

# DECEMBER SPECIALS



islandhealthfitness.com  

**FEEL THE DIFFERENCE**

**6-PACK SALE**

## NEW MEMBER SPECIAL\*

\$79 Enrollment Fee

## 1 MONTH SPECIAL\*

\$79 Downtown

\$69 Community Corners

\$89 Dual

## HOLIDAY GUEST PASSES\*

5 Pack: \$50

10 Pack: \$85

\* Offer good 12/1/17 to 12/31/17.

\*\* Offer good 12/12/17 to 12/24/17.  
Additional 20% fee for non-members.

## 12 DAYS OF GIVING\*\*

### PERSONAL TRAINING PKGS.

#### Exercise Trainer/Level 1 Trainer:

6 pack of 30 min \$155.50

6 pack of 60 min \$267.25

#### Exercise Trainer/Level 2 Trainer:

6 pack of 30 min \$165.25

6 pack of 60 min \$277.00

#### Exercise Trainer/Level 3 Trainer:

6 pack of 30 min \$175.00

6 pack of 60 min \$286.75

#### Exercise Trainer/Level 4 Trainer:

6 pack of 30 min \$184.75

6 pack of 60 min \$296.50



# Cayuga

WELLNESS CENTER

A Collaborative Partner of Cayuga Medical Center



CAYUGA CENTER  
FOR HEALTHY  
LIVING



ISLAND  
HEALTH &  
FITNESS



PHYSICAL  
THERAPY



RASA SPA



SPORTS  
MEDICINE