

## 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)                                       |

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| <b>Malmö</b><br>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><br>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><br>the hotel.                                    | <b>First Hotel Billingeus</b>         | Relax with gym, pool and workout classes at   |
| <b>Stockholm</b><br>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><br>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><br>treadmill.                                 | <b>First Hotel Strand</b>             | Gym with exercising equipment, bikes and      |
| <b>Söderhamn</b><br>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   |

## 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 Räftevold</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”<br>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”<br>offers gym, group sessions and squash.  |

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

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