

# 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  
April special:  
\$79 Enrollement Fee!**

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 4/1/18-4/30/18.  
See Front Desk for details.

 **ISLAND**  
Health & Fitness

*in partnership with Cayuga Medical Center*