



MEMBERSHIP HAS ITS **PRIVILEGES**

First Privileges 2022

To add even more value to your membership, we are pleased to bring you our year-long offers, discounts and rewards from our partners.



Dear Member,

Getting in shape has never been so rewarding.

We believe in enjoying life. Hence, it is so important to keep fit and healthy, but it is also important to give yourself little treats and explore new things along the way to de-stress and live life fully

Being a Fitness First member is more than just accessing a gym; it is a lifestyle. To add even more value to your membership, we are pleased to bring you our year-long First Privileges programme with special discounts and privileges for members like yourself. Present your membership card to enjoy this world of offers.

So go on, reward yourself. You deserve it.

**Yours in health & fitness
Fitness First Team**

If your company would like to extend offers or privileges to Fitness First members, please email to sg.marketing@fitnessfirst.com.sg with subject header as **'First Privileges - Attn Marketing Department'**. We will get in contact with you shortly.



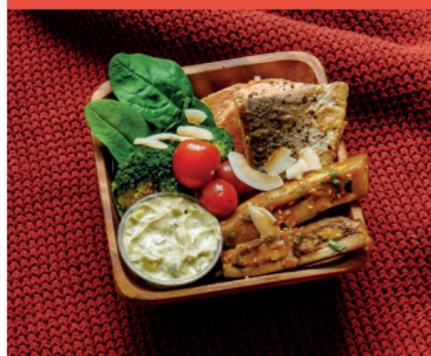
We are a Novel Szechuan Flavored Warm Salad, featured on media platforms such as Straits Times, Zaobao and Channel 8. Chengdu Bowl is a spin-off concept by Chengdu Restaurant in Amoy Street, serving its own rendition of quintessential Sichuan food, conveniently packed in individual portions - inspired by the trendy Hawaiian poke bowl, while retaining authentic Sichuan flavours.

> **10% off Chengdu Bowl self-pickup or dine-in.**

133 New Bridge Rd, #B1-16 Chinatown Point, S059413
Tel: 6970 0966

www.chengdubowl.com

the daily cut



We are here to make healthy food uncomplicated so you can focus on the important things. The Daily Cut is all about real food for real people.

> **10% off total bill**

1. One Raffles Place #B1-31 Tel: 6904 9656
2. Tanjong Pagar, Guoco Tower #B2-16 Tel: 6386 6160
www.thedailycut.sg



Etna
Italian Restaurant

Nestled in an elegant and cozy setting decorated with unique Italian artifacts, Etna Italian Restaurant oozes an irresistible Italian charm and serves up a delightful contemporary Italian cuisine with a Sicilian touch. The kitchen team's exceptional culinary skills are visually enhanced by refreshing contemporary presentations shown in every dish. Some of our dishes have remained all-time favourites throughout the years.

> **10% Discount on ala-carte food items**

1. 49/50 Duxton Road, S089513, Tel: 6220 5513
2. 110 Upper East Coast Road, S455298, Tel: 6444 9530

www.etnaitalianrestaurant.com

grove 素林

grove serves nourishing meatless cuisine with an aim to promote care for our planet. With sustainability becoming the forefront mindset of this new age, grove provides a space for communities to express their support for sustainable efforts.



> 10% off total bill

1. Buangkok Square, #01-17/18/19
2. Northshore Plaza 1, #02-39/K5
3. Canberra Plaza, #01-19
4. SingPost Centre, #01-151

www.elemengroup.com.sg/locations

Harry's

Established in August 1992 as a jazz bar in Boat Quay, Harry's is currently Singapore's largest chain of bar and dining establishments, with 19 outlets across the island. A get-together at Harry's is never complete without scrumptious food paired with an ice-cold beer. Special highlights on the menu include Harry's very own house brew, Harry's Premium Lager.



> 15% discount at all times on regular priced food and beverages

www.harrys.com.sg/outlets

BOAT QUAY
THE WORKING CLASS
YOUR DAILY HIDEOUT

Situated in the hustle and bustle of CBD, The Working Class is a chic and welcoming bistro for anyone looking to spend quality time together with their friends and loved ones! Indulge in our range of specialty bowls, sharing platters, coffee, all-day breakfasts and Happy Hour drinks!



