

Welcome to The Fitness GAP, LLC. One of Cortland's premier 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 Office hours and open hours.

Facility Hours:

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

Office Hours:

For New memberships / renewals:

Monday, Tues & Wed. 3:00 p.m. to 7:00 p.m.
Thursday 3:00 p.m. to 8:00 p.m.
Friday 3:00 p.m. to 6:00 p.m.
Saturday's 8:00 a.m. to 10:00 a.m.

During the facilities open hour's entry to the facility is via a kiosk system.

Members must be logged/entered into the system to enter during open hours.

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

The hours are listed for your convenience.

The Fitness GAP, LLC will be open & available for use during these hours unless a State of Emergency is declared. At that time the facility is REQUIRED to close by law.

We offer memberships that suit your busy schedule:

(\$5 daily if you come in with a member!)
\$8.00 Daily – non members
\$20 Weekly
\$35 Monthly
\$100 – 3 month Adult membership
\$150 – 6 month Adult membership
\$225 – Yearly Adult membership
.or \$24/month on Credit Card \$288
\$430 – Family (up to 4 family members)
.or \$40/month on Credit Card \$480

Please Note: Family memberships consist of parent(s) and children over the age of 12, living at the same residence. It does not cover roommates or extended families.

Children ages 12 to 14 must be accompanied by an adult.

Please Note:

\$225 Corporate (per individual)
\$195 Reduced Corporate rates apply to 3 or more individuals from the same agency/place of work that signs up for a one year membership at the same time.

(Sports team members – must be on Coach's roster \$80.00 twice a year April & October)

\$25 Monthly (High School & College Students with ID)
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\$60 – 3 months (High School & College Students with ID)
.
\$120–6 months (High School & College Students with ID)
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ASSUMPTION OF RISK:

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

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

\$ 25.00 Return Check Fee!

Questions? Give us a call at (607) 662-0030 during office hours, we would be glad to help.

The Fitness GAP, LLC is located on the second floor of the J. M. McDonald Sports Complex overlooking the soccer field and ice rink. You'll enjoy your workout at one of Cortland's premier fitness facilities with premium quality equipment. The Fitness GAP, LLC features Cardio Theater, where the aerobic equipment provides you with an opportunity to view six different televisions without noise competition!

Directions:

Located across from Cortland County Fairgrounds.

From the north or south, take I-81 to exit 12. Follow Homer exit, stay to the right, bear right at the bottom of exit. Stay on this road (Homer Avenue) 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 main entrance.

www.thefitnessgap.com

Gift Cards available!

E-mail: fitnessgap@gmail.com