

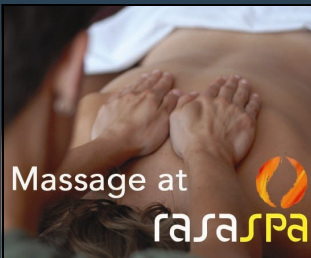
REFER A FRIEND GET REWARDED



FOR EVERY NEW MEMBER YOU REFER, YOU CAN CHOOSE:



**Free
Month
of Dues**



Massage at

rasaSpa

**Free
1 Hour
Massage**



**Free
Ogio
Gym Bag**

**Help out a Friend. Tell
them about our January
special:
50% Off Enrollment 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 1/1/19- 1/31/19.
Primary and Senior memberships
only. See Front Desk for details.

 **ISLAND**
Health & Fitness

in partnership with Cayuga Medical Center