

INTRODUCING PAY-AS-YOU-GO

This is the perfect membership for you if.....

- You're interested in our many programs
- You'd like to work out with one of our professional personal trainers
- You'll only be using the clubs periodically
- You don't want a long-term commitment
- You travel a lot and would like to work out while away



\$5 a month!

What is Pay-As-You-Go?

Enjoy access to our four Capital District locations for a low \$5 a month + \$5 a visit!

- **No long-term commitment -**
enjoy a month-to-month membership.
- **Pay only for what you need, not what you don't -**
Your membership is only \$5 a month - when you're ready to visit the gym, pay just \$5 a visit. You only pay for what you use!
- **Enjoy VIP benefits....**
 - Multi-club access
 - Unlimited Group Exercise classes
 - 10% discount on all program purchases
 - Complementary coffee and towels



www.joingoldsgym.com

Know Your Own Strength.

* Subject to an annual fee of \$49; membership fee is \$5/month + \$5 per visit. Includes access to any Capital District Gold's Gym. See club for details.