BY PHONE** 212.336.6083



## The Performance Center

The Performance Center is a state-of-the-art training space designed for competitive athletes, including cyclists, runners and triathletes. The Performance Center features eight CompuTrainers, custom bike fitting, acceleration training with two high-speed treadmills, VO2 Max, lactate threshold and metabolic testing capabilities, and video gait analysis. With the latest generation equipment and proven training protocols, athletes can secure a competitive advantage by gaining insight into and fine-tuning race strategies. The Performance Center is open to the public, and Sports Center members receive a discount on select services. For a full service and price list, visit [www.chelseapiers.com/sc/sports-training](http://www.chelseapiers.com/sc/sports-training).



**IN PERSON** visit the Fitness Desk **BY PHONE** 212.336.6386

## Running Programs and the Track

With two Mondo tracks (a 1/4-mile and a 200-meter banked competition track), the Sports Center offers world-class instruction for beginner, elite and masters runners. Please jog/walk according to the posted direction of the day. The Sports Center Running Program offers private instruction and group running classes.

# FACILITIES



## **Infield**

The Sports Center infield features three hardwood basketball courts and the only indoor sand volleyball court in the city. Members enjoy pick-up games, individual shooting, weekly games with friends and specialty classes. Personal trainers also utilize the basketball courts and sand volleyball court for cross-training purposes, sport-specific exercises and numerous individually tailored workouts. Basketballs and volleyballs are available for daily use. Please be sure to refer to the posted schedules or specified “Level of Play” guidelines for the basketball courts and sand volleyball court. Various training equipment is located near the sand court, for use of members working with trainers. Please ask for assistance if you would like to use equipment and always work within your abilities.

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## **Pool**

The Sports Center is home to a 6-lane, 25-yard, competition-style indoor swimming pool. With an adjacent oversized whirlpool spa, floor-to-ceiling windows on three sides, and plenty of deck space for relaxing, the Sports Center’s indoor pool is a destination for swimmers looking for outstanding aquatics facilities and programs. Swimmers are expected to observe all posted signs indicating lane availability, lap speeds and general pool policies. Various swimming equipment including kick boards, fins and flippers are available for use. Bathroom facilities and a semi-exposed shower are located at the pool. Swimmers must rinse off in the pool shower before getting in the pool and hot tub. Bathing caps are required in the pool. A lifeguard is always on duty. Pool depth ranges from 4-feet to 4-feet, 6-inches.



### **Strength Deck**

The Sports Center features Manhattan's largest and most comprehensive strength-training facility. The 10,000-square-foot weight deck, with walls of windows overlooking the Hudson River, features the latest generation of FreeMotion, Cybex, Nautilus, Precor, Hammer Strength and Life Fitness equipment. Additional strength-training equipment is located within the cardio training area.

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### **Cardio Area**

Over 100 of your favorite state-of-the-art machines, including Cybex Arcs, Precor Treadmills, Precor Elliptical Trainers, Sports Arc Cross Trainers, and numerous other step mills, Stairmasters and ski machines, can be found in the 6,000-square-foot cardiovascular training area. Additional cardio equipment is located on the strength deck. For your pleasure, we offer a variety of TV and music options on all cardio equipment. Each unit can be used with a standard headphone. Cell phone use is not permitted in the cardio area.

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### **Sundecks**

The Sports Center has two sun decks: one is located on the western tip of the club, adjacent to the pool; the second is located on the south side of the club, adjacent to the banked competition track. Lounge chairs are available for use on the sun decks. The sun decks are open seasonally, May 31 to October 1. For your convenience and enjoyment, smoking and cell phone use are not permitted.

# FACILITIES

## **Sports Center Café and Sushi Bar**

The Sports Center Café, which is operated by Abigail Kirsch and the Pier Sixty Event Center, provides a wide selection of gourmet foods, designer drinks and healthy food options. Coffee drinks, sandwich wraps, salad bar, protein drinks and smoothies, as well as daily specials and sushi. Food is not permitted outside the Café area.

Monday – Friday                      6:30am – 10:00pm

Saturday & Sunday                      8:30am – 7:30pm

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## **Private and Corporate Events**

The Sports Center is also a great venue for private events. The Sports Center hosts corporate events such as Team Building programs, Activity Outings and Product Launches as well as social events such as Adult Birthday Parties, Bachelor and Bachelorette Parties.

For information on events at the Sports Center, contact 212.336.6078 or visit [www.chelseapiers.com/sc/join/team-building.cfm](http://www.chelseapiers.com/sc/join/team-building.cfm).

Sports Center Members receive preferred pricing.

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## **Chelsea Piers Sports & Entertainment Complex**

The Chelsea Piers Sports & Entertainment Complex is a 28-acre waterfront sports village located between 18th and 23rd Streets along Manhattan's Hudson River. Chelsea Piers consists of the following sports venues: the Golf Club, Sky Rink, the Field House, 300 New York, and two events spaces, Pier Sixty and the Lighthouse.

## **Show your Sports Center ID to receive these discounts:**

- 10% off drop-in programs at the Field House and admission at Sky Rink.
- 10% off pre-paid golf cards at the Golf Club.
- 10% - 15% off all services and products at The Spa.



**"The #1 gym in the country  
for curing the boring workout."**

— *Men's Health*

**"The best gym in New York."**

— *Fitness Magazine*

Read our reviews on



For more information about  
the Sports Center, including the  
class schedule and program  
descriptions, please visit  
**[www.chelseapiers.com/sc](http://www.chelseapiers.com/sc)**



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