



GYM ESSENTIALS

EVERYTHING YOU NEED FOR YOUR SUMMER AT PLANET FITNESS!

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

- GYM FIT**
Clothing and footwear must be appropriate and safe. Closed toed athletic footwear only.
- CELL PHONE**
Download the free Planet Fitness App so you can access your Digital Club Pass.
- HEADPHONES**
Bring headphones or earbuds so you can turn up the volume during your workout.
- GYM BAG**
We recommend packing light for your workout and we have free day-use lockers available if you need.
- LOCK**
Bring your own lock to keep your personal items safe.
- WATER BOTTLE**
Hydration is key to a good workout!

We can't wait to welcome you into the club - here is what you can expect:



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



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



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



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



Don't forget to wash your hands for at least 20 seconds before and after your work out.



Using the disinfectant spray and paper towels located in our cleaning stations, clean equipment before and after use.



Our friendly and knowledgeable Team Members are always available if you have any questions during your visit.