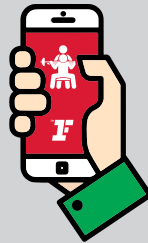


THINGS TO NOTE BEFORE YOUR VISIT



Download the **Fitness First Asia App** to book Gym Floor and Group Fitness classes prior to visiting.



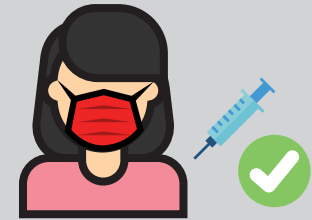
Plan and book your personal training session with your trainer in advance. A **Personal Training** booking will also be required to be made through the app.



If you are feeling **unwell or experiencing flu-like symptoms**, please refrain from working out and seek medical attention immediately.



During your visit, please **wear a mask** when you are resting in-between sets, looking at your mobile phone, speaking with your trainer / workout partner, or moving around the club.



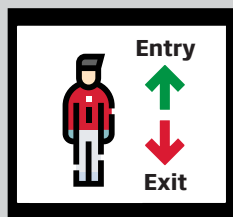
Access to Fitness First will only be granted to **fully vaccinated individuals*** (2 weeks after the 2nd dose*) who are able to prove VDS eligibility via TraceTogether-only SafeEntry check-in.

* Fully vaccinated Visitors include: **(1)** All recovered persons from COVID-19 who are not fully vaccinated within the last 180 days and **(2)** Persons who are medically ineligible to undergo vaccination (with acceptable proof of their medical ineligible status).

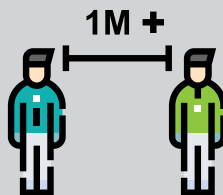
Management reserves the right to refuse entry or require the person(s) to leave the premises if he/she fails to comply with the above safe management measures in our clubs.

***Vaccination-Differentiated Safe Management Measures (VDS)**

THINGS TO NOTE BEFORE YOUR VISIT



To facilitate **crowd control**, please observe the queue lanes upon entry and exit.



Maintain a **1m safe distance** from one another at common areas when not working out.



We encourage you to use **contactless check-in and payment methods** to reduce contact between yourself and our staff.



Please **sanitise your hands** upon entry and exit.



Bring your own workout kit.

We encourage you to bring your own mats, mat toppers, workout attires and towels*

*We will continue to provide mats, attires and towel.

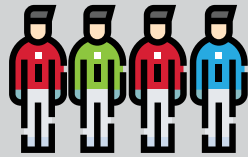


Bring your own **boxing gloves and wraps.**

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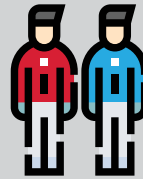
GYM FLOOR AND STUDIOS

Max 50 pax



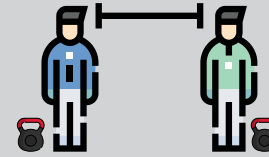
Gym floor capacity will be limited to **1 person per 10 square meters** or to a maximum of 50 (whichever is lower)

Max 2 pax

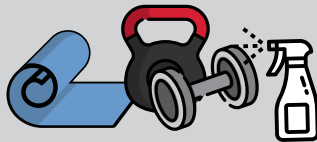


Group fitness class sizes will be capped to 30 participants in multiple groups of 2.

2M



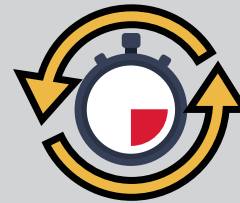
Practice **safe distancing** during your workout.



Disinfect your equipment and mat before and after use.



Greet your instructors and gym buddies with Namaste.



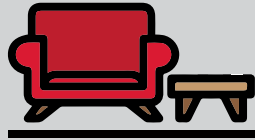
Stick to the **90 minute** time limit allocated for all bookings.



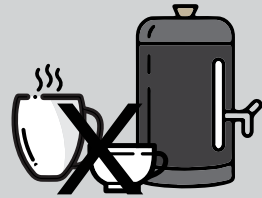
Fitness First employees will act as **Safe Management Officers** throughout the day to ensure compliance with the Safe Management Measures required by the authorities.

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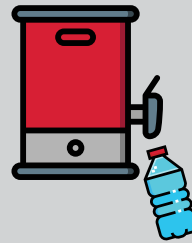
MEMBER LOUNGE AND CHANGING ROOM



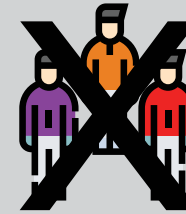
Member lounge :
Only **digital newspapers and magazines** will be provided.



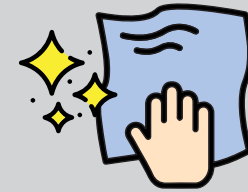
All **hot beverages, cups and mugs** are **temporarily removed**. You will be able to fill your water bottle with infused water provided.



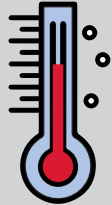
Please **avoid contact** between your water bottle and the nozzle of the dispenser.



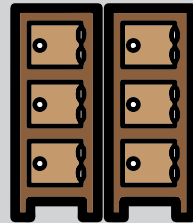
Please **avoid intermingling** with others and lingering within the facilities.



Staff and cleaners will be **cleaning and disinfecting** the shared spaces and equipment regularly.



Saunas and steam rooms will operate with limited capacity according to prevailing guidelines. Users are required to observe 2m social distancing at all times.



Some lockers will not be available for use to ensure safe distancing in changing rooms.



Please **wear a mask** when changing in and out of your workout attire/swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after.



Return your used towels and workout attire to the towel/attire drop.



SafeEntry **check-out** using your **Trace Together App or Token**.

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