



## ONLY AT ASPHALT GREEN

Asphalt Green is home to the only publically accessible 50-meter Olympic standard pool in Manhattan. And, in addition to two exercise studios and an entire floor of free weights, our bi-level fitness center features the TechnoGym Wellness System, which enables members to digitally track and measure their progress on a wide variety of exercise equipment.

Our trainers and coaches, who are among the highest qualified in the city, are always on-hand to help you reach your fitness goals. We're a local gym with the benefits of the staff and equipment of a world-class training center.

## OLYMPIC POOL



**Asphalt  
Green**

Sports and fitness for a lifetime. [ASPHALTGREEN.ORG](http://ASPHALTGREEN.ORG)  
212.369.8890 ext. 2081  
1750 York Avenue, NY, NY 10128

**INFORMED FITNESS**

At Asphalt Green, we believe in an informed approach to fitness. We'll help you select activities to ensure you get your weekly recommended allowance of all five of the core components of fitness: Cardiovascular Fitness, Muscular Strength & Endurance, Flexibility & Range of Motion, Balance & Agility, and Skill/Form Development.

Members can combine swimming, cardio training, weight-lifting, and any of our 70-plus weekly exercise classes to create an informed, comprehensive training routine for complete fitness and improved health. Speak to one of our fitness specialists to learn how you can make Informed Fitness choices.

# ASPHALTGREEN

SPORTS AND FITNESS FOR A LIFETIME



[ASPHALTGREEN.ORG](http://ASPHALTGREEN.ORG)

1750 York Avenue at 91st Street - 212.369.8890 ext. 2081



# WORLD CLASS WHATEVER YOUR SPEED



## ASPHALTGREEN

FOR MORE INFORMATION VISIT [ASPHALTGREEN.ORG](http://ASPHALTGREEN.ORG)

### SPORTS AND FITNESS

Asphalt Green offers you a world-class facility, whatever your needs. This includes a state-of-the-art, 15,000-square-foot fitness center and an Olympic pool that has been consistently voted “best in the city.” And with fitness options ranging from lap swimming and water exercise classes to yoga and Pilates, you’ll always have a way to keep your workouts fresh and exciting.

So whether you are looking to lose weight, exercising to reduce stress, or are a seasoned athlete training for peak performance, we have the tools and trainers you need to get results.

### MEMBERSHIP AT ASPHALT GREEN

As a member of Asphalt Green, you will enjoy the best pool and fitness facility in New York City. Pool or Fitness memberships are available, as well as a Gold membership that gives you full access to the facility.

#### ANNUAL MEMBERSHIP INCLUDES:

- \* Members-only locker rooms, steam room, sauna, and roof-top deck
- \* More than 70 free exercise classes each week
- \* Discount prices for programs and specialty classes

### OLYMPIC POOL

- \* 50-meter Olympic Pool
- \* Members-only lap swim hours
- \* More than 15 free water exercise classes each week
- \* Discounts on adult and kids swim classes and private lessons

### FITNESS CENTER

- \* A complete line of TechnoGym strength equipment with the digital Wellness System
- \* More than 50 pieces of TechnoGym cardio equipment with built-in TVs
- \* An entire floor dedicated to free weights, including an Olympic lifting platform
- \* Two exercise studios
- \* Discounts on small group training classes
- \* Discounts on personal training and massage therapy
- \* Spectacular East River views

### FITNESS CENTER



### HIGH PERFORMANCE

