



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUDDY-UP FOR FITNESS

GET A FREE MONTH OF MEMBERSHIP AND A BFF (Buddy For Fitness)

We know when you work out with a friend, you're more likely to stick with your goals, and you'll have more fun doing it!

So during the month of May, bring a friend to the Y for free for 3 days* and Buddy-Up to try Group Exercise Classes like the new Strength Training Together or Cardio Step Together or our popular Boot Camp, Yoga, Kickboxing, Cycling, Water Exercise, ZUMBA® or Tai Chi classes!

HERE'S HOW IT WORKS:

1. Fill out and provide this flyer to a friend.
2. If your friend joins and remains a Y member** through August 1, you earn a free month.
3. To redeem your free month, you must check in at the Welcome Desk between August 1-15, and provide the name of your friend.

Member's Information

Name _____

Member # _____

Friend's Information

Name _____

* Primary 3-Day Free Trial Pass guest must be at least 18 years of age and a Hawaii resident. Meeting with Membership Specialist, YMCA tour, photo ID and guest registration is required. Guest's children ages 6 weeks to 12 years old have access to two hours of free childwatch subject to space availability while parents work out. Limit one trial pass per individual or family per lifetime. Trial Pass is subject to YMCA policies. All guests on Trial Pass consent to receiving YMCA information and solicitations. No cash value. 3-Day Pass must be used by May 31, 2017.

** The referred member must sign up for a Summer Membership or Regular Membership (New Teen Memberships are NOT eligible for the free month promotion). The new member must remain a member at least three months. If the new member is a former member of the Y, he or she must have cancelled the membership a minimum of six months ago.