

# pf HIGH SCHOOL SUMMER PASS '23™

FREE SUMMER MEMBERSHIP

## GYM ESSENTIALS

EVERYTHING YOU NEED  
FOR YOUR FIRST VISIT!



### GYM CLOTHES

Fit check! We know you've got a passion for fashion, but your safety is our top priority so please remember to wear appropriate and safe clothing, shoes and accessories while working out this summer.



### HEADPHONES OR EARBUDS

Did your fav drop a new single? Got a backlog of cat videos? Bring headphones so you can turn up during your workout without disturbing other members!

## LOCKER ROOM ESSENTIALS

Don't forget to **bring** these items when packing for your visit:



Soap, shampoo, and other toiletries if you plan on hitting the showers. Don't forget to bring a towel!



Gym bag to carry all your essentials. We even offer FREE day-use lockers to stash it until you're done!



If you use a locker, bring your own lock. Remember to take the lock and your stuff with you when you go!



### WATER

Hydration is key to a good workout! We suggest bringing a water bottle to keep your thirst quenched.



### CELL PHONE

You'll need it to access your club pass in the PF app. Feel free to snap a selfie, but avoid taking photos or videos of other members. And please: no photo or video in the locker rooms.

## TWO'S COMPANY, THREE'S A CROWD

Sync up with your squad after your workout, and be mindful of your time on the machines.



### DON'T FORGET TO WIPE

Sweat is a normal part of working out, but lying in a puddle of someone else's Big Fitness Energy™ on a workout bench is never a fun time. Help keep our club clean by spraying and wiping down equipment before and after use.



### SCRUB BEFORE & AFTER WORKING OUT

Wash your hands for at least 20 seconds before and after using the equipment.