

Welcome to *The Fitness GAP, LLC.* one of Cortland's newest fitness facilities. We are located on the second floor of the J.M. McDonald Sports Complex off Carroll Street.

In order to keep membership rates the lowest around. *The Fitness GAP* has supervised hours.

Office Hours:

Mon., Wed. & Fri. 3:00 p.m. to 6:00 p.m.
Tues. & Thurs. 5:00 p.m. to 9:00 p.m.
Saturday's 8:00 a.m. to 12:00 p.m.
Sunday's 9:00 a.m. to 12:00 p.m.

Entry to the facility is through Biometric (fingerprint) locked doors. You must be logged/entered into the system to enter during supervised hours.

Supervised hours:

Sunday – Saturday 5:00 a.m. – 11:00 p.m.
(Note: Members are asked not to enter after 10:30 p.m. and must leave by 11:00 p.m.)

The following hours are listed for your convenience. *The Fitness GAP* will be open and available for use during these hours unless a State of Emergency is declared. At that time the facility is REQUIRED to close by law.

Facility Hours:

Open everyday 5:00 a.m. – 11:00 p.m. for your convenience, even holidays.

ASSUMPTION OF RISK:

Inherent risks are associated with every form of exercise. You assume these risks when you sign up.

The Fitness GAP strongly advises you to visit your physician for a physical examination prior to participation.

We offer memberships that suit your busy schedule:

\$8.00 Daily
(\$5 daily if you come in with a member!)
(Sports Team members – must be on Coach's roster – no cardio.
\$75.00 twice a year April & Oct) Paid in full
\$20 Weekly
\$25 Monthly (High School and College Students with ID)
\$35 Monthly Membership
\$ 60 - 12 weeks (College Students w/ID)
\$250 Corporate (per individual)
\$175 - 6 Month Membership
\$100 – 3 Month Membership

www.thefitnessgap.com

Gift Cards Available!

E-mail: fitness.gap@gmail.com

Please Note:

Corporate rates apply to 3 or more individuals from the same agency/place of work that sign up for one year memberships)

\$288 Yearly Individual

12 payments of \$24 w/credit card

\$225 paid in full

\$480 Family (up to 4 family members)

12 payments of \$40 w/credit card

\$430 paid in full

Please Note: Family memberships consist of parent(s) and children over the age of 12, living at the same residence. **Children ages 12 -14 must be accompanied by an adult.** It does not cover roommates or extended families.

Questions? Give us a call at (607) 662-0030
We will be glad to help.

The Fitness GAP is located on the second floor of the Cortland Sports Complex overlooking the soccer field.

You'll enjoy your workout at one of Cortland's newest fitness facilities with premium quality equipment. Compared to other gyms, we offer a quiet workout setting. *The Fitness GAP* features Cardio Theater, where the aerobic equipment provides you with an opportunity to view six different televisions without noise competition!

Directions:

Located across from the Cortland County Fairgrounds. From the north or south, take I-81 to exit 12. Follow Homer exit, and bear right at the bottom of exit. Stay on this road (Homer Ave) approximately 1 mile. Go over the hill, first road on right past hill is Fisher Avenue. Second road is Carroll Street. Turn right on Carroll Street, end of the street on right.

The FITNESS GAP

**Open Daily:
5:00 a.m. – 11:00 p.m.**

www.thefitnessgap.com