> 15% discount

26 Circular Road Singapore River, S049382
www.instagram.com/theworkingclass_sg/?hl=en

THE GROWHUB

Growhub, Sole distributor of Dirty Clean Food Oat Milk.



- Benefits:
- 100% Natural
 - Regenerative Oats
 - Vegan Friendly
 - GMO Free
 - No Added Sugar

> Promo code: GHFF2020
> Enjoy 20% discount with minimum \$20 purchase

www.growhub.sg

YoloFoods.™



The best version of yourself starts with what's on your plate. YoloFoods offers healthy meal plans made with fresh produce, chef-prepared and curated by an Olympic-certified nutritionist. Check out our meal plans and pre-cooked ready in 3-minutes meals designed to be easy and convenient to fit any lifestyle.

> **Promo code: FFXZF20**
> **20% off storewide**

www.yolofood.com.sg/



At Wafuken, the food we serve does not contain unhealthy fat, excessive sugar or tenderizer. We utilize modern cooking techniques, flavourful combinations of herbs, spices and quality ingredients in order to provide you with a healthy yet undeniably delicious experience.

> **10% of total bill**

1. 6A Shenton Way, OUE Downtown Gallery #02-23, S068815
2. 10 Sinaran Drive, Square 2 #02-65/66/67, S307506
www.wafuken.com

FITNESS FIRST AMENITIES

Our first-rate facilities make sure you get the most out of your workout.



Ariston Group is an international company among the leaders in water and environmental heating solutions. The Group develops and provides solutions that use renewable energy, and offers a full range of products, systems and services under the brands Arison, ELCO, Chaffoteaux, Atag, Racold, Calorex, NTI and HTP.



> **10% OFF + Free compressed towel worth \$12.90 for any purchase of Ariston water heaters**

Ubi Road 4, Level 1, S408620
www.ariston.com

HOLEY MOLEY GOLF CLUB

Imagine the craziest round of mini golf you've ever played. Now add a bar. Hello, Holey Moley Golf Club! We've turned traditional putt putt on its head, with 27 unique holes that'll be sure to keep you on your toes. Add tunes, drinks, cocktails and catering from our kitchen and full-service bar and you've got Singapore's best mini golf course. Par none.

> **Enjoy 9 holes of mini golf at \$10++ when you use FFGOLF9**

Clarke Quay, 3B River Valley Road, #01-01 Tel: 3129 0000
www.holeymoley.com.sg



Our mission is to empower you to live a life that you love through Active Living and the daily practice of Move, Nourish, Believe. We are driven to design the best Activewear on the planet, so when you put on your Lorna Jane it transforms the way you think and how you feel about being active.

> **Promo code: FITNESSFIRST15**
 > **15% discount off all full purchase price.**

www.lornajane.sg

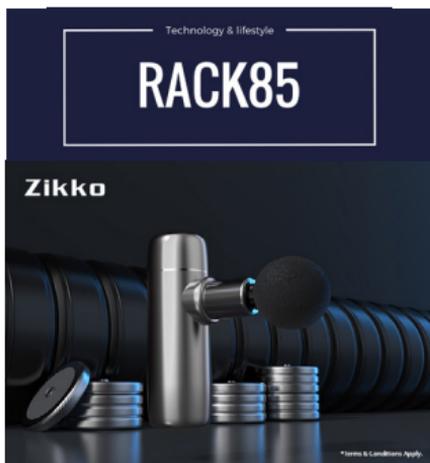
mc.2

mc.2 is Singapore's largest smart blinds fashion gallery. Shop for smart awnings, blinds, curtains, wallpapers, flooring, smart home solutions etc offered by ALTEX, Hunter Douglas, Jean Paul Gaultier, Camengo, Jane Churchill, Ohmm Furniture, Orvibo Smart Home, Renison, Sangetsu, Somfy, TOSO Japan, Wood Couture and more at the showroom.

