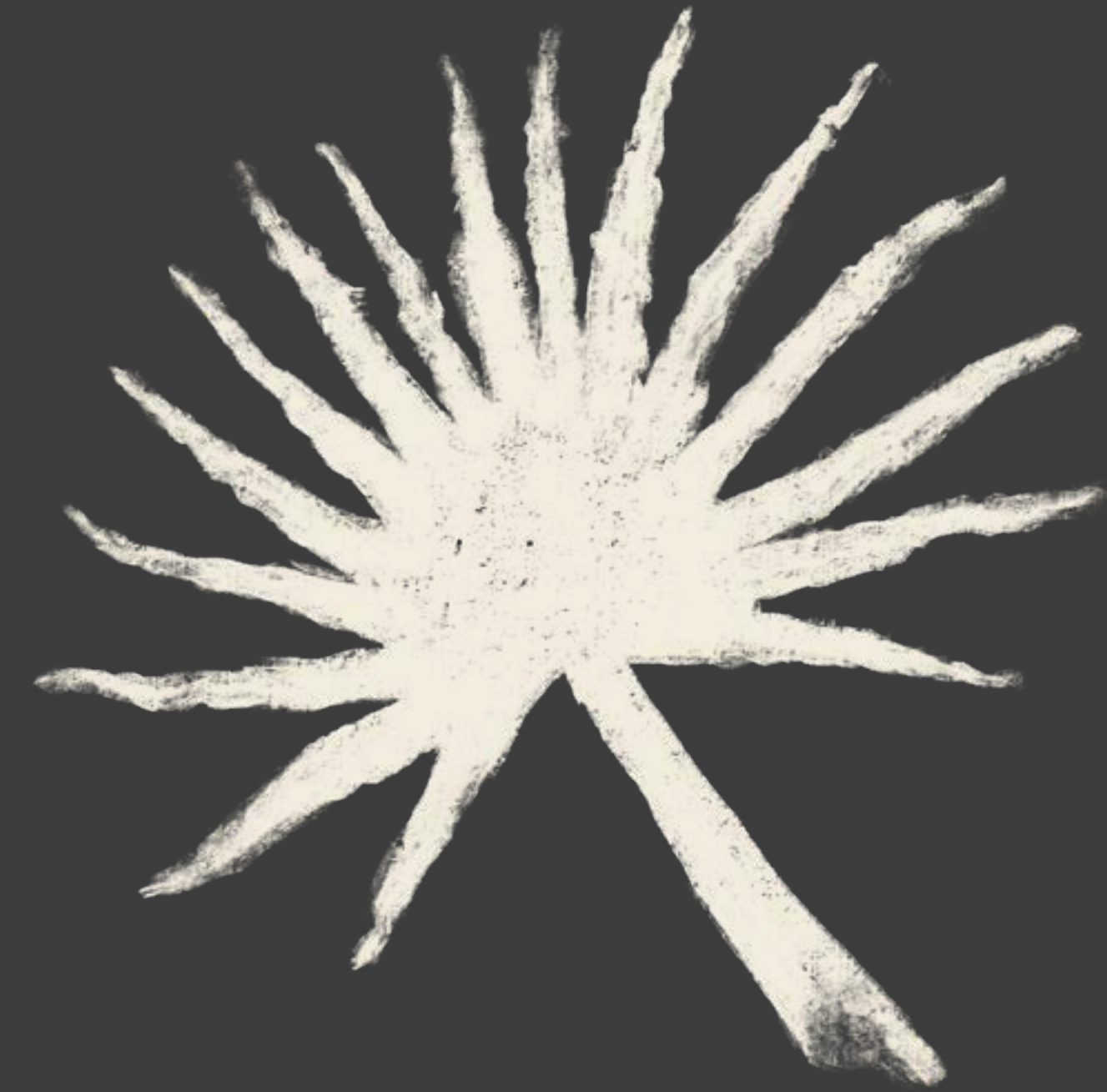


A person is surfing on a wave at sunset. The word "flow" is written in a white outline font across the middle of the image. The background shows a large wave with a person surfing on it, and the sky is a mix of orange and blue.

flow

We're so happy you're here.

