



# HIGH SCHOOL SUMMER PASS™

# THE PF PLAYBOOK

HERE'S EVERYTHING YOU NEED TO KNOW TO START YOUR SUMMER STRONG AT PLANET FITNESS

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



## GYM FIT

Cute and comfy workout wear is in—just don't forget your closed toed athletic shoes.



## CELL PHONE

Download the free Planet Fitness App so you can access your Digital Club Pass.



## HEADPHONES

Rock your headphones whenever you're listening to your fave podcast or playlist.



## 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 you work out.



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



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