



# WELCOME TO PLANET FITNESS

THE JUDGEMENT FREE ZONE®

# YOU DID IT!

## FITNESS FEELS GOOD



### Smile It Up

Research finds that doing any kind of physical activity for as little as 10 minutes a week can significantly improve your odds of feeling happy.



### Catch Some Z's

Whether you have trouble falling asleep or staying awake, regular exercise can help regulate your sleep cycle and help you sleep more soundly.



### Minutes are Mighty

Even 10 minutes of exercise will help raise your heart rate and maintain fitness levels.



### Feel the Glow

Regular exercise can increase the production of antioxidants and promote healthy blood flow, which can help protect your skin.



### Get Energised

Feeling groggy? Exercise has been proven to increase energy levels throughout the day.



### Forget Forgetfulness

Studies suggest that exercising regularly has a positive impact on memory and cognitive function.

## WHAT TO EXPECT ON DAY ONE



### PF KEYTAG

This is your key to the club! Say hi to the service desk team member and show them your keytag to check in. Didn't bring your keytag? No sweat... drop by and see us at the service. After your workout, don't worry about checking out, but feel free to grab a Mentos as a reward on your way out the door!

### FIRST VISIT CHECKLIST

- ✓ Say hello at the service desk and check in using your keytag.
- ✓ If you haven't already, our team members will take your picture for your member profile.
- ✓ Sign up for one of the free fitness training sessions at the service desk.
- ✓ Use any piece of equipment as long as you like! Not sure what to use or how to start? Ask a team member!
- ✓ Don't forget to wipe down the equipment after use. Paper towels and cleaning solutions are located at cleaning stations around the gym.

### WHAT TO BRING

Come dressed to work out or change in our locker rooms! If you are going to take advantage of our shower facilities, be sure to bring your own towel, shampoo, and soap from home!



Headphones are a must if you want to watch any of our TVs while doing cardio!



# PLANET FITNESS ESSENTIALS

## CLEAN, SPACIOUS FACILITIES



Our team members take pride in keeping our clubs squeaky clean, all the way from the front door to the locker rooms. That's why you'll see them wiping down machines throughout the day, making sure your workout is as clean and comfortable as possible.

## FRIENDLY TEAM MEMBERS



Everyone should feel comfortable as soon as they step in the door, and our team members make this happen. Our friendly team members are at your service and eager to help, so feel free to go to them with any questions or concerns.

## AVOID THE CROWDS!



Most new members think the busiest days/times in the clubs are on the weekends, but the busiest times in our clubs are actually Mon, Tues, Wed from 4pm-8pm!

	M	T	W	Th	F	Sa	Su
Minimal Crowds	12am-5am 10pm-12am	12am-5am, 10pm-12am	12am-5am, 10pm-12am	12am-5am, 10pm-12am	12am-5am, 9pm-12am	12am-7am, 9pm-12am	12am-8am, 8pm-12am
Moderate Crowds	5am-4pm, 8pm-10pm	5am-4pm, 8pm-10pm	5am-4pm, 8pm-10pm	5am-5pm, 8pm-10pm	5am-9pm	8am-9pm	8am-7pm

## REWARDS AND RITUALS



In 1998, one of our clubs in the US lost power, and in the pre-internet days, that made informing our members pretty tough. The store wanted to apologize to the members, so they did so in the best way— with coffee, bagels and pizza! Members were so happy, we decided to make this a tradition.



To this day, we celebrate our members for showing up by rewarding them with FREE pizza on the first Monday of every month, and muffins on the second Tuesday of every month.

# FREE FITNESS TRAINING

Our Free Fitness Training program is available for all fitness levels. We offer a schedule of small group training sessions by our certified fitness trainers each weekday.

**For. Free.**

## SESSION NAME DURATION DESCRIPTION

New Member Orientation	30 Minutes	If you're new to fitness and want to learn about our equipment and programming, this session is for you
Design Your Own Program	1 Hour	Have our trainer design you a personalized fitness routine based on your fitness goals
30 Min Circuit Session	30 Minutes	Our trainer will take you through a fast, effective, full-body workout
Stretch Session	30 Minutes	Start the recovery process and enhance your flexibility with this relaxing post workout session
Muscle Group Specific Sessions	30 Minutes	Sessions focused on a specific area of the body

**PLUS:** more sessions available for club specific equipment! Check out your location's timetable online at [PlanetFitness.com.au](http://PlanetFitness.com.au).

