

# **REFER A FRIEND**

# UPLANDS

## SPORTS CENTRE



**RECOMMEND A FRIEND  
TO SIGN UP AS**

**A GOLD MEMBER**

**AND**

**RECEIVE THESE**

**FREE GIFTS\***

**(T-shirt, water bottle, energy gum, sweat towel  
& padlock)**

**\*Offer valid while stocks last, on a minimum of 3 month membership\***