

# HIGH SCHOOL SUMMER PASS PLAYBOOK

Here's a quick checklist so you'll have everything you need for your first workout:

**Gym Fit**

Choose workout wear you feel your best in – just don't forget closed toe athletic shoes.

**Gym Bag**

Pack light and bring only what counts. Free day-use lockers are available if you need them.

**Water Bottle**

Hydration is key to a good workout! Bring a water bottle to stay on top of it.

**Your Phone**

Download the free Planet Fitness App for your Digital Club Pass.

**Headphones**

Your playlist, your focus, your workout. Just make sure to keep your headphones in whenever you're listening to your fave podcast or song.

**Lock**

Bring your own lock to keep your personal items safe.

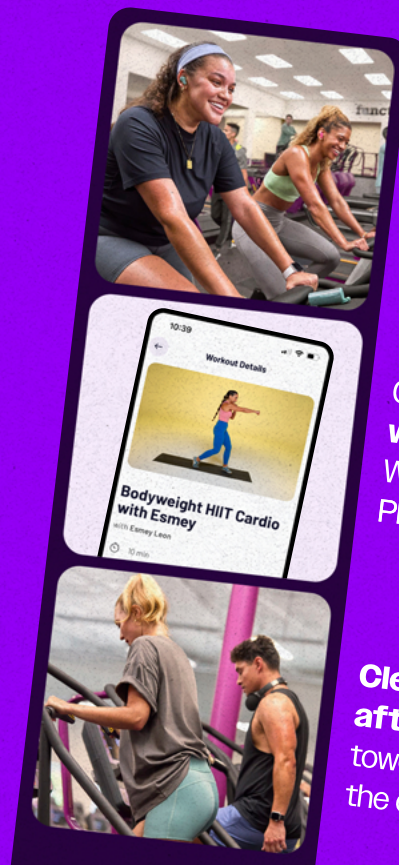
We can't wait to welcome you into the club! Remember, always respect other gymgoers wherever they are in their fitness journey. No critics, just support. Here's what to expect:



Check out our **Crowd Meter** in the PF App so you can plan your workout for a time that works for you.

Check in at the front desk using your **Digital Club Pass** in the PF App.

**Be mindful of your time on equipment.** Stay focused and keep things moving.



You can work out with a friend but **groups of 3 or more are not allowed** on the gym floor.

Check out all of our amazing **workout content** in the Workouts section of the PF App.

**Clean equipment after use.** Spray a paper towel with disinfectant from the cleaning stations.

Got a question? Our team members are always around and ready to help!