

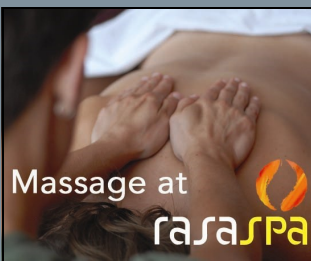
REFER A FRIEND GET REWARDED



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 March special: \$50 Off the 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 3/1/19-3/31/19. Primary and Senior memberships only. See Front Desk for details.

 **ISLAND**
Health & Fitness

in partnership with Cayuga Medical Center