

## FIRST MEMBER - FITNESS FACILITIES

### SWEDEN

Destination	Hotel	Fitness facilities
Borlänge	First Hotel Brage	None
Bengtsfors	First Hotel Bengtsfors	Hotel gym
Eskilstuna	First Hotel City Eskilstuna	Hotel gym
Falun	First Hotel Grand	Free entry to gym, pool and sauna
Gothenburg	First Hotel G	Hotel gym
Gothenburg	First Hotel Kviberg Park	Agreement with "Nordic Wellness"
Halmstad	First Hotel Mårtenson	Agreement with "Form Friskvård" (SEK 75, - per hour for members)
Helsingborg	First Hotel Kärnan	Agreement
Härnösand	First Hotel Stadt	Agreement with "Badhuset" in Härnösand with pool and workout facilities.
Jönköping	First Hotel Jönköping	Hotel gym
Kalmar	First Hotel Witt	Relax with gym, solarium, sauna and a small pool.
Karlshamn	First Hotel Carlshamn	Relax with sauna, exercising-bike and other workout facilities.
Karlskrona	First Hotel JA	Agreement with Wellness studio. (Tickets for free entry for members are available at the reception)
Karlskrona	First Hotel Statt	Agreement with Wellness studio (300 metres from the hotel) - free admission for members.
Karlstad	First Hotel River C	Agreement
Kramfors	First Hotel Kramm	None
Kristianstad	First Hotel Christian IV	Agreement with "Friskvårdshuset" (SEK 75,- for First Members)

<b>Malmö</b> members)	<b>First Hotel Jörgen Kock</b>	Agreement with “Feelgood” (SEK 95,- for
<b>Malmö</b>	<b>First Hotel Mortensen</b>	Agreement
<b>Norrköping</b>	<b>First Hotel Central</b>	Hotel gym
<b>Olofström</b> fitness. Free admission for members.	<b>First Hotel Olofström</b>	Agreement with “Holjebadet” with pool and
<b>Oskarshamn</b>	<b>First Hotel Ett</b>	Agreement
<b>Skövde</b> the hotel.	<b>First Hotel Billingeus</b>	Relax with gym, pool and workout classes at
<b>Stockholm</b> water pool and a cure bath.	<b>First Hotel Reisen</b>	Relax with exercising equipment, sauna, cold-
<b>Stockholm</b>	<b>First Hotel Drottning Kristina</b>	Agreement
<b>Stockholm</b> jacuzzi (SEK 100, - for members)	<b>First Hotel Norrtull</b>	Agreement with a nearby gym with pool and
<b>Stockholm</b>	<b>First Hotel Fridhemsplan</b>	None
<b>Stockholm</b>	<b>First Hotel Kungsbron</b>	None
<b>Stockholm/Arlanda</b>	<b>First Hotel Arlanda Airport</b>	Hotel gym
<b>Stockholm/Bromma</b>	<b>First Hotel Brommaplan</b>	None
<b>Stockholm/Solna</b>	<b>First Hotel Solna</b>	Agreement
<b>Sundsvall</b> treadmill.	<b>First Hotel Strand</b>	Gym with exercising equipment, bikes and
<b>Söderhamn</b> get a free entry ticket at the reception).	<b>First Hotel Statt</b>	Agreement with “Active Sports club”. (Members
<b>Södertälje</b>	<b>First Hotel Vindeus</b>	None
<b>Södertälje</b>	<b>First Hotel Almnäs Park</b>	None
<b>Säffle</b>	<b>First Hotel Royal</b>	Hotel gym

<b>Tällberg</b>	<b>First Hotel Tällberg</b>	Hotel gym and pool
<b>Umeå</b>	<b>First Hotel Dragonen</b>	None
<b>Örebro</b>	<b>First Hotel Örebro</b>	Agreement with “N’joy” (price reduced to SEK 50,- for First Members)
<b>Örnsköldsvik</b>	<b>First Hotel Statt</b>	Agreement with “1Life” (SEK 50,- for First Members)

## DENMARK

<b>Destination</b>	<b>Hotel</b>	<b>Fitness facilities</b>
<b>Aalborg</b>	<b>First Hotel Aalborg</b>	Fitness studio, free admission
<b>Aarhus</b>	<b>First Hotel Atlantic</b>	None
<b>Copenhagen</b>	<b>First Hotel Kong Fredrik</b>	External fitness, 5 minutes’ walking distance.
(Discount for First Members)		
<b>Copenhagen</b>	<b>First Hotel Twentyseven</b>	Agreement with “Fitness DK” (DKK 85,- for First Members)
<b>Copenhagen</b>	<b>First Hotel Mayfair</b>	None
<b>Kolding</b>	<b>First Hotel Kolding</b>	Fitness room at the hotel
<b>Odense</b>	<b>First Hotel Grand</b>	None
<b>Vedbæk</b>	<b>First Hotel Marina</b>	Hotel gym, sauna and spa

## NORWAY

<b>Destination</b>	<b>Hotel</b>	<b>Fitness facilities</b>
<b>Oslo</b>	<b>First Hotel Millennium</b>	Agreement with “Studio Day” (NOK 60,- for First Members)
<b>Oslo</b>	<b>First Hotel Grims Grenka</b>	Small hotel gym
<b>Bergen</b>	<b>First Hotel Marin</b>	Relax with sauna, Turkish bath, solarium, treadmill, weights and bikes.
<b>Hamar</b>	<b>First Hotel Victoria</b>	None



<b>Hornindal</b>	<b>First Hotel Raffevold</b>	Agreement with nearby gym
<b>Kinsarvik</b>	<b>First Hotel Kinsarvik</b>	None
<b>Kristiansand</b>	<b>First Hotel Yess! Kristiansand</b>	None
<b>Lillehammer</b>	<b>First Hotel Breiseth</b>	Agreement with "Håkons Hall sports center" with badminton, weights, squash and golf simulator. (Ask for the special price at the reception)
<b>Stavanger</b>	<b>First Hotel Alstor</b>	Swimming pool and sauna
<b>Ålesund</b>	<b>First Hotel Atlantica</b>	Agreement with "Tren" – free entrance. "Tren" offers gym, group sessions and squash.

*Not applicable on First Hotel Petit Palace in Spain.*

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