



Fitness First

MEMBERSHIP HAS ITS **PRIVILEGES**

First Privileges 2021

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.



With over 16,000 restaurants and shops on our platform, foodpanda delivers everything from food you love to everyday items you need. Whether it's a juicy burger, refreshing bubble tea, or chicken rice from your local hawker, we've got all your cravings covered. And if you're missing milk, batteries, detergent or more, pandamart delivers over 40,000 products in under 20 minutes through your foodpanda app.

- > **Promo code: FITNESSFIRSTNC**
- > **\$5 off min. spend \$10 for new foodpanda users**

www.foodpanda.sg



Poke Theory is a fast food-first concept serving up modern poke bowls, acai bowls, cold pressed juice & healthy snacks.

- > **10% off for the meals purchased**
- > **Free Paid Topping with any Poke Bowl purchased**

1. Cross Street Exchange, #B1-110 Tel: 9468 5829
2. Change Alley Mall #01-18 Tel: 6612 7442
3. Marina One, the Heart #B2-52 Tel: 6284 3100
4. 111 Somerset #01-04 Tel: 6235 1041
5. Velocity @ Novena Square #01-53 Tel: 6904 6010
6. Great World City #B1-K129
7. DUO Galleria #01-36/37 Tel: 9015 0223
8. Park Place Residences @ PLQ #01-04 Tel: 6208 9345
9. One@KentRidge #02-12 Tel: 9654 3854

www.poketheory.com.sg

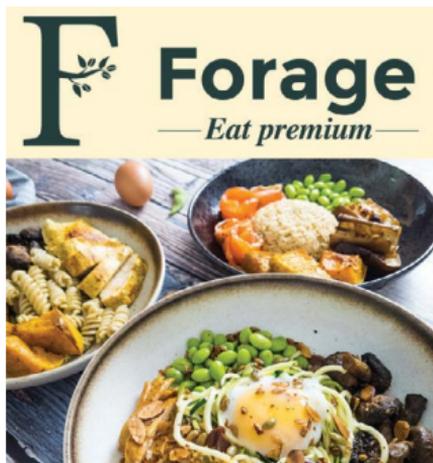


Nestled in an elegant and cozy setting decorated with unique Italian artifacts, Etna Italian Restaurant oozes an irresistible Italian charm and serves up a delightful contemporary Italian cuisine with a Sicilian touch. The kitchen team's exceptional culinary skills are visually enhanced by refreshing 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

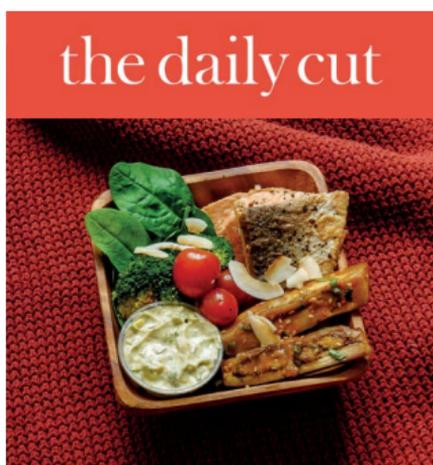
www.etnaitalianrestaurant.com



The best kind of nutrition comes from food items in their most natural state. From serving hearty salad bowls, specialty coffees to weekend brunches, Forage is your source of good nutrition and cozy environment to relax over a cup of latte.

> **10% off takeaway protein salad bowls. Discount can also be applied to drink items when they are purchased together with protein salad bowls.**

321 Clementi #01-04 Tel: 8892 4987
[Instagram.com/foragepremium](https://www.instagram.com/foragepremium)



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



SaladStop! aims to "bring freshness back to the table" allowing customers to create their own salad, wrap or grain bowl and choose from over 60 toppings and a selection of 20 homemade dressings. Here you can find specially crafted offering of salads, grain bowls, soups, crispy warm wraps and cold-pressed juices for every kind of dietary need. So EAT WIDE AWAKE with SaladStop!'s fresh and wholesome food.

> **Promo code: FITNESSF50**
> **50% OFF all items on pre-order, for first time users only**

Refer to website for all outlet location.
order.saladstop.com.sg



From our kitchen to your tummies, we serve you modern renditions of comfort food in the form of the well-loved grain bowl. Along the way, we support the causes and initiatives close to our hearts, whilst striving for an inclusive workspace. We do good, so you feel good.

