

FITFIRST TRAINING

TRIAL CLASS FAQ

What classes can I book for my trial classes?

You can book your trial classes in any of our boutique studio rooms - Strong, Original or Combo. The classes are colour coded on the app:

- Blue for Strong
- Red for Combo
- Green for Original

You can try each studio or stick to just one - it's entirely up to you!

See ["Get the Most From Your Trial Classes"](#) for classes that we recommended booking if the choice is too much for you!

How long do I have to attend my trial classes?

Your trial classes expire after 1 month, but if you couldn't get to your trial classes for any reason, give us a shout and we'll sort you out!

What trial classes should I book if I'm really unfit?

Remember, our workouts are perfect for all fitness levels because they're time based.

So in a 30 second interval for example, Coach Nic can complete 20 burpees (because he's a machine) but you can only complete 5 modified burpees – you can both enjoy the same class and push yourselves according to your fitness levels.

PS – the great thing about time based training is that you never get too fit or strong for a workout – you're always training against the clock and pushing to do more in that time interval.

Can I earn points Vitality or Multiply points?

Absolutely, remember to scan the FitVault QR code for your Multiply points or to log your workout on the Vitality iPad.

I've got an injury, can I still attend a trial class?

Yes of course, provided you have the green light from your doctor to start training. When you arrive, let your coach know what movements you want to avoid, and they'll modify the workout for you by suggesting alternative exercises.

What COVID protocols are in place?

Your safety, is our priority! Check out our 7 step safety video [here](#). Your coaches will take your temperature when you arrive, complete your COVID screening on the tablet in studio and give you a sweat towel and sanitizer bottle. Our studios have been fogged with NanoSeal and are "squeaky clean" to quote a client...

What time should I arrive for my first class and where should I park?

Arrive 10 minutes before your class starts to meet your friendly coaches;

Ring the intercom (press FITFIRST STUDIO) and park inside our safe and secure property, anywhere you like;

What times are your classes?

We offer morning, afternoon and evening classes. Classes are all 30 minutes from start to finish, with a 5 min gap between classes for entry and exit of clients. With over 50 classes daily between our Strong, Original and Combo studio rooms – we have a timeslot that suits your schedule.

MORNING CLASSES		AFTERNOON CLASSES	
04:55 – 05:25		14:00 – 14:30	Excl. Fri
05:30 – 06:00		14:35 – 15:05	Excl. Fri
06:05 – 06:35		15:10 – 15:40	Excl. Fri
06:40 – 07:10		15:45 – 16:15	
07:15 – 07:45		16:20 – 16:50	
07:50 – 08:20		16:55 – 17:25	
08:25 – 08:55		17:30 – 18:00	
09:00 – 09:30	Mon, Tues, Wed only	18:05 – 18:35	Excl. Fri
		18:40 – 19:10	Excl. Fri

Classes are offered Mondays to Fridays. We are closed on weekends and public holidays. 09:00 classes are offered Mon- Wed only. Friday afternoon classes include 15:10, 15:45, 16:20 and 16:55 classes only. Subject to change.

Do I need to bring any equipment?

All equipment that you need for your workout has been set up for you - our coaches will guide you through the onscreen instruction so you know exactly what to do and how to do it.

If you're attending a boxing class, demo boxing gloves are available for you to borrow. Your coach will give you surgical gloves to wear while using these gloves for hygiene purposes.

The only items we recommend purchasing once joining as a member are boxing gloves for hygiene purposes and a skipping rope as this is dependent on your height. These are available to purchase at our studio.

Do I need to wear a mask?

If you're training in Strong, a mask is required simply because equipment is shared during the circuits. If you're training in Combo or Original, you don't have to wear a mask.

Is there water at the studio?

Yes, water is for sale for R15, payable by Zapper, SnapScan or cash.

Are there shower facilities and changerooms?

Yebo! We have showers, changerooms and lockers on site.

How does your Smart Studio work?

We follow a smart studio approach where workouts are displayed on big screens in the studio. This allows our trainers to focus on giving you the personal attention you deserve, at a fraction of the cost of a personal trainer.

Instead of having your trainer in front of the class demonstrating the exercises, while trying to motivate you, correct your form and offer alternative exercises if needed, we've adopted a "smarter" approach by combining technology and the need for personal attention where you get the most out of your workout.

The onscreen instruction manages the demonstration of the exercises and structure of the workout in terms of current interval and upcoming interval etc so that your trainer can focus on you, making sure you're performing each exercise correctly.

Is FitFirst for men or only women?

We started as a "women only gym" but quickly realised that guys always wanted in... So we adapted our programs and classes to cater for men and women. Our classes accommodate everyone, and no workouts are specifically targeted at any one gender. With the wide variety in our classes, we cover the "glory muscles" in our chest and bicep classes in FF Strong, to thigh sculpting and core strengthening classes in FF Original, to intense Power Boxing classes in FF Combo – so there is something for everyone.

How many different classes does FitFirst you offer?

Each studio room (Strong, Original and Combo) follows its own unique class schedule, with different classes for each day of the week, with a 6-week rollover. So you enjoy plenty of variety and never get bored!

You have a choice between 3 different workouts at the same time each day – so you can book your class depending on your mood.

- Want to hit something that doesn't hit back, book a boxing class in our Combo Studio...
- Want to lift some iron – book a class in our Strong Studio...
- Want a functional, cardio intensive workout – book a class in our Original Studio...

Can I bring my kids along?

Unfortunately no kids are permitted inside the studios. See our kids policy below:

- No children are permitted inside the studios, with the exception of babies.
- Babies must be in a pram or car seat at all times while their parent trains.
- In the event that other attending clients and/or trainers are inconvenienced by the baby in attendance, for whatever reason, the parent will be requested to leave the class with their baby.
- Children 13 years and older may join FitFirst as members (in Original and Combo studios only) and will be charged the applicable student rates. Children younger than 13 years may not join as members.

If we haven't answered your questions here, please give us a call on 0818744360 or send us a WhatsApp and we'll get back to you asap!

Lindsay and The FitFirst Team

