Fitness First™

nuss
The Graduate Club



Fitness First FAQs

NUSS x Fitness First Benefit Overview

Everything you need to know to start training at any Fitness First club in Singapore.

ABOUT YOUR BENEFIT

What do I get access to?

Full access to **all Fitness First clubs in Singapore**, including group classes you can book 6 days in advance on the app.

What is not included?

Personal Training, shoe locker rental and retail items are charged separately if you use them.

1 credit = one gym or one class access

1

Any additional class attended on the same day deducts **another credit**.

Reformer Pilates at Bugis Junction

2

2 credits are deducted for each Reformer Pilates class attended at Fitness First Bugis Junction.

Is there a minimum age?

14+

Members must be at least 14 years of age. Members under 18 must obtain parental or guardian consent to accept the membership terms and conditions.

GETTING STARTED IN 3 STEPS

STEP 1

Sign up

Submit the **NUSS booking form**. You'll receive an email confirming your Fitness First membership ID.

STEP 2

Get the app

Download the **Fitness First SEA app** and log in with the email registered with NUSS.

STEP 3

Visit the club

Scan your **app QR code** at reception, flash your NUSS card and sign in on the club's iPad to agree to the indemnity.

Need help with the Fitness First SEA app?
Our Customer Service team is happy to help.

6713 9120

FITNESS FIRST SEA APP



Step 1 – Download the App

- **Download the latest Fitness First SEA App** to view the class schedule and capacity for all clubs across Singapore.
- You can **book up to 6 days in advance** for your favourite classes on the app.
- A member of our team will be happy to assist you with your app setup on your first visit to the club should you face any issues.



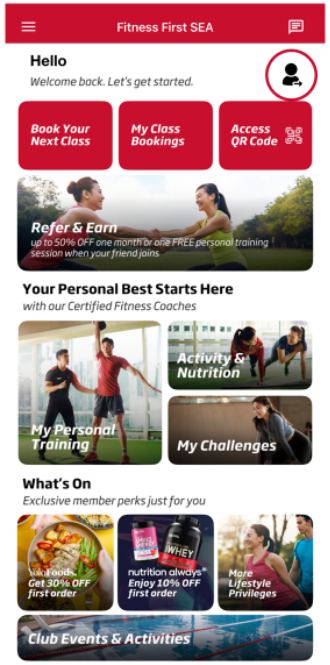
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ANDROID

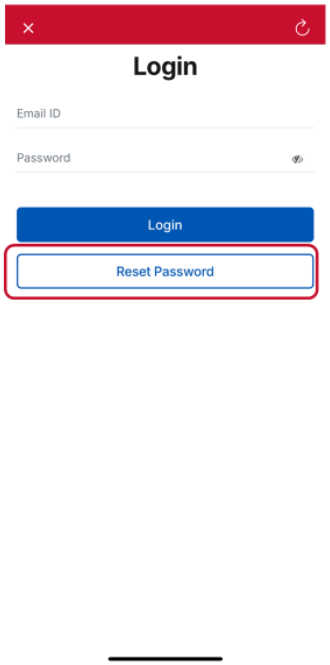
First-Time Login (Reset Password)

Existing Members need to reset password using their email registered with Fitness First Singapore

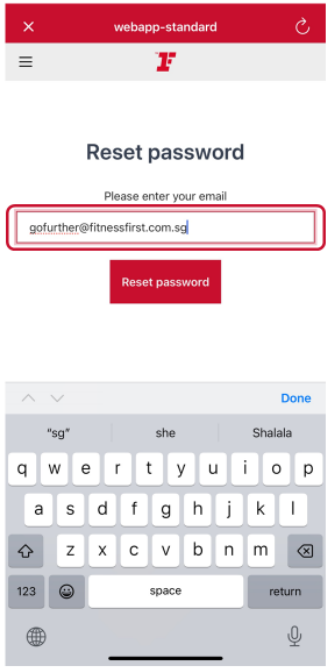
Step 1
Tap on user login icon on App home screen



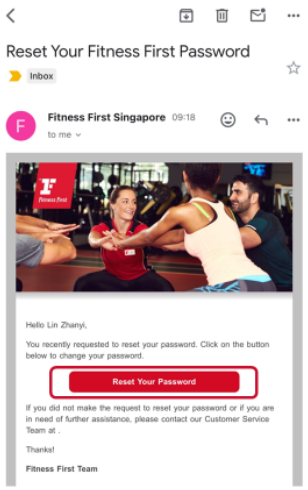
Step 2
Tap on "Reset Password" on the Login screen



