

From the Editor...

Keep Fit! is a bi-monthly newsletter aimed at informing and enhancing the general wellbeing of readers by focusing on living a healthier and happier life from a fitness perspective.

We are committed to encouraging overall wellness and a healthier lifestyle, and to consistently provide you with a safe and healthy space to exercise in our gym spaces.

Here's looking forward to sharing more fitness and wellness tips with you.

**Live healthier,
live happier and
Keep Fit!**



Welcome to the i-Fitness community!

We are delighted to have you here!

At i-Fitness, we have a holistic approach to fitness and wellness. We are committed to consistently providing you with a safe and healthy space to exercise. We also encourage overall wellness from a fitness perspective.

We offer multi-location access across all our branches which are bespoke and fully equipped facilities. There are also over 250 professionally certified personal trainers available to assist you with your workout, and over 50 free varied fitness classes weekly to give you an all-inclusive experience to support your fitness lifestyle. Check the schedule in your branch for details.

As a valued member of our fitness community, your wellbeing is important to us and we hope to inspire your fitness and wellness goals. To ensure we keep the gym safe and effective for everyone, we have regulations that help maintain ideal standards in all our locations.

Enjoy your workout with us!

How To Manage Your Membership

Here are ways you to manage your membership from wherever you are.

- **Download the i-Fitness app (Android) or Gym Master (iOS)** and sign in to manage your membership. Do your initial registration, choose and reserve classes, cancel your sessions, track attendance and make payments at your convenience.
- **Gym Check-In:** Use the app to check in at the front desk whenever you visit the gym.
- **Freeze/Hold:** Unable to visit the gym? You can put your subscription on hold or 'freeze' for a set period. To do this, sign in on the app, and then click on 'Membership'. Select 'Add hold', state your reason for freezing your subscription, and then 'Enter'.

Note: Membership can be put on 'freeze' for between 5 to 20 days depending on your subscription plan.



Special Member Benefits

- **Multi-location Access:** All i-Fitness members have access to any of our 21 branches across Nigeria during operating hours.
- **Guest Pass:** Members are entitled to a guest pass, depending on the subscription plan. Guests are only allowed in on Saturdays and must be over 18 years old.

Refer & Rev Up! Get 15 extra days added to your subscription when you refer someone and they sign up!

Member Annual Dues

The Annual Dues is a one-off payment for members every year and is part of the i-Fitness Membership Plan. It is in line with international best practices and assists us with needed improvements and upgrades in the gym.

The Member Annual Due is paid after one year of gym membership.

At The Gym

- **Branch operating hours** may vary, so please take note of the opening and closing hours displayed at the Branch you visit. Facilities may also vary from Branch to Branch.
- **State your contact details** clearly and ensure you include a next-of-kin in your membership form.
- **Safety** in the gym is important. Always adhere to the health and safety notices displayed throughout the Branch, especially all health protocols in the gym.
- **Some Group Classes** have high attendance. Please arrive 5 minutes before the class starts. You may also need to book the class at least a day before to reserve a space.



Know Your Status As You Keep Fit

Your wellbeing is important to us!

It is essential to be aware of your health status. Ensure you know any possible limitations in working out with the Gym's facilities and equipment, or if there are any physical conditions that would affect your using any gym program.

Please inform your trainer of any injuries, if you are ill or pregnant, and report any incidents or hazards to i-Fitness staff.



Personal Training At Your Service!

i-Fitness has over 250 certified personal trainers across all its branches.

If you are interested in having a personal trainer, check the details on the Personal Trainer Boards in the Reception, and ask the Head Trainer, Branch Manager or Front Desk Officer for assistance.



Find a branch near you!

Branches Agungi - Badore - Jakande - Lekki Phase 1 - Campbell - Sangotedo - VGC - Marwa - Jakande - Festac - Gbagada - Ikeja GRA - Surulere - Magodo - Ogba - Opebi - Acme - Egbeda - Port Harcourt - Abuja - Ibadan

i-Fitness is West Africa's leading and fastest-growing fitness chain with 21 branches across Nigeria, over 250 professionally certified personal trainers, state-of-the-art gym facilities offering multi-location access and a wide range of diverse fitness programs. i-Fitness is committed to providing a youthful, entertaining yet rewarding fitness experience to many, in building a community of fitness enthusiasts, and promoting a fitness lifestyle for a healthier and happier life.

Founder/CEO Foluso Ogunwale

www.iffitness.ng

Editor

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Member Engagement

Onyinye Chikere