> **10% off**

1. PLQ Mall #01-K3 (Outdoor Plaza) Tel: 9730 0472
2. Food Folks @ Lau Pa Sat, Stall 1
www.smol.sg



WFH? Enjoy quality Australian produce from The Meat Club. Shop cage free, hormone free, grass fed, free range, halal and vegetarian options online today, with FREE next day delivery available.

> \$20 off
> Promocode: TMC20

www.themeatclub.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.

> 15% of total bill

1. 12 Marina View, Asia Square Tower 2 #02-05,
Tel: 9459 6073
2. 6A Shenton Way, OUE Downtown Gallery #02-23,
Tel: 9459 6074

www.wafuken.com



Fitness First

**BE THE FIRST
IN FITNESS**



SARNIES

15% off for dine-in, takeaways
and online orders for Fitness First gym
and staff members.

Simply flash your Fitness First pass to
enjoy the discount at Sarnies!



Find us at
136 Telok Ayer Street,
Singapore 068601

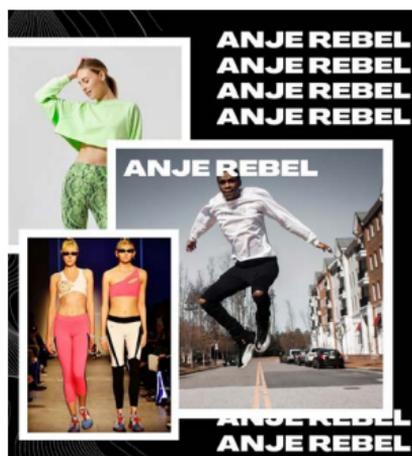
 [sarnies.sg](https://www.instagram.com/sarnies.sg)

Ariston Thermo is a global leader in space heating and water heating for residential, commercial and industrial uses.



> **15% off and free multi adaptor and measuring tape with any purchase of Ariston water heater**

23 Ubi Road 4, Audio House Building, Level 1
www.ariston.com/en-sg



At ANJE REBEL, we make every decision with the greatest respect for people and the planet. We'll always do what's right and follow our instincts that small steps lead to greater change for good. Nature and people are integral parts of who we are. Our actions and business practice will always protect them.

> **Promo code: ARXFF2021**
 > **Enjoy a special 15% discount off from our popular organics and super lift leggings.**

ANJEREBEL.com

Simplify daily life with beautifully functional Kickstarter products from all around the world. We bring to you the best award-winning crowdfunding projects, quality-refined over time.



> **Promo code: FITNESSFIRST10**
 > **10% off all products at all retail stores and online website.**

JustCo @ Marina Square, 6 Raffles Boulevard
 #03-308 Tel: 9113 2558
interstellargoods.sg



We are a Friendly Chiropractic team who love to help our patients with their Spinal Health as well as sports injuries. We often treat our patients for Disc Injuries, Pinched Nerves, Headaches as well as all types of neck, Back and joint pain. We are a family clinic and specialise in the treatment of patients of all ages from young children to elderly patients. Our Mission is to increase the awareness that we only have ONE SPINE and it is something we should take good care of.

> **Initial Consult at \$35 (half price)**

321 Clementi Ave 3 #02-04 Tel: 62599463
www.onespine.sg



10%
Off on Regular
Dental Services

Terms and Condition apply



Dental Implant and Invisalign Centre

Clinic Locations:

1. 420A Clementi Ave 1, #01-02 Singapore 121420
2. 710 Ang Mo Kio Ave 8, #01-2611 Singapore 560710
3. 45 Holland Drive, #01-353 Singapore 270045
4. 693 Woodlands Avenue 6, #01-05 Singapore 730693

0% INSTALMENT PLAN and IN-HOUSE INSTALMENT AVAILABLE





LIVE WELL
CHIROPRACTIC



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

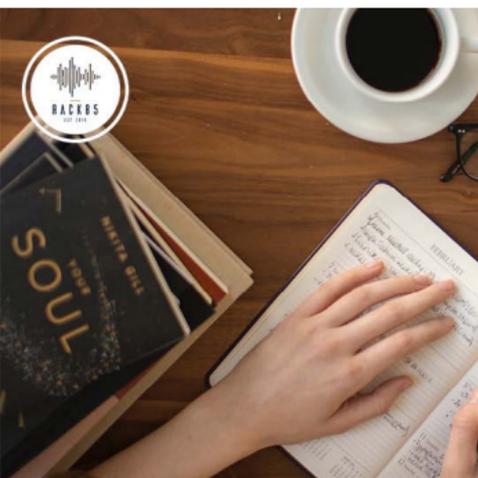


LORNA JANE

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.

