

Bring a Friend for a FREE 14 day membership*!!



How: Bring a friend to come to the gym with you and participate in your Commonwealth Games Challenge together.

When: Monday 4th October to Friday 15th October

Why: Your friend can check out the health club, your friend will earn you extra points for the challenge and for your team and IT'S FREE!

* Conditions: Friend must not have had a membership before to iC health. Meet the general entry requirements of the health club.