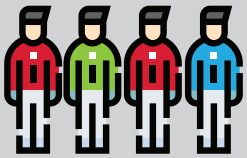
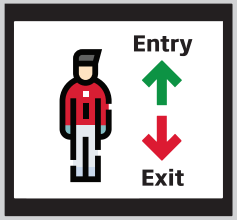
SAFETY FIRST – *Front of House*

Max 50 pax

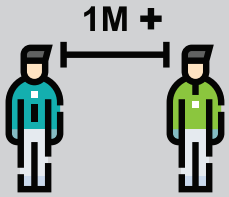


*Capacity will be capped to no more than **50 persons** at any one given time.*

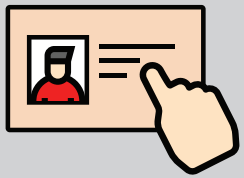
*Download the **Fitness First Asia App** to book Gym Floor and Group Fitness classes prior to visiting.*



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

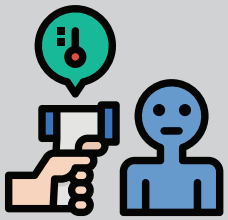


*Maintain a **1m safe** distance from one another at common areas when not working out.*



*Check in and out via **Trace Together / SafeEntry** to help us manage capacity.*

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



*Your temperature will be screened **prior to entry** at the building entrance or front of house.*

*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, workout attires and towels.*

***Regular public announcements** will be made to remind members to adhere to the club's safety measures.*

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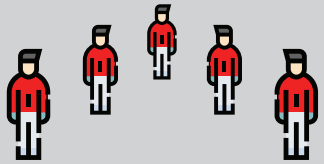
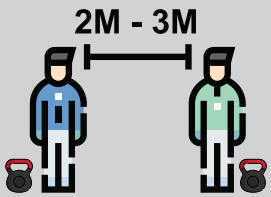
Fitness First

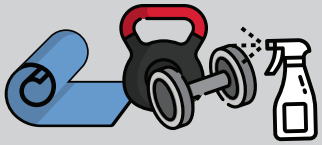
SAFETY FIRST – *Gym Floor and Studios*



Capacity in classes, studios and swimming pools will be limited in accordance to the ***SportSG advisory****.*



Practice safe distancing *during your workout.*

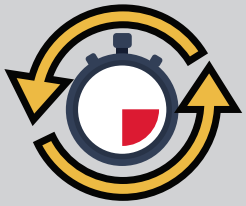


Disinfect your equipment and mat *before and after use.*

Masks are mandatory *unless engaged in strenuous exercise, drinking or showering*

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.*

Greet *your instructors and gym buddies with Namaste.*



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

Aerial Flow *will be cancelled until further notice.*

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

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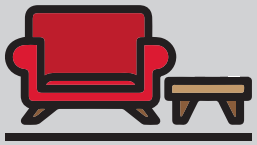
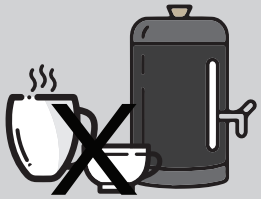
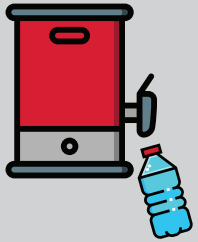
SAFETY FIRST – *Member Lounge and Changing Room*



*The **member lounge** will be closed, newspapers and magazines will also be removed.*



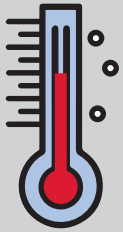
*All **hot beverages**, cups and mugs will be removed. You will be able to fill your water bottle with infused water.*



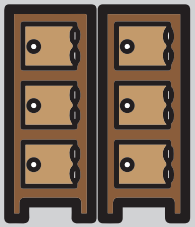
*Please **avoid contact** between your water bottle and the nozzle of the dispenser.*

***Reduce socialising** and minimise communication with one another.*

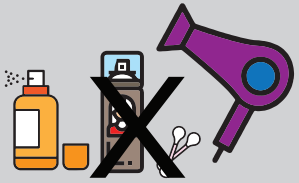
*Staff and cleaners will be **cleaning and disinfecting** the shared spaces and equipment regularly.*



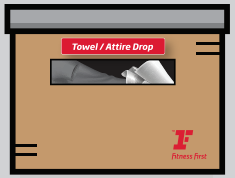
*All **saunas and steam rooms** will remain closed.*



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



***Amenities** such as cotton buds, deodorant etc will be removed. Hairdryers will be placed at least 1m apart.*



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

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