



1. Are the classes suitable for people of all ages?

The classes are suitable for people of all ages, depending on an individual's fitness level

2. Are reservations required?

Yes, reservations are required as classes need a minimum of 2 participants to run. Classes without the required number of participants will be cancelled 6 hours before class start time. However, you can call us as late as 60 minutes before scheduled class times to find out if there's a board available for you.

3. Are there any promotions?

Yes, there is a Bring-a-friend-for-free promo for SURFSET classes. Purchase "SS1FOR1" online to enjoy the promotion. Participants are to attend the same session. **Limited to one-time usage per person for existing and new members.**

Enjoy a complimentary Fitcamp trial. Fitcamp is a small group training session that aims to help you raise your endurance, increase your strength and improve your mobility. Look forward to a great workout experience scaled to your ability.

Classes are Monday 7pm and Tuesday 10am. Shoes are required. Limited to one-time usage per person for existing and new members.

For other promotions and terms and conditions, please visit <https://www.sportshub.com.sg/surfset>

4. How can I register for the classes?

Please click [here](#) to book a class. If you need help to book a class, kindly follow the steps on [registration instructions](#).

5. Can we register at the gym counter?

No. Registration must be made through the registration portal.

6. Can we make the payment at the gym counter?

No. Payment must be made online through the registration portal prior to your visit.

7. What are the available payment methods?

Payment can be made online via credit card (Visa, Mastercard, AMEX) or Paynow.

8. What is the maximum class size for the classes?

The maximum class size is 10 pax.

9. Are there any age restrictions to register for the classes?

Yes, participants must be 16 years old and above.



10. When are the classes held?

Please [click](#) for the schedule.

11. How long is the duration of the class?

Each SURFSET class is 45 minutes long. Each Fitcamp class is 60 minutes long. All classes start on time. Please arrive at least 5 minutes early to get changed and prepare for your session. First timers please arrive 10 minutes early for registration.

12. Are there any late-coming policies?

Yes, SURFSET Fitness reserves the right to reject participants who are more than 10 minutes late. Participants who are late will still be charged for the full session. As a courtesy to the instructor and other clients who want to join our classes, please inform us at least 24 hours in advance if you need to cancel a booking. **Late cancellations (less than 12 hours' notice) will be charged at the full session price.**

13. Are there any make-up class?

Make-up class is only allowed for participants who can provide Medical Certificates, subject to approval.

14. Do I need to bring my own towel?

Please bring your own towel for your workout.

15. What should I wear to a SURFSET Fitness Class?

Wear comfortable clothes, tight fitting pants or shorts, to avoid tripping when popping on the board. Shoes are not required.

16. What should I wear to a Fitcamp class?

Wear comfortable clothes and training shoes.

17. How many calories does a SURFSET Fitness Class burn?

It depends on your size & body composition, we have had ranges from 400 per class to 900 per class, with a 60 kg (~140 pound) woman burning on average 500 per class

18. Can I use the SURFSET Board if I have not worked out in a long time?

Yes, The Board is adjustable for all levels, even for someone with less than ideal balance and a lower fitness level. The reason SURFSET Fitness was created was to inspire people who have been disillusioned and bored by other workouts. So, even if it has been years since you have stuck with an exercise program, SURFSET Fitness will engage your body & mind to elevate your fitness.

19. Who is SURFSET suitable for?

SURFSET is great for anyone who wishes to strengthen their core, improve their balance and do something challenging yet fun.

SURFSET is useful in prepping for your first surf trip. We also have surfers training with us to maintain the body's fitness and muscle memory for surfing.



20. Will SURFSET teach me how to surf?

Yes and no. Just as Spinning does not teach a person about road conditions and how to balance on a bike, SURFSET will not teach you the intricacies of how to choose waves and react to different situations in the ocean. However, both SURFSET Fitness and Spinning are great ways to condition the muscles that are required for its outdoor counterpart. In SURFSET Fitness, we do plenty of surfing motions (like paddling, pop-ups, carving and duck dives) that will improve your upper body strength, rotational strength and balance, all of which come into play during real-life surfing.

21. Who is Fitcamp suitable for?

Fitcamp is suitable for all fitness levels.

22. Are the fees inclusive in Sports Hub Fitness Class Pass?

No, the fees are not part of Fitness Class Pass.

23. Will there be classes on Public Holidays?

No, classes will not be conducted on Public Holidays. Participants will be notified of the changes to the schedule.

24. Where are the classes held?

SURFSET and Fitcamp classes are held in Sports Hub Fitness Studio or level 2 of OCBC Arena.

25. Are the packages offered transferable?

All packages purchased can be shared with friends/family. Principle holder of package to inform SURFSET during the registration if friends/family are utilising the existing package.