

POWER
ON

VIBES

RECREATION CENTER

STAY HEALTHY & FIT

Register today

P: 845.400.4600

E: support@thevibescenter.com

W: thevibescenter.com

VIBES

RECREATION CENTER

18 College Rd
Monsey, NY 10952

FITNESS CENTER

THE VIBES FITNESS CENTER

געזונט און דערפרישנד

איכונגען איז א געברויך וואס די גוף מוז האבן, צו קענען פונקציאנירן געזונט און פריש לאורך ימים ושנים. עם דערפרישען אייך די סוף פונעם טעגלעך און ברענגט איר פיל מער תכלית, ווי די שטערקסטע וויסאמיינען.


SAMPLE
WORKOUT SPACE


MODERN
EQUIPMENT

PRICING OVERVIEW:

MEMBERSHIP PRICING	MONTHLY	6 MONTHS	12 MONTHS	ANNUAL	DAY PASS
GYM	\$75	\$59.99	\$49.99	\$500 <small>per month + tax</small>	\$25
GYM + FITNESS CLASSES	\$150	\$145	\$135	\$1199.99 <small>per month + tax</small>	\$35 <small>(class only \$25)</small>

Personal Training: \$79/ per session *Min of 8 sessions

WOMEN CLASS SCHEDULE:

DAY	TIME	INSTRUCTOR	CLASS TYPE
SUNDAY	9:30 AM	Meryl	Bootcamp
SUNDAY	10:15 AM	Jenny	Barre Pilates
SUNDAY	11:15 AM	Faigy Silberstein	Israeli Dance
MONDAY	10:15 AM	Faigy Silberstein	Israeli Dance
MONDAY	10:45 AM	Ellen	Zumba/Sculpting
MONDAY	12:30 PM	Jenny	Metabolics Strength Bootcamp
TUESDAY	10:00 AM	Frumi	Advanced
TUESDAY	8:00 PM	Faigy Silberstein	Israeli Dance
TUESDAY	8:30 PM	Shaina Kushner	Kickboxing
WEDNESDAY	9:30 AM	Ariella Klein	Zumba
WEDNESDAY	10:15 AM	Henry Jakubowitz	Zumba
WEDNESDAY	10:30 AM	Jenny	Pilates
THURSDAY	10:00 AM	Tziri Greenfeld	Yoga
THURSDAY	10:15 AM	Faigy Silberstein	Israeli Dance
FRIDAY	9:45 AM	Jenny	Hit
FRIDAY	10:45 AM	Frumi	Advanced

MEN CLASS SCHEDULE:

SUN & WED - 8PM: Intense Boot Camp
MON & THURS - 8PM: Full Body Workout

MEN INSTRUCTORS:

Leiby Struss Moshe Allan
Avrumi Fogel Ritchey Marinelli