

FIRST MEMBER - FITNESS FACILITIES

SWEDEN

Destination	Hotel	Fitness facilities
Borlänge	First Hotel Brage	None
Bengtsfors	First Hotel Bengtsfors	Hotel gym
Enköping	First Hotel Park Astoria	Agreement with A3 gym (First Members work out for free, also spinning and aerobic classes)
Eskilstuna	First Hotel City Eskilstuna	Hotel gym
Falun	First Hotel Grand	Free entry to gym, pool and sauna
Göteborg	First Hotel G	Hotel gym
Göteborg	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 Members)	First Hotel Christian IV	Agreement with "Friskvårdshuset" (SEK 75,- for
Malmö members)	First Hotel Jörgen Kock	Agreement with "Feelgood" (SEK 95,- for
Malmö	First Hotel Mortensen	Agreement
Norrköping	First Hotel Central	Hotel gym
Olofström fitness. Free admission for members.	First Hotel Olofström	Agreement with "Holjebadet" with pool and
Oskarshamn	First Hotel Ett	Agreement
Skövde the hotel.	First Hotel Billingeus	Relax with gym, pool and workout classes at
Stockholm water pool and a cure bath.	First Hotel Reisen	Relax with exercising equipment, sauna, cold-
Stockholm	First Hotel Drottning Kristina	Agreement
Stockholm jacuzzi (SEK 100, - for members)	First Hotel Norrtull	Agreement with a nearby gym with pool and
Stockholm	First Hotel Fridhemsplan	None
Stockholm	First Hotel Kungsbron	None
Stockholm/Arlanda	First Hotel Arlanda Airport	Hotel gym
Stockholm/Bromma	First Hotel Brommaplan	None
Stockholm/Solna	First Hotel Solna	Agreement
Sundsvall treadmill.	First Hotel Strand	Gym with exercising equipment, bikes and
Söderhamn get a free entry ticket at the reception).	First Hotel Statt	Agreement with "Active Sports club". (Members
Södertälje	First Hotel Vindeus	None

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

DENMARK

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

NORWAY

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



Hornindal	First Hotel Raffevold	Agreement with nearby gym
Kinsarvik	First Hotel Kinsarvik	None
Kristiansand	First Hotel Yess! Kristiansand	None
Lillehammer	First Hotel Breiseth	Agreement with “Håkons Hall sports center” with badminton, weights, squash and golf simulator. (Ask for the special price at the reception)
Ålesund	First Hotel Atlantica	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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