WELCOME TO FLOW FORT LAUDERDALE.



While you're in Florida, our team is so excited to host you, and we want to ensure your stay is as comfortable and convenient as possible. Just a quick note that Flow is adjacent to a full-time residential tower, so please be mindful of the residents you'll be sharing facilities with. We have a couple more important details about your stay below.

Contact Information

For any general requests or in-room amenity replenishments at no extra cost, please call our Flow Experience Team directly at [954-889-6672](tel:954-889-6672), email them at stay@flow.life, or stop by the front desk.

Housekeeping Requests

While we don't offer regular housekeeping during your stay, you can request more towels or any other in-room amenities with no extra charge.

Packages and Deliveries

All packages and food deliveries will be held at the front desk for pickup. If possible, please note to your deliverer to leave your package with us at the front desk.

Key Access

Always keep your key with you — all entrances and doors to access your apartment and building amenities require key access.

Trash & Recycling

Keep it clean — please send your trash down the chute located by the 2 Banks elevator on each floor. For larger items, please reach out to the Flow Experience Team and we will take care of it.

Parking

All hotel guests can park on the 4th floor — just scan the QR code or use the pay-by-meter machine.



THIS WILL BE FUN.

Hopefully you've settled into your room and maybe even slipped on a Flow robe as you read this. We're excited you're here. The following are all of the things you likely are going to want to know and will need in order to make your stay as nice and comfortable as possible.

Here if you need anything.

Guest Resources

Front Desk

[\(954\) 889-6672](tel:(954)889-6672)

Reservations & Events

[\(954\) 824-9933](tel:(954)824-9933)

Email

stay@flow.life

Check In 4:00 p.m.

Check Out 11:00 a.m.



