



FAST FIT

Real Results. 20 Minutes.

MARCH EDITION 2026

Issue 14

**GROW TOGETHER.
REWARD TOGETHER.**

**Best EMS Fitness
Company** in Saudi
Arabia 2025

by Brands Review Magazine

Inside this issue:

- A full recap of all active Fast Fit collaborations & exclusive member perks.
- The enhanced Fast Fit Evolve loyalty program, what's new & what's in it for you.
- March highlights across our branches & community.
- What to look forward to as we head into Q2.

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LOYALTY IS MORE THAN A PROGRAM, IT'S A PROMISE

March at **Fast Fit** is about recognition. It is about seeing the effort our members put in every session & asking ourselves: how do we give more back?

This month, we took meaningful steps to answer that question. We enhanced **Fast Fit Evolve**, our loyalty program, to better reflect the commitment our members bring every day. And we took a step back to celebrate the growing network of exclusive partnerships that extend the **Fast Fit** lifestyle well beyond the studio walls.

Our collaborations with premium wellness & lifestyle brands are a direct reflection of our belief that true wellness is holistic. It is the training session, the healthy meal, the recovery treatment, the comfortable stay. Together, these experiences form a lifestyle, & **Fast Fit** is proud to help build it for our members.

March is a reminder that every step counts, every session matters, & every member deserves to be rewarded.

MARCH FOCUS

TWO PILLARS. ONE COMMUNITY.

March at **Fast Fit** is defined by two major themes: celebrating our thriving partnerships & elevating the way we reward loyalty.

WHY COLLABORATIONS MATTER?

Fast Fit has always believed in the power of community, not just within the studio, but across every dimension of a member's life. Our collaborations are carefully selected to align with our values of wellness, quality, & excellence. Each partner offers our members a tangible benefit that complements their fitness journey.

WHY LOYALTY MUST BE RECOGNIZED?

Our members show up consistently. They push through challenges, celebrate milestones, & inspire those around them. **Fast Fit Evolve** was built to honor that commitment, & in March, we made it better.

MEMBER COLLABORATIONS RECAP

YOUR MEMBERSHIP. EXTENDED.

AS A FAST FIT MEMBER, YOUR BENEFITS GO FAR BEYOND THE 20-MINUTE SESSION. BELOW IS A COMPLETE GUIDE TO ALL ACTIVE COLLABORATIONS, EXCLUSIVE OFFERS AVAILABLE FOR OUR VALUED MEMBERS.

VANITY SPA – KHOBAR (FOR LADIES)

VANITY SPA is a premium nail spa known for elegant, high-quality nail care & detailed nail art in a luxurious, welcoming environment.

 **FAST FIT** x **VANITY**

10% OFF

FAST FIT MEMBERS CAN NOW UNLOCK AN EXCLUSIVE DISCOUNT AND ELEVATE THEIR WELLNESS WITH VANITY SPA.

Use Code: FASTFIT10

Redeemable via the Fast Fit App or email, Valid until 09/12/26.

A partnership dedicated to enhancing and supporting our community's wellbeing.

T&Cs Apply



Visit Our Website:
www.fastfitem.com



SPROUTS – KHOBAR

Where flavor & freshness come together.



FAST FIT x **Sprouts**
Fresh Toss, Blended Flair

15% OFF

when you present the **FAST FIT APP** at checkout

Use Code: FASTFIT15

valid from **09/12/25 to 09/12/26**

Offer cannot be combined, excludes retail items & holiday periods, & is non-transferable, non-redeemable for cash or credit, & must be shown before payment.

Terms & Conditions Apply

Download on the **App Store**
GET IT ON **Google Play**

Visit Our Website:
www.fastfitems.fit

SPROUTS offers wholesome, delicious options with carefully sourced ingredients –from vibrant salads to revitalizing smoothies – the perfect nutritional partner for our health-focused community.

OCEAN SPA (FOR GENTS – RIYADH)

OCEAN SPA is a premium wellness destination offering a comprehensive suite of relaxation & recovery services, the ideal complement to an EMS training routine.



DIEP SPA (FOR LADIES – RIYADH)

DIEP SPA brings luxurious at-home spa experiences to our female members – because recovery & self-care are part of every great fitness journey.

DieP_{SPA}

Home Service
حيث الراحة تلتقي بالجمال
Where Comfort Meets Beauty

20%
خصم خاص لموظفين الشركة
Code: FT

FAST FIT

AL MABAT SERVICED APARTMENTS (FOR RELATIVES & FRIENDS)

Whether loved ones are visiting or you need a premium stay, **AL MABAT SERVICED APARTMENTS** offer a comfortable, quality experience for your guests – with an exclusive **Fast Fit** discount.

عش تجربة فريدة
في فندقنا كل شيء معد لراحتك
Book your stay and experience unparalleled hospitality

15% خصم
OFF %


Code: FT
فقط ابرز بطاقتك عند الحضور
Just Show Tour Card When You Attend

FAST FIT

FAST FIT EVOLVE

YOUR LOYALTY, ELEVATED.

Fast Fit Evolve is our loyalty program designed to recognize & reward every member who shows up, works hard, & commits to their wellness journey.




FAST FIT EVOLVE

LOYALTY PROGRAM THAT REWARDS COMMITMENT

A loyalty program built to reward members who stay consistent over time – recognizing long-term commitment, regular training, & engagement with **Fast Fit**.

TIER PROGRESSION








BRONZE → SILVER → GOLD → PLATINUM → DIAMOND

THE HIGHER YOUR TIER, THE BIGGER THE REWARDS.