> **15% discount off full purchase price**

48 Club Street, Singapore 069425 Tel: 6221 8641
www.lornajane.sg



**FREE
DELIVERY**

with min spend of \$100



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.

www.Rack85.com.sg

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

mc.2

mc.2 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 blinds, curtains, wallpapers, marble, timber offerings and more.

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



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

RUHENS

RUHENS is a global brand with 28 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. Now, RUHENS exports to over 60 countries worldwide. Every product delivered to homes are of the highest quality standards.

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



Vertex Building, #01-32 Tel: 8186 2186
ruhens.com.sg



Sureclean is Singapore's top 10 most trusted brand in hygiene and disinfection product and services. Sureclean is also the highest rated service provider on Facebook and Google as they focus on professionalism, high quality service and excellent customer service levels. The company's innovative propriety disinfectants and sanitizers are tested effective against 99% bacteria and viruses including all coronaviruses and SARS-COV-2.

> **Promo code: FF15%OFFSC**
> **15% OFF all products and services, minimum purchase of SGD100**

sureclean.com.sg



White Sails is a premier yacht charter provider in Singapore. Accompanied by our experienced captain and crew, you will go to pristine and idyllic Lazarus Island, which is about 30 mins away from Sentosa. There, you can participate in water activities such as kayaking, fishing and snorkelling and escape the hustle and bustle of city life without breaking the bank.

> **15% Off Private Yacht Charter to Lazarus Island**

whitesails.com.sg



Fitness First

FITNESS FIRST AMENITIES

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



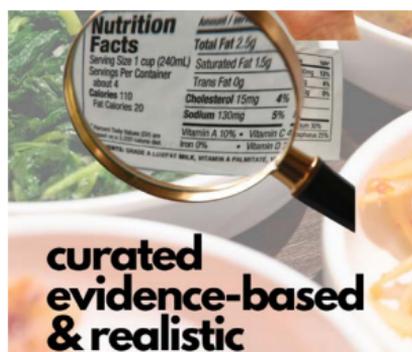
Chrysalis Spa is a one-stop spa haven in Singapore established since 2001. Chrysalis spa continues to evolve, in delivering its many sought-after beauty, wellness & health treatments to satisfy its clients' unique needs.

> **Complimentary 3 Deep Facial 30 min worth S\$241**

1. AMK Hub #03-26 Tel: 64819270
2. Jurong Point 1 #03-04 Tel: 62658308
3. North Point City #B1-160 Tel: 62527138
4. Pacific Plaza #03-13 Tel: 68849636

chrysalis.com.sg

KWON
NUTRITION
식품영양전문가



KWON Nutrition is a nutrition consultancy founded by a Registered Dietitian (South Korea) based in Singapore. KWON Nutrition also provides curated Korean language and cultural classes for individuals and corporate companies.

- > **10% off all services**
- > **15% off all services for existing students***
- > **Free 30 min consult with every successful referral**

kwonnutrition.com

indulge
skin & body lab



Established in 2003, Indulge Skin & Body Lab now has a chain of 3 outlets in Orchard, Star Vista and Ang Mo Kio Hub. Incorporating both TCM and science-based treatments, Indulge skin & Beauty Lab believes in trading the rest of customers' beauty and health problems for maximum results and efficacy.

- > **\$38 for 60min Body massage**
- > **\$38 for 60min Facial treatment**

1. Star Vista #B1-19/20 Tel: 6268 6876
2. AMK Hub #02-05/06/07 Tel: 6481 4138
3. 442 Orchard Road #02-09/10 Claymore Connect Singapore 238879 Tel: 67673191

www.indulgeskinlab.com.sg



HAACH is an award-winning luxurious beauty and wellness spa provider that offers a one stop solution in face, skin and body care.