> **\$100 mc.2 vouchers with min spending of \$1,000**



33 Ubi Ave 3, #01-28/29, Singapore 408868
 Tel: 6634 7333
www.mc2.com.sg

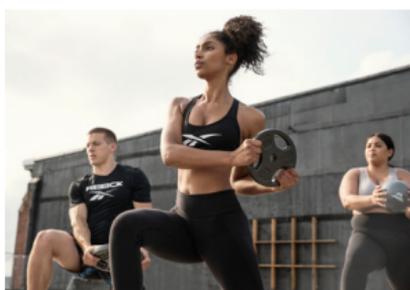


Rack85 brings you the latest and best products in lifestyle and electronics in one convenient shopping platform. We stock a wide selection of audio devices, health and fitness gadgets, wearable tech, stylish bags and mobile phone accessories at prices you'll love.

> **Promo code: FFOFFDRMINI2**
 > **40% off / \$61 off Zikko Dr Rock Mini 2 RRP - \$149**

5 Upper Aljunied Link #08-04
 Quartz Industrial Building
 S367903, Tel: 6653 8219

www.rack85.com.sg

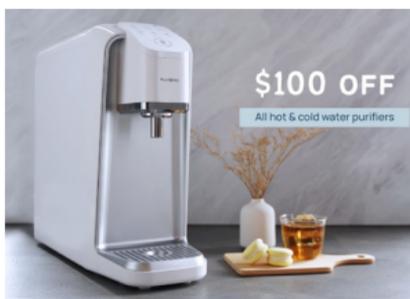


Stocking the best of sporting apparel, footwear and accessories from heavyweights like Adidas, Nike, Reebok, Under Armour, Speedo, and more, we offer the sporting products you need for the active lifestyle you lead!

> **15% discount on all products**

1. RSH Causeway Point, Tel: 6894 7234
2. RSH Compass One, Tel: 6384 4775
3. RSH ION Orchard, Tel: 6634 0278
4. RSH JEM, Tel: 6734 7419 / 6734 7304
5. RSH Junction 8, Tel: 6694 5873
6. RSH NEX, Tel: 6634 4878
7. RSH North Point, Tel: 6752 2956
8. RSH Novena Square (Velocity), Tel: 6354 1076
9. RSH Tanglin Mall, Tel: 6735 5875
10. RSH Suntec City, Tel: 6238 8846
11. Reebok Orchard Central, Tel: 6509 6491

RUHENS



RUHENS is a global brand with 30 years of well-established water purification and filtration manufacturing technology. Their long-standing reputation as a leader in water purification technology has brought RUHENS to the global stage.

> **\$100 off Ruhens hot and cold water purifiers**

1. 33 Ubi Avenue 3, #01-32, Vertex Building S408868
2. 2 Gambas Crescent #01-31, Nordcom II S757046

www.ruhens.com.sg

SHARP



Sharp is one of the leading brands that creates new innovation to improve humans' standard of living. Some of the proprietary technologies by Sharp including Plasmacluster™ Technology in Sharp air purifiers and refrigerators, AQUOS Technology in Sharp TVs, Superheated Steam Technology in its Healsio steam oven, No-Holes Revolutionary Tub in its washing machines and more.

> **Promo code: SHARFITN1**
 > **10% OFF Sharp Air Purifiers at Sharp Official Store @ Shopee Mall**

www.shopee.sg/sharpsgoofficial



Atos Wellness Group was founded in 1983. It has a history of over 30 years and counting. The group has now progressed to a multi-brands company with outlets island-wide across Singapore, with a commitment to quality, customer-centric and community services. The brand offers holistic wellness solutions to help clients achieve optimal beauty, health and wellness.

> **\$68 for Spa Indulgence** (excluding GST)

1. 25 North Bridge #01-01 Tel: 6841 9926
 2. 48 Boon Lay Way #01-10 Tel: 6841 9926
- <https://atoswellness.com.sg/21F170/>



Live Well Chiropractic focuses on correcting the root cause of the problem. We assess each patient thoroughly to understand their objectives. This helps us to measure outcomes accordingly and achieve ideal results. We've taken care of national athletes for their optimal performances and/or injury prevention. We can help you whether you're suffering from physical pain or aiming to further your sporting edge.

> **First consultation and treatment for \$38** (UP: \$220)

1. Riverdale Mall, 11 Riverdale Crescent #01-29/30 Tel: 6284 4878
 2. 185 Toa Payoh Central #01-342 Tel: 6226 0829
- livewellchiropractic.com.sg

ISABELLA AESTHETICS



The Epitome of Feminine Beauty Starts with Isabella Aesthetics Singapore's best skin care treatment found at Isabella Aesthetics. We are dedicated in the curation of a suite of holistic beauty services delivered with absolute quality and professionalism.