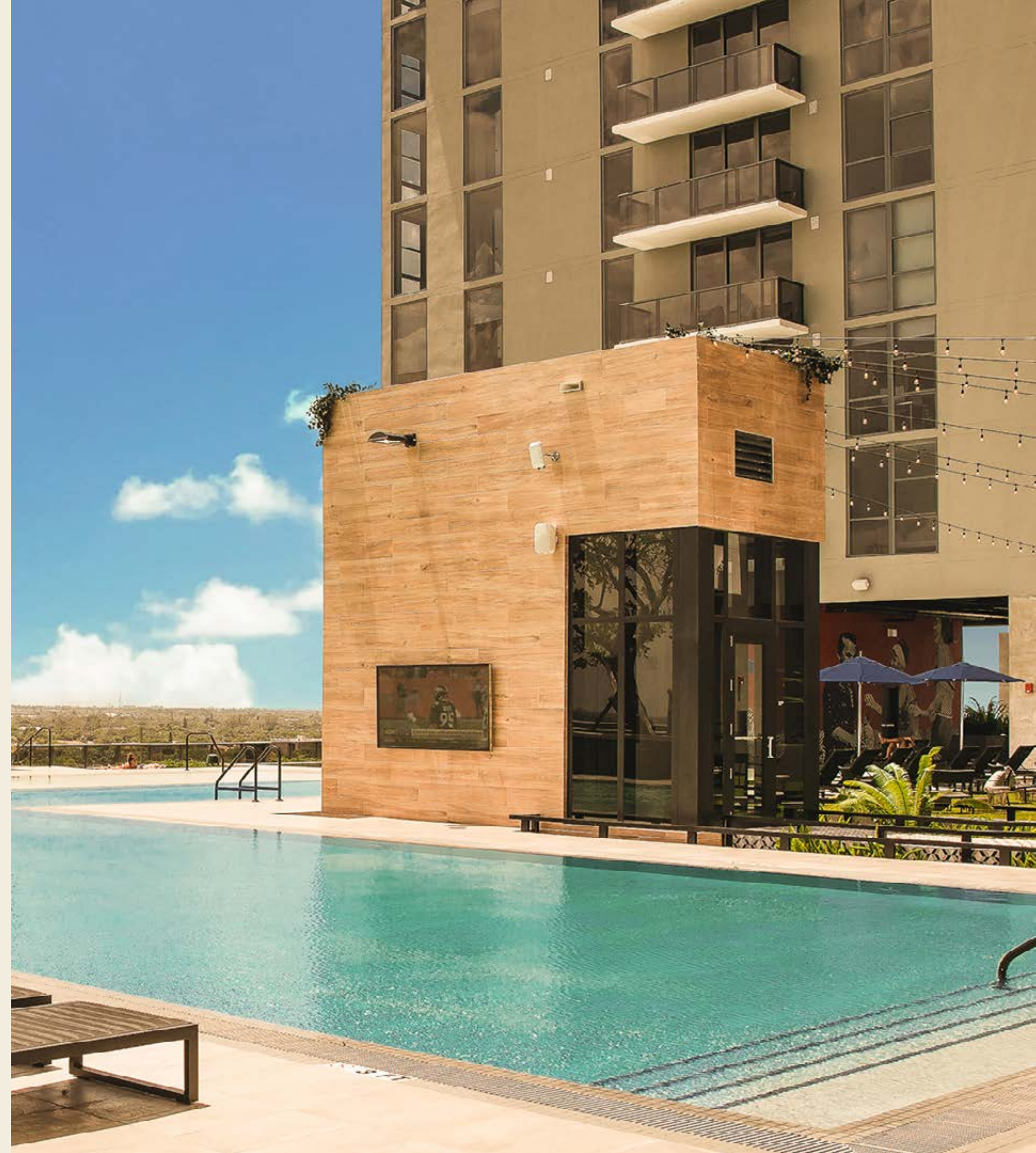
AMENITIES

2nd Floor

- Front desk
- Lobby
- Tide dry cleaning

Floor P

- Exercise gym & fitness center
- Pool, hot tub, and cold plunges
Pool Hours: 6 a.m. – 10 p.m.
- Hemingway's — Restaurant & Bar
Mon–Thurs: 7:30 a.m. – 8:30 p.m.
Fri & Sat: 8:30 a.m. – 9:30 p.m.
Sun: 9 a.m. – 6:30 p.m.



AMENITIES

Floor 23+24

- BBQ grills
- Feast room
- Coworking
- Conference Room

Floor 25

- BBQ grills
- Sky Terrace



LOBBY WIFI AND AMENITIES AREAS

Hey, your room has its own individual WiFi, this is how you get online:

SSID: Stay Flow (*unit #*)

Password: Flow(*unit#*)!

