

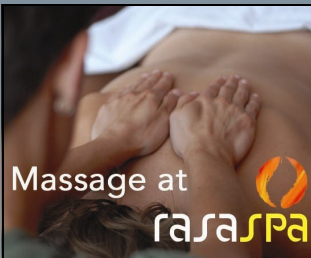
# REFER A FRIEND GET REWARDED



**FOR EVERY NEW MEMBER YOU REFER, YOU CAN CHOOSE:**



**Free  
Month  
of Dues**



**Free  
1 Hour  
Massage**



**Free  
Ogio  
Gym Bag**

**Help out a Friend. Tell  
them about our  
current specials:**

**\$59 Enrollment Fee | Downtown  
\$20.20 Enrollment Fee | CC**

Must create new account to qualify. Referring member receives their gift after new member has paid their first full month of dues. Restrictions apply. Offer valid for the first 250 people. See Front Desk for details.

 **ISLAND**  
Health & Fitness

*in partnership with Cayuga Medical Center*