- > **One-time free Collagen Facial, Mesotherapy facial, or Super Hair Removal (Underarm)**
- > **30% off discount for purchase any package.**

Scotts Square, 6 Scotts Road, Scotts Square #B1-24, S228209, Tel: 6694 8880, WhatsApp: 6591880153
<https://isabellaaesthetics.com.sg/>



The Posture Lab is a registered social enterprise that focuses on wholistic fitness, wellness and education for everyone. Our services include Posture Analysis, Fitness Testing, Sports Massage and High-Performance Coaching.

> **20% off all Single Sessions**

31A Kreta Ayer Road S88998, Tel: 87927172
www.theposturelab.sg

- Offers listed under Fitness First's First Privileges programme ("First Privileges") are subject to the Terms and Conditions of the First Privileges programme. Redemption/use of the First Privileges offers/discounts/privileges/promotions ("Offers") constitutes acceptance of the terms and conditions set out herein.
- All current members of Fitness First (both Home and Passport members) are eligible for Fitness First First Privileges Offers at participating merchants/restaurants/outlets/suppliers/establishments ("Merchants"). Only members who have a current & unexpired membership with Fitness First are eligible. Participating Merchants reserve the right to refuse Offers to members with membership cards which are printed with expired membership dates.
- Members are to present their Fitness First Membership card prior to ordering / purchase. Additional photo verification might be required.
- All offers are valid from 1 January to 31 December 2021 (inclusive) unless otherwise stated. These offers are valid in Singapore only.
- Dining offers are not valid on the Eve of and on Public Holidays and other special occasions including Christmas Day, New Year's Day, Chinese New Year, Valentine's Day, Mother's Day, Father's Day, unless otherwise stated.
- Offers are not valid with and are not to be used in conjunction with any other on-going promotions, offers, vouchers, coupons, discounts, packages, privilege cards, set/special menus, and loyalty/in-house programs, unless otherwise stated.
- All restaurant/dining Offers are for dine-in only. Advance dining reservation is strongly recommended and subject to availability.
- Participating Merchants reserve the right to replace complimentary item with another item of similar value.
- All offers are limited to one redemption per purchase/visit/bill/table per card holder unless otherwise stated. For 1-for-1 offers, the free item must be of equal or lower value than the item purchased.
- Offers are not returnable and not exchangeable for cash, credit or other goods and services. In cases where a dining voucher is issued as part of the promotional offer, usage of the voucher is subject to the issuing restaurant/outlet's terms and conditions and is redeemable only on the next visit.
- Fitness First is not an agent of any of these participating Merchants and gives no representation or warranty with respect to any goods or services (including their quality or suitability) provided under First Privileges.
- All feedback regarding quality and services provided should be directed to the respective Merchants. Any dispute concerning goods or services received under First Privileges shall be settled between the member and the participating Merchants involved.
- All information is correct at time of print.
- Amendments to the First Privileges programme, including but not limited to changes to existing privileges, terms and conditions and partner participation will be updated on www.fitnessfirst.com.sg. Information on the website supersedes all prior communications for the First Privileges programme. Any Fitness First member who continues to use his/her card at participating Merchants will be deemed to have agreed with and accepted these amendments.
- Fitness First and the Merchants reserve the right to withdraw, substitute or vary any of the offers stated herein from time to time without prior notice. Any substitution or variation by Fitness First of any offers contained herein shall not entitle the member to any claims or compensation from Fitness First for any and all losses or damages suffered or incurred by the member, whether directly or indirectly. For avoidance of doubt, Fitness First does not warrant the availability or continuity of the privileges and does not assume legal obligation in respect thereof. Fitness First shall not be liable or responsible for any loss or damage suffered by any user of the privileges or any third party arising from or in connection with including printing or typographical errors, omissions, misrepresentations, improper use of information or infringement of intellectual property rights.
- Fitness First reserves the final right to alter the terms of the privileges, the replacement of merchants as necessary & the right to recall the rewards programme and all related privileges without prior notice.
- Any redemption/utilisation of the Offers listed under the First Privileges programme constitutes an acceptance of the terms and conditions of the First Privileges programme.

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