Lobby WiFi: Flow_Resident

Password: sharejoy

Coworking Levels 23, 24, 25

WiFi: CoWorking24

Password: Flow2401



DIGITAL CHANNEL LINEUP

2	PBS 2 WPBT	57	DISCOVERY CHANNEL	239	ALIVE TV	430	DISNEY CHANNEL HD	489	HISTORY HD	1563	HEAVY METAL
3	ABC WSVN	59	TLC	242	TRUTV	432	FREEFORM HD	490	NATIONAL GEOGRAPHIC HD	1564	ALTERNATIVE
4	CBS 4 WFOR	60	HISTORY	243	NAT GEO WILD	433	CARTOON NETWORK HD	492	MTV LIVE HD	1565	ADULT ALTERNATIVE
5	UNIVISION 23 WLTV	61	ANIMAL PLANET	244	ENRICH 2	434	MTV HD	493	AXS TV HD	1566	ROCK EN ESPAÑOL
6	NBC 6 WTVJ	62	FREEFORM	246	SHOPHQ HEALTH	435	VH1 HD	494	HDNET MOVIES HD	1567	CLASSIC ROCK
7	FOX 7 WSVN	64	DISNEY CHANNEL	247	NATIONAL GEOGRAPHIC	437	E! HD	496	TURNER CLASSIC MOVIES HD	1568	POP ADULT
8	TELEMUNDO 51 WSCV	65	NICKELODEON	254	FOX SPORTS 1	439	SEC NETWORK HD	497	TRUTV HD	1569	BLUEGRASS
9	UNIMÁS 69 WAMI	68	NICK 2	269	JEWISH BROADCASTING SERVICE (JBS)	440	FOX SPORTS 1 HD	499	BET HD	1570	THE CHILL LOUNGE
10	LOCAL 10 WPLG	70	TV LAND	270	JLTV	442	NFL NETWORK HD	501	PARAMOUNT NETWORK HD	1571	MAXIMUM PARTY
11	TV 39 WSFL SCRIPPS SPORTS	72	E!	271	INSP	444	FANDUEL SPORTS FLORIDA EXTRA HD	503	FOX SPORTS 2 HD	1572	FOLK ROOTS
12	CREATE TV WPBT	73	FOOD NETWORK	272	TBN	445	FXX HD	504	LIFETIME HD	1573	CHAMBER MUSIC
13	DEFY WSVN	74	HGTV	273	SONLIFE	446	ACC NETWORK HD	505	LIFETIME MOVIE NETWORK HD	1574	KID'S STUFF
17	METV WPLG	76	TRAVEL CHANNEL	275	LIVING FAITH NETWORK	447	NHL NETWORK HD	506	OXYGEN HD	1575	Y2K
18	HEROES & ICONS WPLG	77	BRAVO	280	FX MOVIE CHANNEL	448	FANDUEL SPORTS SUN HD	508	ALIVE TV HD	1576	NOTHIN' BUT 90'S
19	CW MIAMI 33 WBFS	78	SYFY	281	TURNER CLASSIC MOVIES	449	FANDUEL SPORTS FLORIDA HD	509	SONLIFE HD	1577	EVERYTHING 80'S
20	ESTRELLA TV WGEN	79	FX	290	GETTV	450	ESPN HD	539	NEWSNATION HD	1578	FLASHBACK 70'S
21	AMERICA TEVE WJAN	80	TNT	301	CARTOON NETWORK	451	ESPN2 HD	540	NEWSMAX TV HD	1579	JUKEBOX OLDIES
22	MEGA TV 22 WSBS	81	TBS	391	ESCAPE WLVT	455	GOLF CHANNEL HD	543	BBC AMERICA HD	1580	HOT COUNTRY
23	PBS WLRN	82	USA NETWORK	392	BOUNCE TV WPXM HD	460	FOOD NETWORK HD	548	ENRICH 2 HD	1581	ALT COUNTRY/AMERICANA
24	COZI TV WTVJ	85	BET	393	GETTV WAMI	461	HGTV HD	549	TOKU HD	1582	NO FENCES
25	THE WEATHER CHANNEL	86	MTV	394	BETTER TOMORROW, TODAY WAMI	463	TRAVEL CHANNEL HD	553	WE TV HD	1583	COUNTRY CLASSICS
26	LIFETIME	90	VH1	396	TELEXITOS WSCV	465	CNN HD	556	INVESTIGATION DISCOVERY HD	1584	CHRISTIAN POP & ROCK
27	FOX WEATHER	93	CMT	397	BECON 63 WBEC	466	HLN HD	566	SHALOM WORLD HD	1585	ÉXITOS DEL MOMENTO
28	ONE AMERICA NEWS	95	A&E	398	ION 35 WPXM	467	FOX NEWS HD	608	GALAVISION	1586	RITMOS LATINOS
29	COMEDY CENTRAL	96	OXYGEN	400	THE WEATHER CHANNEL HD	468	FOX BUSINESS NETWORK HD	633	QUBO	1587	RETRO LATINO
30	FANDUEL SPORTS FLORIDA	101	LIFETIME MOVIE NETWORK	402	PBS 2 WPBT HD	469	FX HD	634	THE HEALTH CHANNEL WPBT	1588	ÉXITOS TROPICALES
31	FANDUEL SPORTS SUN	103	WE TV	403	ABC WSVN HD	470	USA NETWORK HD	636	365BLK WSVN	1589	ROMANCE LATINO
32	ESPN	104	PARAMOUNT NETWORK	404	CBS 4 WFOR HD	471	BRAVO HD	649	GALAVISION HD	1590	HOLIDAY HITS
33	ESPN2	109	NEWSNATION	406	NBC 6 WTVJ HD	472	SYFY HD	682	I24NEWS HD	1591	BROADWAY
37	NHL NETWORK	111	INVESTIGATION DISCOVERY	407	FOX 7 WSVN HD	473	CNBC HD	1550	HIT LIST	1592	THE SPA
39	GOLF CHANNEL	113	JEWELRY TV	410	LOCAL 10 WPLG HD	474	MSNBC HD	1551	DANCE CLUBBIN'	1593	SMOOTH JAZZ
40	NFL NETWORK	118	EWTN	411	TV 39 WSFL SCRIPPS SPORTS HD	475	TNT HD	1552	ECLECTIC ELECTRONIC	1594	JAZZ MASTERS
43	ACC NETWORK	120	FOX BUSINESS NETWORK	413	PBS 2 WPBT HD	476	MOTOR TREND HD	1553	ALT ROCK CLASSICS	1595	THE BLUES
44	FANDUEL SPORTS FLORIDA OVERFLOW	121	NEWSMAX TV	415	UNIVISION 23 WLTV HD	477	FOX WEATHER HD	1554	HIP HOP	1596	SWINGING STANDARDS
46	SEC NETWORK	205	FXX	416	TELEMUNDO 51 WSCV HD	480	ONE AMERICA NEWS HD	1555	HIP-HOP/R&B	1597	EASY LISTENING
48	CNBC	207	TENNIS CHANNEL	419	UNIMÁS 69 WAMI HD	481	JEWELRY TV HD	1556	JAZZ NOW	1598	CLASSIC MASTERS
49	CNN	211	QVC	420	ANIMAL PLANET HD	482	GEM SHOPPING NETWORK HD	1557	GROOVE (DISCO & FUNK)	1599	POPULAR CLASSICAL
50	HLN	212	HSN	421	DISCOVERY CHANNEL HD	483	POSITIV TV HD	1558	CLASSIC R'N'B & SOUL	1611	CITY OF KEY BISCAAYNE
51	BBC AMERICA	213	SHOP LC	424	TLC HD	484	FX MOVIE CHANNEL HD	1559	SOUL STORM	1613	MIAMI DADE COUNTY TV
52	FOX NEWS	215	FOX SPORTS 2	426	COMEDY CENTRAL HD	485	SHOP LC HD	1560	GOSPEL	1614	GOLDEN BEACH TV
53	MSNBC	230	SHOPHQ HEALTH	427	NICKELODEON HD	486	LIVING FAITH NETWORK HD	1561	TIKTOK RADIO	1615	MONROE COUNTY TV
54	C-SPAN	231	GEM SHOPPING NETWORK	428	TBS HD	488	A&E HD	1562	ROCK	1617	CITY OF CORAL GABLES HD

