

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
May special:
\$65 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 5/1/2018-5/20/18. Primary and Senior memberships only.
See Front Desk for details.

 **ISLAND**
Health & Fitness

in partnership with Cayuga Medical Center