



## **FITNESS CENTER MEMBERSHIP**

Membership to the fitness center is open to full-time employees of FOX, News Corp and their subsidiaries.

Membership fees in the amount of \$7 will be deducted weekly via your company’s payroll system — no enrollment fees, no cancellation fees.

Enroll in person at the Fitness Center.  
Email [C1fitnesscenter@plusone.com](mailto:C1fitnesscenter@plusone.com) with any questions.

All members are invited to participate in a SMART Path consultation. There’s no cost to participate, and it’s a great opportunity to explore your health and wellness goals with an expert.

## **HOURS OF OPERATION**

**Monday–Friday:** 6:00am–8:00pm  
**Saturday and Sunday:** Closed

### **Fitness Center**

1211 Avenue of the Americas  
Concourse Level  
212-822-7003  
[C1fitnesscenter@plusone.com](mailto:C1fitnesscenter@plusone.com)

## **MEMBER SERVICES**

### **Fitness Center**

1211 Avenue of the Americas  
Concourse Level  
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[C1fitnesscenter@plusone.com](mailto:C1fitnesscenter@plusone.com)



Welcome to the Fitness Center. Our team is dedicated to creating a safe, healthy environment where you can unwind and recharge.

### **AMENITIES AND SERVICES**

- Top-tier cardio, strength and functional training equipment
- Day-use lockers, showers and towel service
- Group fitness studios with a variety of instructor-led classes
- Complimentary SMART Path consultations with our team of fitness professionals

### **JOIN AND CONNECT**

Participate in our periodic programming, workshops and events. These programs focus on many aspects of well-being, from fitness to healthy eating to mindfulness.

Explore your health and wellness goals through our SMART Path program. With these sessions, you will be able to consult with our professional staff, establish relevant goals and implement a wellness plan designed for you. Please contact the fitness center staff to schedule your appointment today.

### **KEEP MOVING**

We offer a variety of group fitness classes for all interests. Our diverse team of instructors will keep you motivated and having fun.

A current schedule can be found on the club website at <https://flex.plusone.com> or posted in the facility.

### **COMMIT AND TRAIN**

Personalized training services are available with a Personal Training Club membership or through individual sessions. To purchase training, please speak with one of our team members.

Your Personal Training Club membership includes access to the Volt® app, which creates customized training programs, tracking and adjusting your workouts in real time.

