



Fitness First

YOUR JOURNEY

AS OUR VALUED MEMBER

LET'S START THE JOURNEY

Here at Fitness First we are committed to providing a great workout experience for our members, so that everyone can get fit while enjoying our endless flow of great privileges.

LEVEL 1

NEW JOINED - 3 MONTHS



3 TRIAL CARDS AND GO FURTHER T-SHIRT

Newly joined member will receive 3 Free trial cards for your friends. When the trial card is activated, member will automatically get a Go Further T-Shirt.



STARTER PACK

Instantly receive the Starter Pack with Protein shaker when 10 referrals are given to us.



BODYSTART PROGRAM

New members can start your fitness journey with confidence with our 2 complimentary PT sessions. This will help you figure out the most suitable exercise program that will help you reach your goal successfully.



BODYFIRST

If you have just bought the BodyFirst program, please don't forget to keep exercising for 3 consecutive months in order to get as much as 3,600 Baht cash back or 80 FitCoin from our Great Start Reward activity.



5 STARTER PT SESSIONS

Best value for money PT pack, BuyNow PT package is offered for newly joined member.



PLATINUM / ZONE / CLUB CLASS TRIAL CARD

Feel like experiencing new work-out environments and atmosphere? Come in and try any of our Platinum, Zone and Club Class clubs! Please contact the clubs' receptionists to get the 1 Trial Card.



LEVEL 2

3 - 10 MONTHS



FITNESS REASSESSMENT AT 5TH MONTH

Get your new exercise program every 2 months from our team to suit your constantly changing body and fitness level. Contact our staff for appointment.

BODYFIRST GREAT START REWARD

If you are a new member and have just bought the BodyFirst program, please don't forget to keep exercising for 3 consecutive months in order to get as much as 3,600 Baht cash back or 80 FitCoin from our Great Start Reward activity. Please check your status with our friendly staff.

LEVEL 3

10 MONTHS+

firstclub member

If you have been a Fitness First member for a continuous period of 10 months or more, you will be automatically upgraded to be First Club member which comes with a wide range of additional benefits.

FRIEND REFERRAL PRIVILEGE

- > Receive 500, 1000, or 1,500 baht cash voucher discount (one time use) or 40, 80 or 120 FitCoin, vary upon members' length of stay.
- > Cash voucher discount is applicable for monthly due and PT package, one time use only and cannot be exchanged or change to cash.

FAMILY REFERRAL PRIVILEGE

- > Your family will receive 1 or 2 months free membership or 2 months free for if you are 60+ month member.
- > Applicable for to lifestyle or higher membership type only.
- > Member's family refers to member's siblings, parents, spouse, and children. This does not include relatives with the same last name.

10 OF 7 DAY FRIEND AND FAMILY COMPLIMENTARY VOUCHERS

- > Member is not required to accompany guests to the club.
- > Guests must not have been Fitness First members for at least the last 6 months.
- > Guests must be different in each visit.
- > Guests can choose any of the clubs and enjoy access at the same club for 7 consecutive days.
- > Guests must sign the guest register upon each entry and must present an Identification Card upon arrival.
- > Guests are entitled to free towels and workout kit service.



ALL TIME BENEFITS

What is FitCoin?

FitCoin is a common unit used between Fitness First and members which can be redeemed for STUFF product or gifts. FitCoin can be earned from participating in activities conducted by Fitness First and valid 12 months from the date you earned.



REFERRAL COLLECTIBLE FITCOIN CAMPAIGN

Collect FitCoin throughout the year every time you refer friends to join with us, 1 friend for 25 FitCoin to redeem Fitness First's special thank you gifts.



PT COLLECTIBLE FITCOIN CAMPAIGN

Fitness First members who have purchased our PT sessions can now collect points with our PT Collectible FitCoin Campaign! 25 FitCoin is earned for every 30 session, 50 FitCoin for the 50 session and 75 FitCoin for 75 session pack. Please discuss with our fitness team for more information.



LEAD GENERATIONS

Only refers your friends' names to us, get a chance to win prizes. No need to join at all.



INTERNATIONAL PASSPORT

Travelling? Don't let your travel plans intervene with your workout routine. Contact our receptionists for more details and get your International Passport prior to your departure.