## SIGN ME UP!

You can sign up for a session ahead of time on your member portal or visit the service desk. Our team members are happy to help!

## NO TIME? NO PROBLEM

Only have 30 minutes? Don't sweat it! Our 30 minute circuit is a quick, guided routine for members who want a great workout in a short amount of time. Check it out for yourself or ask a team member for more info!



# PF BLACK CARD SPA

Relax and unwind after your workout in the Planet Fitness Black Card Spa, featuring state-of-the-art massage equipment, weekly private spray tanning & Total Body Enhancement. Rest your tired muscles and pamper yourself. Our Black Card members are able to enjoy complimentary use of the Spa.

**RELAX. UNWIND.**

## BOOK IN TODAY!

You can book in for a spa sessions ahead of time by visiting the service desk or giving us a call. Our team members are happy to help!

### MASSAGE CHAIRS

Enjoy the benefits of the soothing recuperative nature of deep tissue kneading. Massage can be used as a means to enhance pre-workout preparation and reduce recovery time by relieving muscle swelling and tension.

### TOTAL BODY ENHANCEMENT

The Beauty Angel works to reduce muscle soreness and relieve tightness in the joints. This can also be used independently of exercise, benefiting core strength, muscle tone, and relaxation. The Beauty Angel offers benefits to all users, regardless of age, gender & skin tone.

### HYDROMASSAGE BED

HydroMassage provides a convenient way to enjoy the relaxing benefits of massage. Travelling jets move up and down the body with wave-like streams of heated water allowing you to select the speed and targeted location.

### WEEKLY PRIVATE SPRAY TANNING

This system provides a premium spray tanning experience with 3 spray nozzles for even full-body coverage. Enjoy the private room with an open booth that has a warm, comfortably heated environment that provides an easy and relaxing experience, resulting in a beautiful even tan.

# HAVE a **pf** BLACK CARD®?

ALL. THE. PERKS.

Work out and perk out with the PF Black Card®. Get ALL. THE. PERKS. including:



## USE ANY LOCATION

PF Black Card® members have access to any of our nearly 2000+ locations worldwide! Just sign in and show your PF Black Card® to the service desk.\*



## BRING A GUEST

PF Black Card® members can bring a friend for free to any location! Just bring your friend (and their ID!) to the service desk and sign them in. The only hard part is deciding who to bring!\*\*



## BLACK CARD SPA

Relax before, after, or instead of your workout in the PF Black Card® Spa. Enjoy massage chairs, weekly private spray tanning, hydromassages, and more!\*\*\*



## 50% OFF DRINKS

Need to cool off? Head to the fridge and grab an ice-cold drink for 50% off.\*\*\*\*



## NEW PERKS ALL THE TIME

We're always adding awesome new features for our PF Black Card® members, so keep an eye out for the latest perk!

## WISH YOU HAD ALL THESE PERKS?

Upgrading is easy! Ask a team member for help.

\*Limit 10 visits per visiting location per month.

\*\* All guests must be at least 13 years of age. All guests under 18 years of age must be accompanied by a parent or guardian. Guest must be accompanied by PF Black Card® member at location for the duration of the visit. Guest does not have access to PF Black Card® amenities.

\*\*\* Some amenities at select locations only.

\*\*\*\* 50% off drinks applies to bottled water and our Powerade selection.

# YOU GOT THIS

At Planet Fitness, we're here to provide a unique environment in which anyone – and we mean anyone – can be comfortable. A diverse, Judgement Free Zone® where a lasting, active lifestyle can be built. Our product is a tool, a means to an end; not a brand name or a mould-maker, but a tool that can be used by anyone. In the end, it's all about you. As we evolve and educate ourselves, we will seek to perfect this safe, energetic environment, where everyone feels accepted and respected. We are not here to kiss your butt, only to kick it if that's what you need.

[www.planetfitness.com.au](http://www.planetfitness.com.au)



A SPECIAL OFFER FOR YOU



**Take 10% Off  
of PF gear  
from our  
retail range.**

Use code Welcome10  
when purchasing from  
your local club.

...AND A FRIEND!

**ENJOY THIS  
FREE DAY PASS**

Find a location near you at [planetfitness.com.au](http://planetfitness.com.au)

This voucher has no cash value. To redeem your free one-day pass, you must visit a participating Planet Fitness location with this voucher, sign the provided Guest Register, and show a valid form of identification. Must be at least 18 years old. See club for details.

