



MEMBERSHIP HAS ITS **PRIVILEGES**

First Privileges 2023

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.



Chengdu Bowl is the First of its Kind Sichuan-style Poke Bowl in Singapore. You can enjoy grain bowls packed with an innovative Asian twist in individual serving! Chengdu Bowl offers a healthier alternative to customers while retaining the tongue-searing fiery 'mala' that Sichuan cuisine is known for. Each bowl comes with a carb-base: choose from chewy rice noodles, Pearl rice or whole-grain Brown rice. Each bowl is accompanied with 6 sides which are in Sichuan or Western-style.

• **10% off Chengdu Bowl**

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

www.chengdubowl.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**

- Buangkok Square #01-17/18/19
- Northshore Plaza 1 #02-39/K5
- Canberra Plaza #01-19
- SingPost Centre #01-151

www.elemengroup.com.sg/grove



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 show in every dish. Some of our dishes have remained an all-time favourites throughout the years.

• **10% discount on Ala-carte food items**

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

www.etnaitalianrestaurant.com




The GrowHub focuses its solutions on improving food traceability and carbon credits. The company is able to track and provide transparency of food products right from their origin. The GrowHub's business infrastructure is based on Web3 technologies that use blockchain, AI and token-based solutions.

- Promo code: **GHFF2020**
- **20% off with minimum spend of \$20**

www.growhub.sg

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 at TDC**

- One Raffles Place, 1 Raffles Place #B1-31 S048616
- Tanjong Pagar, 7 Wallich Street #B2-16 S078884

www.thedailycut.sg

YoloFoods.™



At YoloFoods, our healthy meal delivery service ensures you eat the best and better meals to nourish your body and soul. From goal-based meal plans to ready-to-eat-meals in 3 minutes. YoloFoods providing you with restaurant quality, calorie-control meals approved by our in-house Olympic nutritionist!

- Promo code: **YFFF25N**
- **25% off new Yolofoods customers**
- Scan to claim free trial: bit.ly/3FaV3iK

<https://yolofoods.sg/>

BE THE FIRST IN FITNESS

ARISTON

The home of sustainable comfort

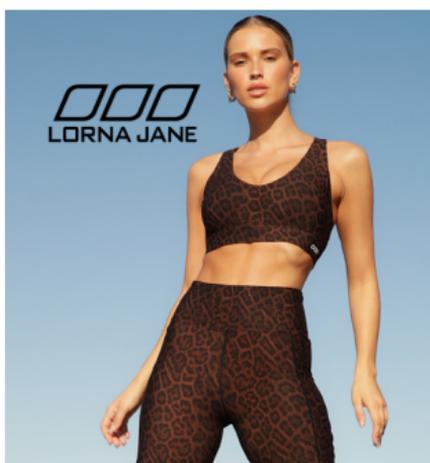


Ariston is the first in Singapore to launch WIFI-enabled smart water heater, a water heater equipped with a revolutionary smart technology, a renewed luxury design and a patented titanium heating element that comes with lifetime warranty.

- **10% off + free compressed towel worth \$12.90 with any purchase of Ariston water heaters**

23 Ubi Road 4, Audio House Building Level 1, Singapore 408620

www.ariston.com/en-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. 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 full purchase price**

www.lornajane.sg

mc.2



mc2 is Singapore's first-ever smart blind fashion gallery, a sprawling one-stop space where homeowners and interior designers can browse and purchase a wide array of home fashion products including smart awnings, blinds, curtains, wallpapers, marble, windows, timber offerings, smart home solutions and more.

- **Enjoy \$100 OFF with minimum spending of \$1,000**

33 Ubi Ave 3, #01-28/29/30, Singapore 408868
Tel: 6634 7333

www.mc2.com.sg



FREE DELIVERY
With Min. Spending of \$150.



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: FFFREEDEL**
- **Free delivery with min. spending of \$150**

5 Upper Aljunied Link #08-04 Quartz Industrial Building, Singapore 367903, Tel: +65 66538219

www.rack85.com.sg

RUHENS

To date, RUHENS has more than 30 years of well-established water filtration manufacturing technology. Their long-standing reputation as a leader in water purification technology has brought RUHENS to the global stage.

• **Enjoy \$339 Off Ruhens V or \$700 off Ruhens Ice with purchase of Ruhens water purifier**

• HQ / East - 33 Ubi Avenue 3, #01-32, Vertex Building Singapore 408868
 • North - 2 Gambas Crescent #01-31, Nordcom II Singapore 757046
 sales@ruhens.com.sg | Tel: +65 8186 2186 (Sales)
www.ruhens.com.sg



FITNESS FIRST AMENITIES

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





Atos Wellness Group founded in 1983 by Mr Aanandha Sharuraja f.k.a. Ananda Rajah has a history of over 30 years and still counting. Under his leadership, the group has now progressed to a multi-brands and concepts with outlets island-wide across Singapore.

- Enjoy any ONE of the following wellness treats at \$68 (excl. GST) (U.P. \$180):
 - > Brontë Basic Face Therapy
 - > BM Indonesian Massage
 - > Shiatsu Massage

- 25 North Bridge #01-01 Tel: 6841 9926
 - The Chevrons 48 Boon Lay Way #01-10 Tel: 6841 9926
- www.atoswellness.com.sg/22F198



Bodyworks and Rehab is a Manipulative Therapy-focused Physiotherapy Clinic. Since 2010, our team of qualified and experienced specialists has been assisting individuals in regaining their health and wellness.



- First consultation and treatment at 25% off
- 10% OFF on subsequent treatments.

Orchard Rendezvous Hotel, 1 Tanglin Road #03-12 Singapore 247905
www.bodyworksandrehab.com



Multiflora TCM Spa is Singapore's award-winning health & wellness spa since 2002. We promote self healing therapies with the combination of western perspective and technology with the eastern philosophy in a holistic and natural way.



- Enjoy 30 minutes Song Jin Therapy at \$38 (U.P. \$390)

Refer to website to view outlets.
www.multifloranoibara.com



START YOUR
FITNESS JOURNEY
 WITH US



OFFICIAL FITNESS PARTNER



EXPERIENCE THE DIFFERENCE WITH CHIROPRACTIC CARE!

As official partners of Fitness First, we can offer members

\$20 First Visit

including: digital posture analysis, weight distribution test,
chiropractor recommendations AND
a chiropractic adjustment!

AND 20% off ALL PACKAGES

*Train Harder, Less Injuries, Less Pain,
Become Stronger and Faster!*



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4 Award Winning Clinics:

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Tampines: 6782 6800

Toa Payoh: 6250 9305

Clementi: 6816 2957

www.totalhealthchiropractic.com.sg



**FIVE STAR
CUSTOMER RATING**

T&C's: Offer available for first time visitors to Total Health Chiropractic only. No rebate for treatments/packages already purchased. THC decision is final.

- 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 2023 (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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