FITNESS REASSESSMENT

Get your new exercise program every 2 months from our team to suit your constantly changing body and fitness level. Contact our staff for appointment.



BIRTHDAY PRIVILEGES



Healthier happiness during your birth month. Fitness First offers the following birthday gifts to our valued members during their birthday month.

BRING ONE SAME FRIEND FOR FREE IN YOUR BIRTH MONTH

- > Please register with your friend to receive Temporary Membership card at the first visit, and your friend can enjoy him/herself at the selected club by their own.
- > Friend must NOT have been a Fitness First member for during the past 6 months.
- > Friend is entitled to towels and workout kit services.
- > Each guest is entitled to this privilege only once a year.

FREE 2 FITNESS ASSESSMENTS

- > Update your fitness status by getting 2 x 45 minute sessions valid in the birth month.
- > 24 hours advance booking is required at Personal Training counter for each session.

GET DOUBLE REFERRAL FITCOIN

- > Get bonus when refer friends to join, 50 FitCoin, during the birth month.

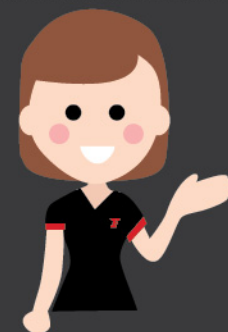
GET FITCOIN BONUS PURCHASE PT PACKAGE

- > Extra 15 FitCoin for 30 session package, Total 40 FitCoin
- > Extra 30 FitCoin for 50 session package, Total 80 FitCoin
- > Extra 45 FitCoin for 75 session package, Total 120 FitCoin



Terms and Conditions

- > Privileges for the First Club are reserved exclusively for First Club members—privileges cannot be transferred to any other person.
- > The terms and conditions in this handbook are in addition to that of your original membership.
- > First club membership is available to members in or beyond their 10th month of continuous membership with Fitness First or available in a specific campaign.
- > Terms and Conditions are subject to change. Management reserves the right to change the terms and conditions of the First Club membership and all privileges/offers/merchandise/events associated with the membership at anytime without prior notice.
- > All privileges stated above are valid in Thailand only.



For more information, please contact any of our friendly staff or check out our website www.fitnessfirst.co.th



Join and never miss the updates
Add line [@FitnessFirstTH](https://www.fitnessfirst.co.th)

MEMBER BENEFIT PROGRAMS

BEING A MEMBER AT FITNESS FIRST
IS ALWAYS REWARDED

			ALL TIME BENEFITS	BODYFIRST	PT MEMBER			BIRTHDAY	FIRST CLUB	FIRST CLUB PLUS	
		NEW JOINED MEMBERS	CURRENT MEMBERS	GREAT START REWARD	30 SS	50 SS	50 SS	For all members in the birth month	10+ months	36+ months	60+ months
3 Trial card and Go Further T-Shirt		3 cards									
BodyStart: meet the trainer		2 times									
Platinum / Zone / Club Class Trial Card			1 time								
International Passport in selected countries			Contact us prior to your departure								
When refer a friend to join			25 FitCoin								
Get FitCoin to redeem for the Fitness First merchandise items when purchase PT package					25 FitCoin	50 FitCoin	75 FitCoin				
BodyFirst member who complete 12 weeks exercise requirement is entitled the <u>choose</u> cash back on:	Cash Discount ¹ (Baht)			1,600							
	FitCoin			80							
> Or PT Package				Value	Freedom						
- 20 SS (Baht)				1,600	1,800						
- 30 SS (Baht)				2,200	2,500						
- 50 / 75 SS (Baht)				3,200	3,600						
Fitness Reassessment			Every 2 month					2 times			
Free trial for 1 friend								During the birth month			
Get double bonus FitCoin when refer a friend to join								+25 FitCoin			
FitCoin Bonus when purchase PT package	30 SS							+15 FitCoin			
	50 SS							+30 FitCoin			
	75 SS							+45 FitCoin			
Refer friend to join and <u>choose</u> cash or FitCoin	Cash Discount ² (Baht)								500	1000	1500
	FitCoin								40	80	120
Family referral benefit (month)									1	1	2
7 day free trial card (card)									10	10	10

*Terms and Conditions apply and cannot be exchanged or change to cash

1. Discount on monthly fee is excluded from the contract

2. Cash Discount for monthly dues and PT package only