NOT YOUR AVERAGE HOTEL EXPERIENCE

Right at Home

That feeling like you forgot something can't find you here. From a fully functional kitchen to an in-unit washer/dryer, you've got the comforts of home. Hey, you can even bring your dog.

Elevated Services

It's like being at home thanks to all the amenities that will make your time at Flow that much easier. Just let us know of any requests you might have during your stay.

The Relaxing Part

How you relax is up to you, but luckily we've got options. A rooftop pool, yoga classes, and a premium gym + fitness center. Your well-being is important for getting in flow.

Here for a Long Time and a Good Time

Flow Stay wants to host you for more than a weekend. Long-term options are available for the traveling professionals of the world — with access to the full Flow experience like long-term parking, conference rooms, and amenities.

HEMINGWAY'S RESTAURANT

Your all-day Mexican Fusion Cantina.
Dips and chips, sandwiches, coffee,
the menu goes on.

Location Floor P

Hours Mon-Thurs: 7:30 a.m. – 8:30 p.m.

Fri & Sat: 8:30 a.m. – 9:30 p.m.

Sun: 9 a.m. – 6:30 p.m.

*Rather stay in? Order delivery
right to your doorstep [here](#).*



WELLBEING & EVENTS

A variety of different styles of classes are offered from tai chi to abs to spin to run club to yoga, or you can head to the gym with new Technogym equipment and plenty of space to get your workout in.

Flow hosts a number of community events throughout the week, along with events hosted by neighbors like book clubs, game nights, panel discussions, karaoke, and more. Host your own even to connect with neighbors who share your passions.

[WEEKLY EVENT & CLASS SCHEDULE](#)



LIFE IN FLOW



ST. BARTHS FREEDOM
BAY

A circular arrangement of colorful kites, including various colors like blue, yellow, red, and purple, is set against a dark, starry night sky. The kites are strung together and form a large, irregular circle that frames the central text.

