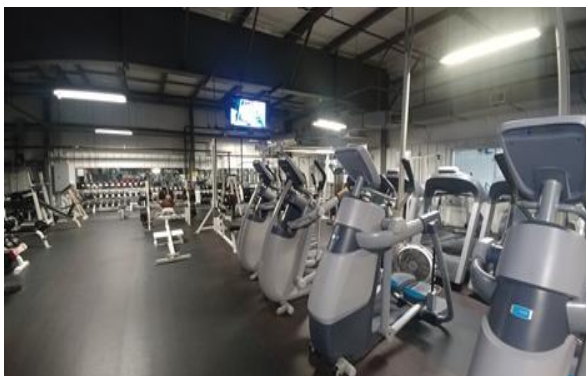


The Fitness Gap

Bridging the Fitness Gap Between You and Your Health!

What We Are About

Every member we consider a part of our family. You are never just a number to us! No matter the situation, we are always willing to lend a helping hand to assist your health & fitness needs!



Facility Hours:

365 Days a Year | 5:00 am to 11:00 pm

Office Hours:

Sept 1 – June 15

M-Th - 8:00 am to 11:00 am | 3:00 pm to 6:00 pm
Friday - 8:00 am to 11:00 am | 3:00 pm to 5:00 pm
Sa-Su - varies, contact Harold at 607-423-2510

June 16 – August 31

M-Su - check online for any updates/changes

Important Notice:

- 1) Please do not enter the facility before 5am or after 10:30pm.
- 2) Facility will be open during days/times listed unless there is a *State of Emergency*
- 3) Entrance is located at the rear of the complex by using a kiosk to allow entrance during J.M. McDonald Sports Complex off hours.

Follow Us On:



Memberships

Designed to meet everyone's budget and schedules!!

No signup fee ever!!

Improving your health & fitness made easy!!

Base Packages – All Brand-New Members:

\$8	Day Passes "In A Pinch"
\$15	3-Day Passes "The Weekend Warrior"
\$20	7-Day Passes "Gotta Start Somewhere"
\$35	Monthly "Just The Beginning"
\$100	3-Months "Now We're Cooking"
\$150	6-Months "Over The Hump"
\$230*	1-Year "I Found My Second Home"

Student Packages – New & Existing (with ID):

\$25	Monthly
\$65	3-Month
\$130	6-Month

New "Away Student" Membership – For students only home during the summer, holidays and winter break – a 1-Year / \$100 membership is available!

Family Packages – New & Existing Members:

(All must reside at the same address to be considered, minimum age of 12 and minimum of 3 members/max of 4)

\$260	6-Month
\$460**	1-Year

Veterans/Law Enforcement/Firefighters – New & Existing Members:

\$189	1-Year
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Corporate Packages – New Members:

(Discounts based on joining with 3 or more colleagues)

\$130	6-Month
\$203	1-Year

Member Appreciation – Existing Members (1yr or more)

(If you bring a guest, same discount on a 1-Day Pass)

\$5	Day Pass
\$15	3-Day Pass
\$20	7-Day Pass
\$25	Monthly
\$65	3-Month
\$130	6-Month
\$203	1-Year

Rates below are reflecting recurring monthly payments

* if billed monthly, total price will be \$300 at \$25/month

** if billed monthly, total price will be \$540 at \$45/month

Year-Round Special

HAROLD'S "TEAM EFFORT" DEAL

Any organized team interested in signing up as a team, there are "inquire within" special discounts!!!

Rate TBD – Length TBD

The Perks!

We offer many additional services:

- Personal and Group Training
 - Experienced trainers averaging over 20 years of dedication to helping people achieve their goals
 - Spinning Classes
 - Facebook Group to answer any health & fitness question you may have plus regular helpful tidbits – "The Fitness Gap Family Forum"
 - All welcome!
 - Lockers and locker rooms
 - Cardio theater and Free WiFi
 - Always a friendly, fun, and family like atmosphere
- ...and so, so much more!!

Inquire through any of the options below, we are always here to help!!

- In person at 4292 Fairgrounds Drive, Cortland, NY (J.M. McDonald Sports Complex, 2nd Floor)
- Call/text Harold at 607-423-2510
- Email us at haroldswHITE@yahoo.com
- Reach out on either FB or Instagram
- Contact Us at www.thefitnessgap.com



So Why Us?

With so many gym choices available in the area, what makes The Fitness Gap worth your time and money more so than the competition?

- 1) **Harold has been involved in some aspect of Health & Fitness for the better part of 40 years. He's helped hundreds of people of all ages and genders reach their goals successfully. Most of which without charging a penny. Never wavering from trying to make people's lives' better.**

"It's never been about the money, it's always been about creating more awareness for a healthier and better life. Always personal and always family first!" – Harold White

- 2) **With The Fitness Gap being located in Cortland's premier sports complex, it allows for not only direct access to a great gym but all the benefits the ice rink, the indoor track & field, and the tennis court can provide. Also, multiple areas for a variety of family and community outings. A "one stop shop" for all your activity needs!**
- 3) **A facility where the owner knows you by name and takes interest in you and your goals. Don't be surprised if you haven't shown up for a while to get a personal phone call, checking in on you to see how you are and if there's anything we can do to help!**

Important!!

We highly recommend you consult with a physician before participating to ensure the utmost safety.

Follow Us On:



So, Where the Heck is The Fitness Gap?!

Going up **281 (West Rd)** heading North towards I-81 – It's the next street on your right past **Wheeler Ave** named **Fisher Ave**, First Street on your right about ¼ mile – **Fairgrounds Drive**

Coming down **281 (West Rd)** heading South from or passing I-81 – **Fisher Ave** will be the next street on your left past **Bell Dr.**

Going up **Homer Ave** heading North – It's the next street on your left past **Wheeler Ave** named **Carrol St.**

Coming down **Homer Ave** heading South – **Carrol St.** will be the next street on your right past **Fisher Ave.**



We at **The Fitness Gap** would like to thank you for your interest in joining our facility and our family! If you have any questions, please do not hesitate to reach out at any time! We are always happy to help in any way we can!

www.thefitnessgap.com

haroldswwhite@yahoo.com

607-423-2510



**** Member-Focused ****

**** Family-Oriented ****

**** Community-Driven ****

**“The Health & Fitness Destination
Of Cortland County”**

**4292 Fairgrounds Drive
Cortland, NY 13045**

(J. M. McDonald Sports Complex, 2nd Fl)

**Open 365 Days a Year
5:00am to 11:00pm**

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