



ELXR Fitness Assessment

Frequently Asked Questions

1. What is the ELXR Fitness Assessment?

It is a fitness assessment that enables you to discover your health and improve fitness through 9 different exercise stations, based on international guidelines and standards guided by professional coaches.

2. What can we expect at the ELXR Fitness Assessment?

You'll be able to discover your health and fitness level in the assessment. After which, the coaches will design an exclusive and unique training catered to your assessment results. You can expect to work towards a healthier and fitter you accurately as the assessment enables you to identify areas of weaknesses which you can focus and work towards.

3. When will the ELXR Fitness Assessment be held?

The assessment will be held twice a month. You may visit our [website](#) for the latest updates on the timing(s) and location(s) of the assessment.

4.

What is the duration for the ELXR Fitness Assessment?

The duration for the assessment will run for approximately 1.5 hours.

5. Where will the ELXR Fitness Assessment be held at?

The ELXR Fitness Assessment will be held at Gate 2, 100PLUS Promenade, where our daily free FIT-Sessions will be held.

6. Do I need to register for the ELXR Fitness Assessment?

Yes, you will need to register for the ELXR Fitness Assessment through our [online booking system](#). If you are a new user, please be informed that you will need to create an account prior to registration.

7. How do I know if my registration is successful?

Upon successful registration, the booking confirmation will be sent to you via email. We will also be sending a confirmation email with more information at least 3 days before the commencement of the event.

8. What should I do if I do not receive the booking confirmation?

The email might have been blocked by your email server and/ or is treated as a spam email. If you are unable to locate the email in your 'Spam' folder, please contact us via experience.sports@sportshub.com.sg and provide your name and email address used for the booking and we'll kindly assist you.

9. Do I need to pay for the ELXR Fitness Assessment?

No, the ELXR Fitness Assessment is FREE.

10. What is the maximum capacity for the ELXR Fitness Assessment?

The maximum capacity is 30 participants.

11. If I arrive later than the stated timing, can I participate in the assessment?

While you may participate in the assessment, please note that you may not be able to try out all 9 fitness modalities. Hence, to ensure that you have sufficient time to complete all 9 fitness modalities, we will strongly encourage that you arrive prior to the stipulated timings.



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12. Are there any age restrictions to participate in the ELXR Fitness Assessment?

Yes, participants are required to be 16 years old and above (as of 31 December 2018) to participate in the fitness assessment.

13. What should I prepare for ELXR Fitness Assessment?

Participants are required to dress in comfortable sports attire that include shorts, t-shirts and sports shoes. We also encourage all participants to bring the following items:

- Personal handphone (Compulsory. All participants will be required to bring along their personal handphone to track your progress on the ELXR App)
- Towels
- Water Bottle
- Personal medication (if any)

14. What happens during inclement weather?

The ELXR Fitness Assessment is a rain or shine event, so the assessment will continue regardless of the weather condition.

15. Will there be any baggage deposit service?

No, we do not offer any baggage deposit service and will encourage you to travel light.

16. What should I do if I lost my item?

You may send your enquiry through our [online form](#) or call us at +65 6653 8900 (Monday – Sunday, 7am – 10pm).

17. How do I get to the ELXR Fitness Assessment?

You may refer to our [Getting Here](#) page for details on the various modes of transportation.

18. Who can I contact for more information?

You may contact our Customer Care Team at +65 6653 8900 (Monday – Sunday, 7am to 10pm). Alternatively, you may drop us an email at experience.sports@sportshub.com.sg