Mission

ONENESS

Oneness with our self
Oneness with our neighbors
Oneness with the natural world

OUR VALUES



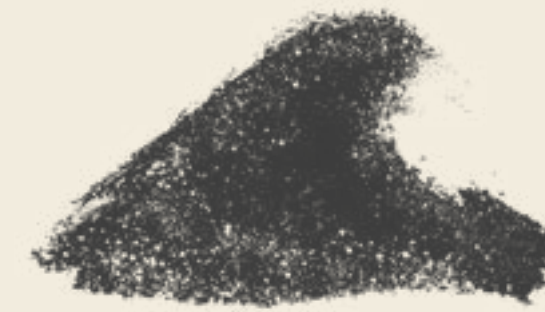
LOVE

Love is the feeling of oneness. The passion and joy that charge our epic human experience — the ability to forgive, be compassionate, and take care of each other. Love life, have fun, enjoy the process, love wins.



GIVE

Giving is receiving. A commitment to respect and care for all living things. Flow is cultivated when we give to our neighbors, ourselves, and the natural world.



COMMIT

Be all in. Commitment is an energy that spreads. Dedication to a vision, a vibration, a practice, or an act with intention is how we find success. Follow through is the key to a better version of ourselves. Nothing halfway.



GROW

We practice being better versions of ourselves every day. Growth requires vulnerability and persistence. Growing can be uncomfortable but we welcome it because of the fulfillment it brings.

GUEST RULES AND REGULATIONS

Privacy and respect for our guests is a big priority at Flow, something we don't take lightly. To make sure everyone feels comfortable and safe here, we kindly ask that you refrain from approaching unfamiliar individuals.

We want all humans to feel welcome in this space, so we keep things pretty casual here with our atmosphere and relaxed dress code. A note worth mentioning to your guests when inviting them to Flow to keep them in the loop.

Your hotel key is your ticket in, so definitely keep track of that thing. Please keep in mind that your key is also made for you and only you, so for your safety and that of the other folks in the space, we ask that you do not share or allow others to borrow it. If you happen to lose it in the sofa, at the gym, or any other place that's not your pocket, give us a shout as soon as possible. We'll set you up with a new one.

Peace and tranquility are two words we like to think come to mind when spending time

Guest Rules and Regulations

in our communal areas. To keep the energy flowing for everyone, these areas are designated call-free zones — whether that's through a phone, computer, or any other device you can use to talk with humans not in front of you. Messaging is allowed, but we kindly ask that you keep your devices on silent. If you need to make or receive a call, please do so discreetly.

Your guests are more than welcome at Flow. Friends and family are important to us, so bring them on over. Up to four guests may be signed in for all 1-bedroom and studio units and up to six guests are welcome for all 2-bedroom units. Please remember that you are responsible for your guests'

behavior, so kindly ensure they respect and follow our guidelines and remember to sign them out when their visit is finished.

Our rooftop pool is exclusively for our guests and unattended chairs will be released after 20 minutes. Children are more than welcome to swim in the pool from 9 a.m. until sundown, Monday to Sunday, however, they must be accompanied by an adult as there is No Lifeguard on Duty. Solo youngsters are not allowed in the pool areas, so please make sure they've got a responsible human above the age of 18 at their side to get some time in the water.

Guest Rules and Regulations

While we generally operate on a first-come, first-served basis, you have the option to make lounge chair reservations for folks that like to plan ahead.

What's important to you is important to us, including your family and the humans in it. A couple of things to note when it comes to your loved ones — kiddos must be accompanied by an adult at all times and are not permitted to bring their own guests.

While we're big fans of animals of all kinds, with the exception of legally recognized service animals, we have a no-pets policy at the pool and ask that you please leave Fido at home.

Please note that we do not offer credit facilities, so we kindly request that you settle your bill before leaving the premises.

Last but not least, we'd like to extend and overwhelming thank you from us to you for following these guidelines and helping us create and maintain the feeling of Flow for you and your neighbors during your stay at Flow Ft. Lauderdale.

Thank you for being here. ✨



flow