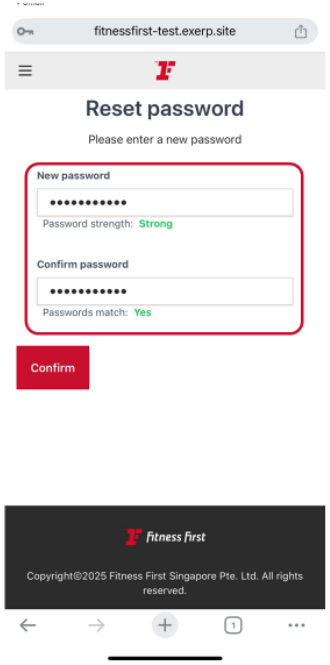
Step 3
Enter your email address and tap on "Reset" password"



Step 4
Tap on "Reset Your Password" on the Reset Password email received



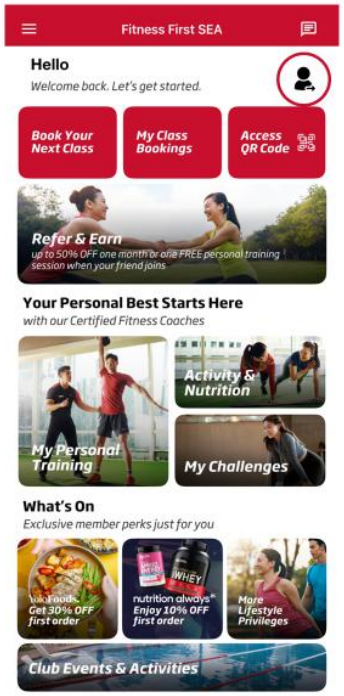
Step 5
Set your desired password and tap "Confirm"



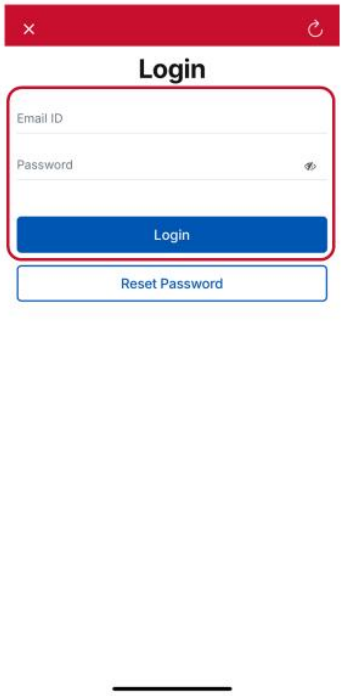
First-Time Login (After password reset)

Go back to the Fitness First SEA app to sign in with email address registered with Fitness First and new password

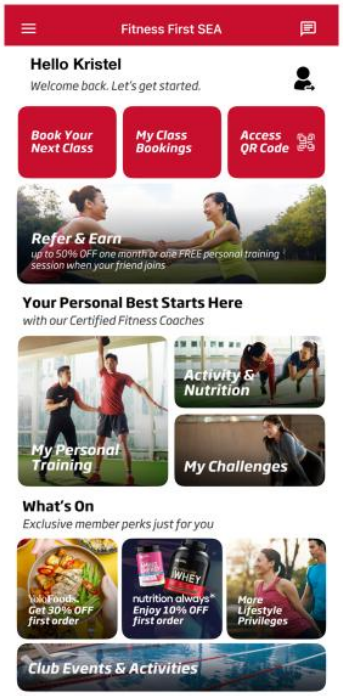
Step 1
Tap on user login icon on App home screen



Step 2
Enter email and password and tap on "Login"



Step 3
After successful login, you will be able to see your name on home screen



Club Visit Process Flow

EVERY VISIT

- **Scan the QR code on your Fitness First SEA app** at reception
- Flash your **NUSS Membership card**
- **Sign in** on the Club's iPad and provide **Name, date, Club location and agree to the indemnity**

ACCESS RIGHTS

- Full access to **all club services** and facilities including all group fitness classes* in Singapore

* Please download the Fitness First SEA app and login using your email registered with NUSS Club.

EXCLUSIONS

1-on-1 Personal Training sessions, shoe locker rental, pro-shop and F&B purchases

These services can be purchased directly at Fitness First and paid by NUSS members.

