



## BUDDY-UP FOR FITNESS (BFF) – MEMBERSHIP REFERRAL PROGRAM

- Some things just go better together. We know that when you work out with a friend, you're more likely to stick with your goals, and you'll have more fun doing it!
- When you and your BFF (Buddy For Fitness) commit to the Y together, you will both receive an exclusive 20% savings off of the standard membership rate each month.
- The savings are just the beginning of your BFF journey! Buddy-up for Personal Training, Indoor Cycling and popular group classes like ZUMBA®, Step Aerobics, Belly Dance Body Fitness, Water Toning and more.
- Buddy-up to play hoops or racquetball. You can grab a cup of coffee together, walk or run on the treadmills, try the elliptical, use the AMT or Espresso Bikes. There are so many opportunities for you and your buddy to get the most out of your value-packed Y membership – you'll wonder if you will still have time for your other interests!

### HERE'S HOW IT WORKS:

#### I'M A Y MEMBER

Bring in a new Y member and both receive a 20% savings on your membership as long as you both remain members of the Y. A "new member" is someone who has not been a member for at least 6 months.

#### I'M NOT A Y MEMBER

Find a friend that is a Y member and buddy-up OR find a friend that wants to join the Y and buddy-up – either way you both receive a 20% savings on your membership as long as you both remain members of the Y.

If one of you leaves the Y (we do not have a contract for membership), the remaining member has 30 days to Buddy-up for Fitness with a new non-member in order to keep the Buddy-up rate.

Unfortunately, we are not able to issue refunds. Some restrictions may apply. Only one discount type per membership.

#### BUDDY-UP MEMBERSHIP RATES

Family	\$45.50/mo
Adult	\$33.50/mo

Want to get started or have more questions?

Check out our FAQs at [www.duboisymca.org](http://www.duboisymca.org)