> **Cool and Calm Service for \$23 (UP: \$398)**

1. Orchard Central, 181 Orchard Road #03-10/11, Singapore 238896, Tel: 6238 0123
2. Raffles City 252, North Bridge Road, #02-27A, Singapore 179103, Tel: 6254 2524
3. 100AM Mall, 100 Tras Street, #05-01, Singapore 079027, Tel: 6604 7878
4. Novena Specialist Center, 8 Sinaran Drive, #04-09, Singapore 307470, Tel: 6334 7884

www.haach.com



At The Posture Lab, we dwell in The Art of Fixing Bodies. We aim to enlighten you on how your muscles work and body functions, so that you are able to take care of yourself, in order to take better care of those you care about.

> **20% off all Single Sessions**

SCAPE, 2 Orchard Link #02-15 Tel: 8792 7172
www.theposturelab.sg



Established in 1990, VESURE blends natural plant and herbal extracts with traditional techniques designed to address the underlying cause of hair loss, premature grey hair and scalp issues. Backed by 30 years of research and clinical trials in Trichology, its ultra-light Essence intensify deep penetration of the anti-greying and hair growth promoting agents for an effective treatment.

> **\$50 off personalised hair thinning premature grey hair restoration home solution set**

BLK 714 Ang Mo Kio Ave 6 #01-4012 Tel: 6259 0977
vesurehairtherapy.sg



W.O.W! Wellness is a local café-style spalon located in the east, directly opposite Parkway Parade. We aim to offer the best facial and body treatments using the most traditional treatments such as TCM to the latest technology, using INDIBA for treatments such as Tension Relief and Slimming.

- > **1x Free skin analysis** (worth \$88)
- > **1x Free chromo LED light therapy** (worth \$138)
- > **1 x \$10 Product Discount Voucher**
- > **Promo code: FF10** (for online product purchases)
- > **1 x \$68 Indiba tension relief - 30 min** (UP \$280)
- > **1 x \$48 Pre+probiotic facial - 90 min** (UP \$268)
- > **30% off treatment package**

Roxy Square #01-109 Tel: 6243 3383
www.wowwellness.sg





**Eu Yan Sang
TCM Clinic**
余仁生中医诊所



**Eu Yan Sang
TCM Wellness Clinic**
余仁生中医健康管理诊所



**Complimentary
Consultation
for New Patients**

**One Day Medication
Free with Purchase of
5 Days' Medication
for Existing Patients**

*Terms and conditions apply.

Fitness First members must produce your membership card upon registration to be eligible for offer.

More details at <https://sg.euyansangclinic.com/promotions-fitness-first>

Ang Mo Kio 6451 4977 | Bedok 6242 2205 | Bukit Panjang Plaza 6766 5234
Century Square Mall 6783 6911 | Chinatown Point 6694 7193 | Clementi Mall 6774 5178
Compass One 6283 6761 | Eastpoint Mall 6785 9159 | Hougang Mall 6385 5969 | Jem 6684 5677
NEX 6634 8042 | Plaza Singapura 6238 1801 | Royal Square @ Novena 6266 6339
Sembawang 6556 4528 | South Bridge Road 6223 5085 | Tiong Bahru Plaza 6278 6348
Waterway Point 6875 7004 | Woods Square 6365 6518



euyansangtcmclinic



euyansangtcmclinic

<https://sg.euyansangclinic.com>



Chiropractic Care To Maximize *Your* Performance

\$20 FIRST VISIT INCL. TREATMENT

PLUS 20% OFF TREATMENTS!



Scan QR Code to Sign-Up!
Preferred Partners of Fitness First
Exclusive to Fitness First Members!



