

# JOIN THE ISLAND FAMILY

50% OFF ENROLLMENT FEE\*



Join today, bring in this ad, and receive:

- Access to over 100 group fitness classes
- Discounted services at Rasa Spa
- Healthy living assessment with a personal trainer



Health & Fitness

*in partnership with Cayuga Medical Center*

[islandhealthfitness.com](http://islandhealthfitness.com)



**(607) 277-3861**      **(607) 319-0149**  
310 Taughannock Blvd.      903 Hanshaw Rd.  
(Downtown/Inlet)      (Cayuga Heights)



**Cayuga**  
WELLNESS CENTER

A Collaborative Partner of Cayuga Medical Center



CAYUGA CENTER  
FOR HEALTHY  
LIVING



ISLAND  
HEALTH &  
FITNESS



PHYSICAL  
THERAPY



RASA SPA



SPORTS  
MEDICINE

\*Offer good 01/01/18 to 01/31/18.  
New, senior and primary members only.  
Applicable rates apply. 1 per person/  
per account. PROMO CODE: AD010118