



**Russian Kettlebell Challenge Level II Instructor Certification**  
**June 12-14, 2015 — New York, NY**  
**Training, Travel, and Hotel Information**

**Thank you for registering for the Russian Kettlebell Challenge Level II (RKC-II) Instructor Certification Workshop. Below you will find information about the training facility, the recommended airport(s), and a short list of recommended area hotels for those traveling to the area.**

**Training Location:**

Precision Athlete  
237 W. 105th St  
NYC 10025  
<http://www.precisionathlete.com>

**Host:** Annie Vo  
**Phone:** 917.328.2127  
**E-mail:** [annie@precisionathlete.com](mailto:annie@precisionathlete.com)

**Map:** <http://goo.gl/LtWQL5>

**Airport(s):**

**John F. Kennedy International Airport (JFK)**  
Jamaica, New York, NY 11430  
(718) 244-4444  
Website: <http://www.airport-jfk.com>

**LaGuardia International Airport (LGA)**  
New York, NY 11371  
(718) 533-3400  
<http://www.panynj.gov/airports/laguardia.html>

## Traveling to the training facility:

Welcome to NYC! Here are some things that will help you navigate your travels to New York and the gym.

We are located in Manhattan on the Upper West Side (at the border of Morningside Heights). For out of state travelers, we recommend flying into either JFK or LaGuardia (LGA) Airport.

If you are flying into JFK, there are two train routes to take to the gym. One route is the NY Subway 1 train headed Uptown from Jamaica station to 103<sup>rd</sup> St. This route costs \$2.75 and takes roughly an hour. The second option is the Long Island Railroad (LIRR) from Jamaica to Penn Station (33<sup>rd</sup> St.). From Penn Station, transfer to the 1 train headed Uptown to 103<sup>rd</sup> St. This route is often faster, costing \$7-11 for the LIRR and \$2.74 for the Subway. In either case, you must purchase an MTA Metrocard at an automated kiosk which can be used for all of the Subways and busses in Manhattan. More information and schedules can be found here, Subway <http://web.mta.info/schedules/>, LIRR <http://lirr42.mta.info/>

If you are flying into LaGuardia (LGA), there is a public bus that can be taken directly to the Upper West Side. This requires the purchase of an MTA Metrocard (\$2.75 a ride) which will allow you to take the M60 street bus to 106<sup>th</sup> St. and Broadway on the Upper West Side (3 blocks from the gym). This route can take well over an hour depending on traffic. More information can be found here, <http://www.mta.info/nyct/service/airport.htm>

To avoid a lengthy trip into Manhattan, a taxi can be taken (between \$50-70 depending on where you are staying in the city).

Once you are in Manhattan, there are many places to stay. By the gym there are several hostels and hotels.

Hostels are often the most cost effective options ranging from \$45+ per night. Some options near the gym are:

- The Morningside Inn, <http://www.morningsideinn-ny.com/>
- The International Student Center Hostel (for those who are between 18-35 years old) <http://www.nystudentcenter.org/AboutUs.html>
- The Broadway Hotel and Hostel, <http://www.broadwayhotelnyc.com/>

There are also hotels nearby. These are the closest to the gym although any hotel on the Upper West Side is either within walking distance or a short subway or taxi ride:

- -NYLO, <http://www.nylohotels.com/nyc>
- -The Marrakech Hotel, <http://www.marrakechhotelnyc.com/?mcid=gc857k26>
- -The Lucerne, <http://www.thelucernehotel.com/default.aspx?pg=home&mcid=gc41k217>

Feel free to contact Annie if you have any questions about traveling to the city or selecting a place to stay in the area. She can be emailed at [annie@precisionathlete.com](mailto:annie@precisionathlete.com)