

BEFORE YOUR VISIT



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



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



Masks must continue to be worn at all times unless you are engaged in strenuous exercise, showering or re-hydrating. When a mask is removed it must be worn promptly after.

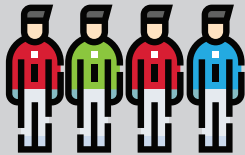


Access to Fitness First will only be granted to **fully vaccinated individuals** (2 weeks after the 2nd dose), **recovered COVID-19 individuals** and **unvaccinated individuals who have tested negative through a Pre-Event Test**.

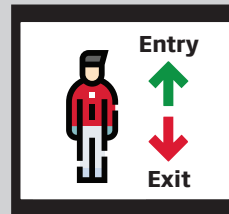
Management reserves the right to refuse entry or require the person(s) to leave the premises if he/she fails to comply with the above safe management measures in our clubs.

FRONT OF HOUSE

Max 50 pax

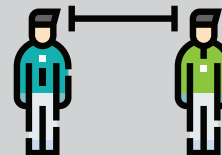


Gym floor capacity will be limited to **1 person per 10 square meters** or to a maximum of 50 (whichever is lower)



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

1M +



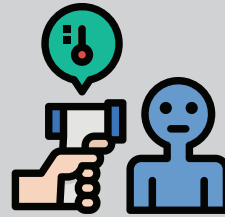
Maintain a **1m safe distance** from one another at common areas when not working out.



All visitors to Fitness First must **check in via SafeEntry** and show their vaccination status via the TraceTogether app, HealthHub app or by providing an original MOH certified report upon arrival.



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.

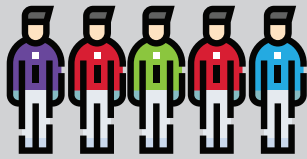
We encourage you to bring your own mats, mat toppers, workout attires and towels*

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

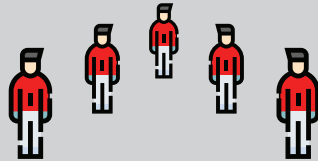
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GYM FLOOR AND STUDIOS

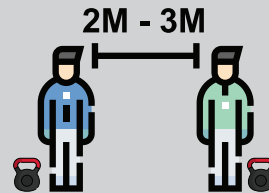
Max 5 pax



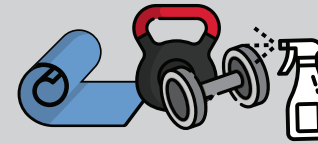
Group sizes will be capped at 5 pax. Group Fitness participants will be required to declare the group zone you choose to occupy before each class to aid contact tracing.



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



Practice **safe distancing** during your workout.



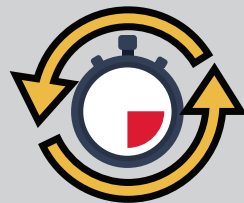
Disinfect your equipment and mat before and after use.



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.



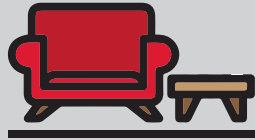
Bring your own **boxing gloves and wraps**.



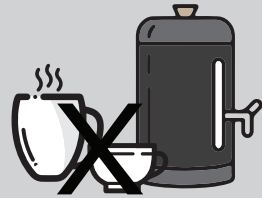
Fitness First employees will act as **Safe Management Officers** throughout the day to ensure compliance with the Safe Management Measures required by the authorities.

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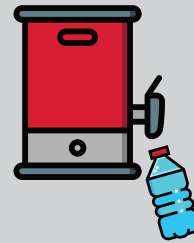
MEMBER LOUNGE AND CHANGING ROOM



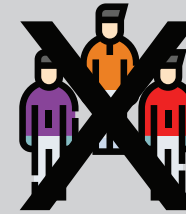
Member lounge :
Only **digital newspapers** and **magazines** will be provided.



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



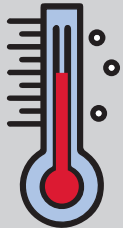
Please **avoid contact** between your water bottle and the nozzle of the dispenser.



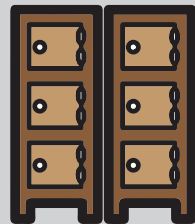
Reduce socialising and minimise communication with one another.



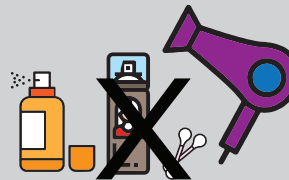
Staff and cleaners will be **cleaning and disinfecting** the shared spaces and equipment regularly.



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.



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

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