



344 East 14th Street
New York, NY 10003
(212) 780 0800
14streetY.org

1. Where do I check in when I arrive to the gym?
Check in with security first. You'll scan your card there.
2. What are the gym hours?
We're open from 6am-10pm Monday through Friday and on Saturday and Sunday 7am-9pm.
3. Do I have to sign up in advance to take a group fitness class?
Nope. Just come ready to work out!
4. Does someone show me how to use the equipment when I come in for the first time?
Sure. Please see Adja Diarra to schedule your free orientation.
5. What happens if I use baby-sitting for more than one hour?
Babysitting is a great value for members at the Y. Purchase a 10 hour card for \$50. We'll punch your card for every hour you use.
6. Is there a sign up for cardio machines? Where is the sign up?
During the busier times we do have a sign up. It's located by the magazine rack at the front of the fitness center.
7. How do the lockers work? Do I bring my own lock to store my belongings?
Our lockers are free for daytime use only. Bring a lock and choose one of our larger lockers for storage. If you wish to rent a locker, please see the service desk.
8. How do I set up my orientation session with a trainer?
Contact Adja Diarra, our Personal Fitness coordinator. They'll be happy to schedule this for you.
9. How do I freeze my membership?
You can freeze your membership free of charge for up to 3 months once per year by letting us know in writing. The freeze would begin that same day.



344 East 14th Street
New York, NY 10003
(212) 780 0800
14streetY.org

10. How do I cancel my membership?

We hope you'll never have to cancel! If you do need to go, please stop by the service desk and fill out a cancellation form anytime before the end of the month in order to avoid being charged for the following month. (ie. Fill out your form with us by January 31st in order to avoid being charged in February). Cancellation for annual memberships are not accepted.

11. Do you have floor trainers in the fitness center?

Our fitness center is always staffed with fitness monitors. They are there to show you how the equipment works and answer any questions.

12. Where do I buy a swim cap? Is it mandatory to wear one in the pool?

We do require swim caps at the 14th Street Y. We sell them at the front desk if you forget yours.

13. How do guest passes work?

You get 3 guest passes per year with your membership. Use them to workout with your friends who would like a treat, or give them to your out of town guests. If you'd like more guest passes, you can purchase them at the member rate of \$15 per pass. A non-member who wishes to purchase a day pass may do so for \$20 per day.

14. Do I bring my own towel?

Yes, we are BYOT here at the Y.

15. How crowded does the pool get in the morning? How crowded does the gym get?

As with most gyms, the hours before and after the workday attract more people. It's busiest from 7:00am-8:30am, and 6:00-8:00pm. We have more classes and equipment than ever to accommodate everyone.

16. How much are personal training sessions?

A personal training session is \$60 per hour. You can save by buying packages of 11 or 5.