Fitness First

Class Booking Rules

nuss The Graduate Club

Booking rules help keep group classes fair and accessible for every member.

BOOKING & CHECK-IN

Just using the gym?

No booking needed. Simply walk in to any club. App bookings are only required for group classes.

How far ahead can I book?

Prior booking is required for all group fitness classes. Bookings open 6 days before the class.

Do I need to check in?

Yes. Check in at the Front of House for every group fitness class to avoid a penalty.

6 DAYS

Booking window opens before each class on the Fitness First SEA app

NO-SHOWS & LATE CANCELLATIONS*

7-Day booking suspension

of booking privileges

Applies to no-shows and late cancellations, up to 4 times within a 30-day cycle, to keep bookings fair for all.

A penalty applies under any of these conditions:

Normal booking

Cancelling under 2 hours before start time

Waitlist booking

Cancelling under 30 mins before start time

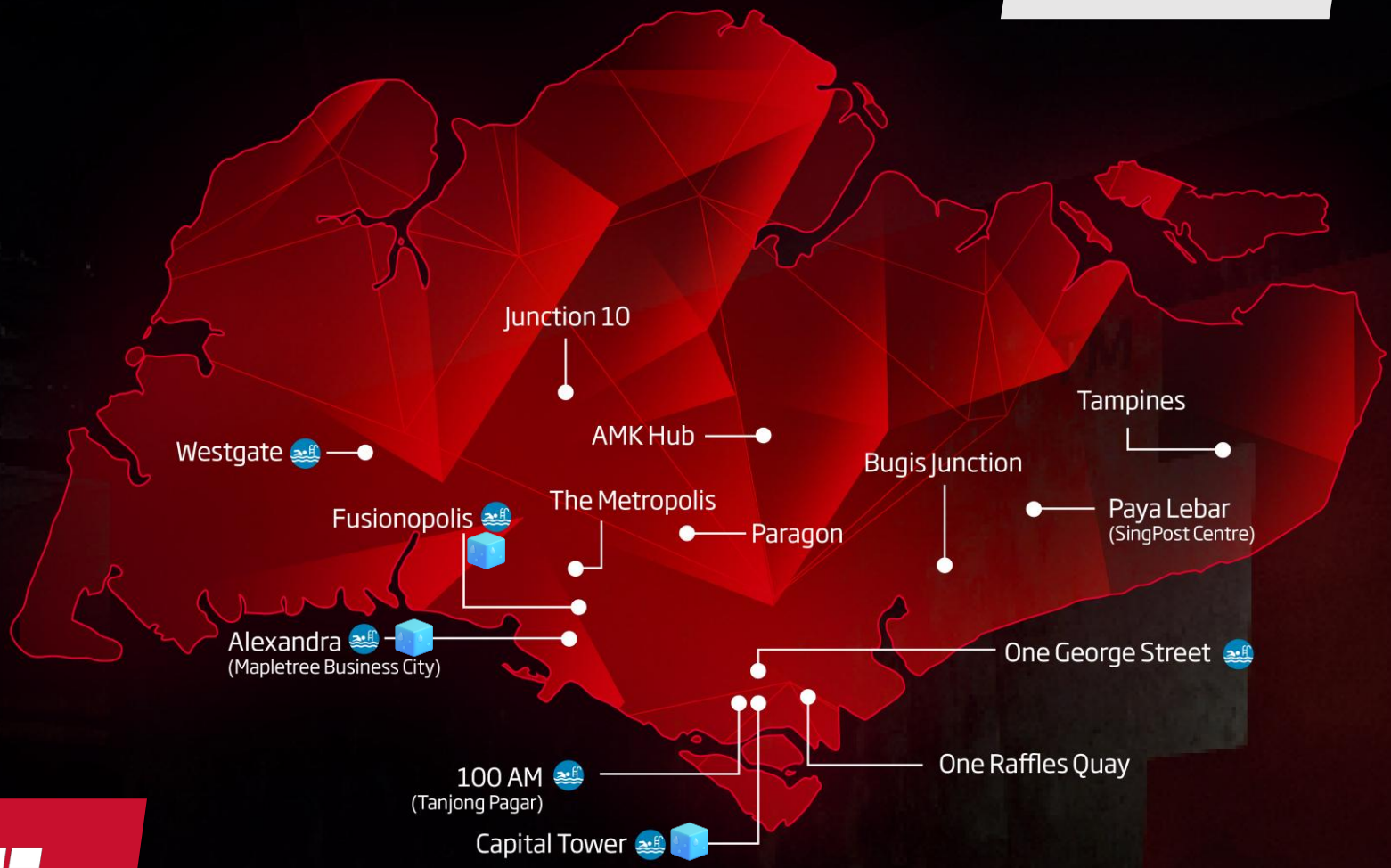
No-show

Not attending a booked class without cancelling

***only applicable to group classes and not gym access.**

Where are Fitness First Clubs located?