MEMBER BENEFITS (TIER-BASED)

ENJOY PRIVILEGES SUCH AS:

 UP TO 15% OFF NEW PACKAGES	 UNLIMITED FREEZING OPTIONS	 PLUS ADDITIONAL REWARDS AS YOUR TIER EVOLVES
 BRING-A-FRIEND FREE SESSIONS	 LATE CANCELLATION WITHOUT SESSION DEDUCTION	

RENEW BEFORE **1ST MARCH**.
UNLOCK YOUR **EVOLVE TIER**.

How It Works:

- Members are automatically enrolled in **FAST FIT EVOLVE**.
- Your tier is assigned based on: your years with **Fast Fit** + number of packages purchased.

Benefits vary by tier. Terms & conditions apply.

In March, we enhanced Evolve to make it more rewarding, more transparent, & more exciting than ever.

WHAT IS FAST FIT EVOLVE?

Fast Fit Evolve tracks your engagement across sessions, milestones, & community participation, & translates that commitment into exclusive rewards, recognition, & privileges.

WHAT'S NEW IN MARCH 2026?

Following member feedback & our continued commitment to excellence, **Fast Fit Evolve** has been enhanced with:

- More meaningful milestone rewards at key session benchmarks
- Enhanced recognition for long-term members & top performers
- Exclusive collaboration perks tied to loyalty tiers

Clearer progression tracking through the **Fast Fit app**

- Surprise rewards for consistent monthly attendance

WHY IT MATTERS?

Loyalty at **Fast Fit** isn't just counted in sessions, it's celebrated. Every milestone you reach is a reflection of the discipline, consistency, & determination that define the **Fast Fit** spirit.

Fast Fit Evolve is our way of saying: we see your effort, & we appreciate it.

MARCH 2026 HIGHLIGHTS

A MONTH OF MOMENTUM

March marked continued growth across all branches, with members embracing the start of a new quarter with renewed energy & commitment.

COLLABORATION LAUNCH AWARENESS

Teams across Riyadh, Jeddah, & Khobar actively informed members about the full suite of **Fast Fit** partnerships. Branch screens were updated with Frameo designs highlighting each offer, ensuring maximum visibility & member engagement.

EVOLVE PROGRAM ENHANCEMENTS ROLLOUT

Branch managers & personal trainers were briefed on the updated **Fast Fit Evolve** program, equipping them to guide members through the new milestones, tiers, & reward structures.

CONSISTENT COMMUNITY ENERGY

Attendance across **Fast Fit** studios remained strong in March, with members demonstrating exceptional consistency, a testament to the culture of discipline & accountability that **Fast Fit** has cultivated. Community spirit within member WhatsApp groups & in-studio interactions remained vibrant & motivating.



INSIGHT

THE SCIENCE OF CONSISTENCY

Why do some people reach their fitness goals while others plateau? The answer is rarely about intensity, it is almost always about consistency.

Research consistently shows that regular, moderate-intensity training produces superior long-term results compared to sporadic, high-intensity effort. At **Fast Fit**, our 20-minute EMS sessions are specifically designed to maximize output while fitting seamlessly into your lifestyle, removing every excuse to skip.



The key is showing up. Again. And again. And again

Whether you are working toward your 50th session or your 500th, every visit builds on the last. **Fast Fit Evolve** is designed to honor exactly that, a recognition that every session is a brick in the foundation of the healthiest version of you.

**"EXCELLENCE IS NOT AN OUTCOME.
IT IS A DAILY DECISION."**

LOOKING AHEAD

WHAT APRIL BRINGS

As we close March & step into April, the momentum only grows.

Here is what to look forward to:

- New member engagement initiatives across all branches
- Further expansion of the **Fast Fit Evolve** program with additional partner rewards
- Continued rollout of collaboration benefits to Jeddah & Khobar branches
- Spring wellness campaigns focused on energy, recovery, & performance
- Updates from **Fast Fit Academy** as we continue shaping the next generation of trainers

CLOSING NOTE

TOGETHER WE GROW

March is proof of what Fast Fit stands for.

It is not just about training. It is about building a lifestyle, one supported by premium partnerships, meaningful rewards, & a community that celebrates every member's journey.

As we continue to grow our network of collaborations & deepen the value of **Fast Fit Evolve**, our commitment remains the same: to give every member more than a workout. To give them an experience worth coming back for, every single time.

Thank you for being part of **Fast Fit**. Your loyalty is what drives us forward.

ACHIEVEMENTS

Fast Fit: Leading EMS Fitness in Saudi Arabia 2025

We are proud to announce that Fast Fit has been recognized by Brands Review Magazine as the Best EMS (Electrical Muscle Stimulation) Fitness Company in Saudi Arabia 2025.

This award highlights our ongoing commitment to innovation, excellence, & measurable client results. It is a testament to the hard work, dedication, & expertise of our entire team – from our trainers on the floor to the teams supporting operations behind the scenes.



Largest EMS Fitness Provider in the Middle East for 2025

We're proud to announce that Fast Fit has been recognized as the Largest EMS Fitness Provider in the Middle East for 2025 by World Business Outlook!

This achievement reflects the dedication, passion, & hard work of our incredible team - from our trainers empowering clients in every session to the teams supporting operations behind the scenes.





STAY CONNECTED & GET INVOLVED

Follow us for exclusive updates, offers, & wellness insights:



**BE PART OF THE MOVEMENT REDEFINING FITNESS –
WHERE EVERY 20 MINUTES MAKES A DIFFERENCE.**

Real Results. 20 Minutes.



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www.fastfitems.fit

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