

FRIENDS DON'T LET FRIENDS

PAY FULL PRICE

Here's how it works

Refer a friend and you both win!

1

YOU get next month's membership fee waived (excluding additional fees)

2

YOUR FRIEND will save \$25 off the join fee (applies only to full price memberships)

When your friend joins, be sure they tell the front desk staff who referred them, so the staff can write your name on their membership registration form.

Rules

- There is no limit to the number of members you can refer.
- If you refer two or more friends in the same month, the additional referral rewards will be applied to the consecutive month after the first reward was applied. Refer 3 friends, get 3 free months! 12 friends, get 12 free months!
- Referrals can not be changed to a credit.
- Referrals must be completed upon activation of the membership. (We can not go back and apply later on.)
- Reward applies to full priced memberships only (not valid on Youth, Over 80, or corporate memberships).
- Discount applies to membership fee only!
- May not be used along with another promotional offer.



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Our Membership Referral Program is a yearly membership rewards program and a way for us to reward our existing members for sharing the Y with their friends and family. When a member helps us create a healthier community by referring a member, it helps us create a stronger Y family!

Top 5 Benefits of Having a Workout Partner

1. Accountability - Arguably the most worthwhile reason to have a workout partner is accountability. Workout partners hold each other responsible for going to the gym because they keep each other on track and always reaching for their goals. If both partners attend the Y regularly, they will know when a workout has been missed.
2. Sharing goals and progress - A workout buddy offers companionship, but also creates a competition that can be extremely beneficial when someone needs to push through that extra mile or squat. They also give each other someone to celebrate milestones with. Both members can go out to dinner and feel comfortable getting healthy meals without giving in to temptation.
3. Validation - Many people who are trying to lose weight get discouraged because of the rough weeks where weight doesn't come off. Workout partners can see each other's progress from the outside and provide motivation, positive feedback and constructive criticism.
4. It's Fun! - Workout partners provide a sense of reliability and help transform the gym into something more desirable - an active social gathering. For example, busy mothers would benefit from having someone else who is going through similar life changes. They can provide motivation and support, and it also gives them a chance to socialize away from the family.
5. It Saves You Money - Because we know how beneficial it is to have a workout partner, we are now rewarding you when you refer a family member or friend to the Y!