Find our clubs here



Fitness First



What you can find at Fitness First…

- Over **5000 Group Fitness Experiences** per month
- The **latest strength and cardio equipment**
- **6 swimming pools** across the island
- **Fully Certified Fitness Coaches**
- **Workout attire** provided in **11 clubs**
- **Towel service** across all clubs
- Relaxation zone with **Ice-Bath, steam, sauna** and **members' lounge**
- **Spacious changing facilities** with **large day-use lockers**
- and much more…

Fitness First

5000+ GROUP CLASSES PER MONTH

STRENGTH & CONDITIONING



LesMills BODYPUMP
ANIMAL FLOW

HIIT X



HIIT rush
HIIT strength

CARDIOVASCULAR



RUN CLUB
LesMills RPM

FIGHT SERIES



NAK MUAY
BOOM

DANCE



ZUMBA
KpopX Fitness

MIND & BODY



NEW Reformer Pilates







MORE THAN JUST A GYM

From complimentary attire to sauna & steam rooms – all included













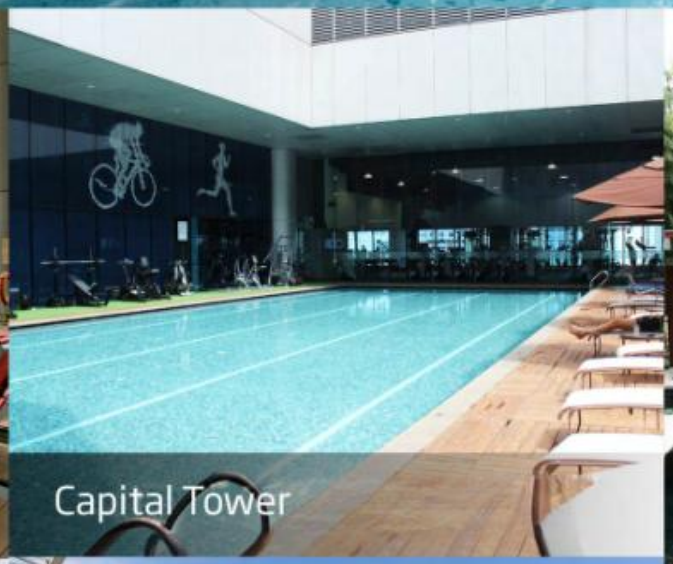




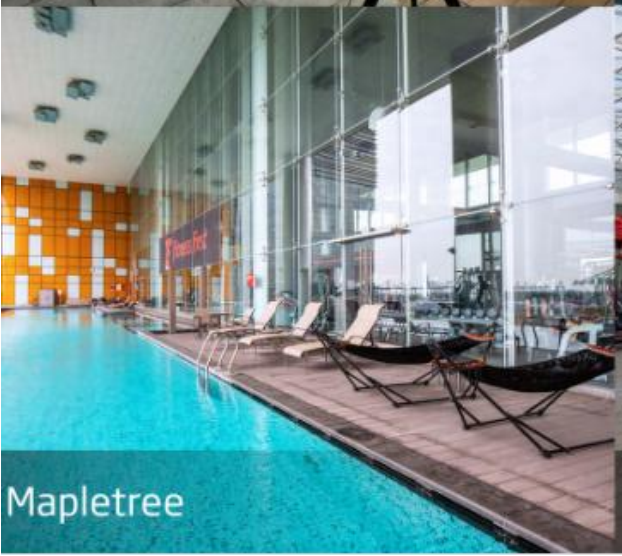
SWIMMING POOLS

Take part in Group Exercise classes like AQUAFIT and H2O Flow or simply to sunbathe and relax


One George Street


Capital Tower


100AM (Amara Hotel)


Mapletree


Fusionopolis


Westgate

THANK YOU!

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