



New Member Welcome F.A.Q.s

Welcome to Island! Your **downtown** membership includes access to a full gym, aquatic center, sauna, and group fitness classes- both live and virtual. Our club hours are **Monday-Friday 5:30 AM-9:30 PM and Saturday-Sunday 7 AM-7PM**. The aquatic center closes a half hour earlier than the rest of the club and weekend hours are shortened in the summer.

Where do I park?

In addition to the front and side lots, you can park across the road in the large parking lot opposite from the Dock (less than a 2 minute walk). Look out for the large Ithaca Boat Tours arrow sign.

When will I be charged?

If you have not paid in full for the year, you will be automatically charged on the first of the month, unless the first falls on a weekend. In that case, you would be charged the next business day.

How do I get my free consultation and orientation with a personal trainer?

Within 2 weeks of joining, check your inbox for an e-mail from Scott Yaple. To get more information in advance or schedule them right away, call Scott at (607) 277-3861 or email syaple@islandhealthfitness.com.

What other perks do I get?

Perkville is our member loyalty program. You earn points for various activities throughout the club, points are redeemable for credits on your account, discounted apparel, Rasa Massages, and more! Visit island.perkville.com to start earning today!

Rasa Spa Discount- Island members receive 10% off services Mon-Thurs!

Guest Passes- you get 2 guest passes per year! After that guests can join you for \$12 per day.

Personal Training Discounts- members save 30% off when purchasing personal training packages

Referrals- Have friends book a free tour. If they enroll you could get a free membership, massage, or duffel bag! Valid only after you have both completed one full billing cycle. E-mail Thena at tindhorst@islandhealthfitness.com for more information.

Towel Service

Towels: for \$15 per month, rent one towel per visit rental service (or pay \$1.35 for single rental)

Lockers: for a monthly fee, keep a full locker and lock here all the time! Otherwise you can bring a lock and use a locker during your workout. **Cubby lockers**: \$5 per mo., **half lockers**: \$10 per mo., **full lockers** \$15 per mo.

Group Fitness Classes

You can find group fitness schedules in the club, on our website, and our social media. Registration for group fitness classes is not required, but we do recommend it to reserve your spot, or if we need to contact you about a cancellation. You can register online through Empower ME*, by phone, or at our Front Desk.

Lane 1 Pool Reservations

You can reserve Lane 1 for 15, 30, or 45 minutes of private use. Lanes 2-4 are first come, first serve. You can reserve Lane 1 online through Empower ME*, by phone, or at our Front Desk.

***Online Registrations (Empower ME)**

To register online for group fitness classes or Lane 1 pool reservations, scan the QR code or type in the following URL:

www.ourclublogin.com/login/500156

The first time you login to Empower Me, your user name and password will be the number on the back of your key tag. If you get locked out, call our Front Desk at (607)277-3861.

Scan QR code below:



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#islandhealthandfitness