

# pf HIGH SCHOOL SUMMER PASS '23™

FREE SUMMER MEMBERSHIP

## GYM ESSENTIALS

EVERYTHING YOU NEED FOR YOUR FIRST VISIT!



### GYM CLOTHES

Dress for success! Wear what you're comfortable working out in. Your safety is our top priority, so no slides or sandals



### HEADPHONES OR EARBUDS

Bring headphones so you can jam to your favorite beats or videos during your workout without disturbing other members.

## LOCKER ROOM ESSENTIALS

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



Soap, shampoo and other toiletries if you plan on using the showers.



Gym bag to carry all your essentials. Keep your things safe in a locker during your gym session.



A lock if you plan on using a locker. Remember to take the lock and your stuff with you when you go!



### WATER

Bring water to keep yourself properly hydrated.



### CELL PHONE

You'll need it to access your club pass in the PF App. Feel free to snap a selfie or use the club WiFi, just be sure to respect the privacy of others by not taking photos, videos, or calls in the locker rooms.

REMINDER: RESPECT THE SPACE OF OTHERS WHILE THEY WORKOUT, AND BE MINDFUL OF YOUR TIME ON EQUIPMENT.



### CLEAN BETWEEN

Cleaning stations are located throughout the gym so you can wipe down equipment before and after each use.



### SCRUB BEFORE & AFTER WORKING OUT

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