 **TOTALHEALTH**
CHIROPRACTIC • SINGAPORE

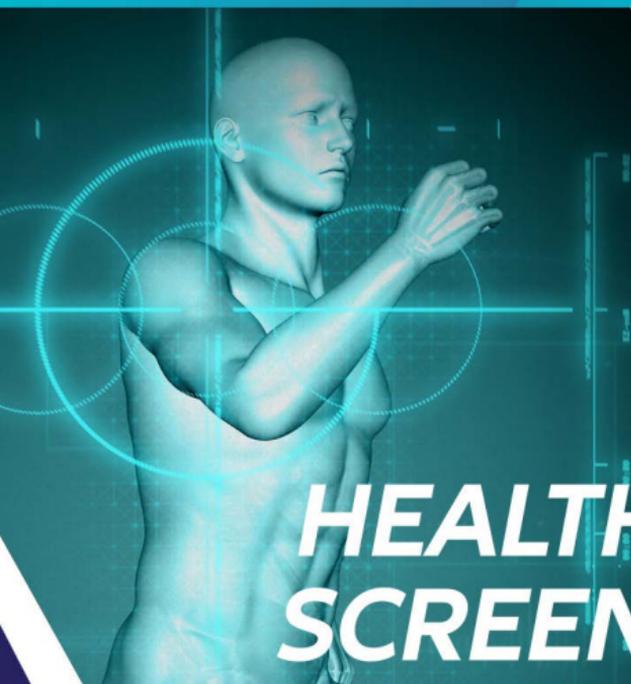
5 Award Winning Locations!

CBD • TANJONG PAGAR • TAMPINES • TOA PAYOH • CLEMENTI

www.totalhealthchiropractic.com.sg



Quantum
Medical Imaging



HEALTH SCREENING

PACKAGES *With full medical report and review*

For both men and ladies

Alpha

(\$298 w/o GST, \$318.86 w/GST)

- Doctor's consult and risk assessment
- Weight, height, BMI, blood pressure, heart rate, oxygen saturation
- Eye check for visual acuity & colour blindness
- Clinical examination of the heart, lungs, pelvis, abdomen, musculoskeletal & nervous system
- Resting ECG

LABORATORY TESTS

Haematology
Full blood count, peripheral blood film, erythrocyte sedimentation rate

LIPID/ CARDIAC RISK PROFILE

Cholesterol HDL, cholesterol LDL, Total cholesterol/ HDL ratio, triglycerides, wr-CRP (marker for cardiovascular risk)

DIABETIC PANEL

Glucose (fasting)

KIDNEY FUNCTION TEST

Urea, creatinine, sodium, potassium, chloride

BONE/ JOINT PROFILE

Calcium, phosphate, uric acid

LIVER FUNCTION TEST

Bilirubin, protein, albumin, globulin, A/G ratio, ALT/ SGPT, AST/ SGOT, alkaline phosphatase, gamma GT

STD SCREEN

HIV, VD Screen (Syphilis TP Ab Screen)

URINE ANALYSIS

UFEME, urine microalbumin/ creatinine ratio

IMAGING TESTS

Ultrasound Abdomen
Ultrasound Prostate (men)/ Pelvis (women)

Omega

(\$598 w/o GST, \$639.86 w/GST)

- Doctor's consult and risk assessment
- Weight, height, BMI, blood pressure, heart rate, oxygen saturation
- Eye check for visual acuity & colour blindness
- Clinical examination of the heart, lungs, pelvis, abdomen, musculoskeletal & nervous system
- Resting ECG

LABORATORY TESTS

Haematology
Full blood count, peripheral blood film, erythrocyte sedimentation rate

LIPID/ CARDIAC RISK PROFILE

Cholesterol HDL, cholesterol LDL, Total cholesterol/ HDL ratio, triglycerides, wr-CRP (marker for cardiovascular risk)

DIABETIC PANEL

Glucose (fasting)

KIDNEY FUNCTION TEST

Urea, creatinine, sodium, potassium, chloride

BONE/ JOINT PROFILE

Calcium, phosphate, uric acid

LIVER FUNCTION TEST

Bilirubin, protein, albumin, globulin, A/G ratio, ALT/ SGPT, AST/ SGOT, alkaline phosphatase, gamma GT

STD SCREEN

HIV, VD Screen (Syphilis TP Ab Screen)

URINE ANALYSIS

UFEME, urine microalbumin/ creatinine ratio

IMAGING TESTS

Choice of 1 MRI (with specialist referral)

- Knee
- Ankle
- Shoulder
- Low back pain
- Neck pain



📍 12 Kallang Avenue, #02-05/06, Aperia Mall Singapore 339 511
 ☎ +65 6283 1085
 ✉ info@quantummed.sg
 🌐 www.quantummed.sg

Monday - Friday 9am - 7.30pm Saturday 9am - 1pm Sunday / PH Closed

- 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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