

CANCELATION POLICY

We realize that emergencies and other scheduling conflicts arise and are sometimes unavoidable. However, advance notice allows us to fulfill other client's scheduling needs and keeps the gym operating at its most efficient level. Due to our one-on-one training sessions, missed appointments are a significant inconvenience to your trainer and other clients. This policy is in place out of respect for your trainer, and our clients as cancellations with less than 24 hours notice are difficult to fill. By giving last minute notice or no notice at all, you prevent someone else from being able to schedule into that time slot.

Missing, cancelling, or rescheduling your scheduled training slot requires 24 hour notice to avoid a **\$100 session cancellation fee**. Three cancellations in a row may result in termination and will result in losing your membership at the gym as well as sessions paid for in advance. Sessions expire if no sessions are used or scheduled after 3 months, based off the trainer's discretion.

If you are needing to cancel or reschedule your appointment inside of the 24 hour requirement please text Stuart Urch at 7247578071

