



# GET POINTS

**LECOM**  
Lake Erie College of Osteopathic Medicine  
THE JOHN M. & SILVIA FERRETTI  
MEDICAL FITNESS & WELLNESS CENTER

**Membership has never been more REWARDING!**

## **ALL YOU HAVE TO DO IS POINTS**

**Activate Your fitRewards Account** **250**

Earn points when you activate your account at [www.fitRewards.com](http://www.fitRewards.com).

**A Friend Redeems A Guest Pass** **100**

Refer a friend at [fitRewards.com](http://fitRewards.com) and earn points when they use their 1 Day Guest Pass.

**Inspire A Friend To Join Individual Membership** **500**

Includes standard and senior individual memberships.

**Inspire A Friend To Join Couple Membership** **750**

Includes standard and senior couple memberships.

**Inspire A Friend To Join Family Membership** **1000**

**Each Visit to the Center** **2**

Earn points each time you attend the Center.

**Attend Specialty Classes, Lectures & Events** **50 - 200**

Points may vary by event. See a Member Services Associate for details.

**Upgrade Membership** **250+**

Earn points for adding family members to your existing membership account.

**Complete Your Initial Fitness Assessment** **100**

**Complete Your Initial Exercise Prescription** **100**

**Personal Training & Nutrition Consultations** **1 point per \$1**

**Spa Services & Products** **1 point per \$1**

**Gift Shop & Café Purchases** **1 point per \$1**

**Swim Lessons, Ballroom Dance & Leagues** **1 point per \$1**

**Yearly Individual Membership Anniversary** **250**

**Happy Birthday!** **100**

Automatically receive points each year on your birthday!

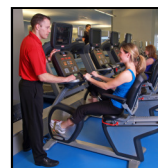


Spa Services



Electronic Devices

**fitRewards!**  
REWARD YOURSELF EVERYDAY



Personal Training



Gift Cards

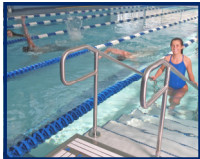
**For more information please visit [www.fitRewards.com](http://www.fitRewards.com)**



## Membership has never been more REWARDING!

Here are a few of the hundreds of prizes you can earn:

### 1,250 POINTS



2 - 30 Minute  
Private Swim  
Lessons



\$25 Wellness  
Center Gift  
Card



Earbud  
Headphones

### 10,000 POINTS



5 - 60 Minute  
Private Pilates  
Sessions



\$200 Wellness  
Center Gift  
Card



3 - 60 Minute  
Deep Tissue  
Massages

### 2,500 POINTS



1 - 60 Minute  
Personal  
Training  
Session



\$50 Wellness  
Center Gift  
Card



Big Bertha  
Golf Balls

### 25,000 POINTS



3 - 90 Minute Deep  
Tissue Massages &  
3 Pack Of  
Enlightening  
Facials

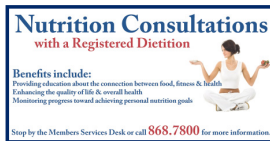


12 - 60 Minute  
Personal Training  
Sessions

### 5,000 POINTS



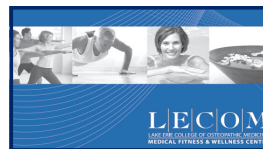
\$100 Wellness  
Center Gift  
Card



3 - 60 Minute  
Dietary  
Consultations



Designer  
Watches



\$500 Wellness  
Center Gift Card



9 Months of Individual  
Membership Dues

**Membership has its rewards!**