

Membership Terms

Memberships at Lift and Live Fitness are our way of giving our full commitment to clients who give their full commitment to training with us. Memberships offer:

- Deeply discounted sessions every month
- Recurring, Guaranteed weekly time slot(s)*
- Additional discount off additional services
- Priority scheduling over package sessions

Start Up: Private Training Memberships require a \$50 startup fee to cover material and times costs to get you started on that path that will accomplish your goals. The \$50 fee will be charged on the day you commit to the membership. The membership fee will be charged on the day of your first session (this would be a pro-rated fee), then 1st of each month thereafter until the membership is terminated. Group training memberships do not have a start up fee.

Term: Memberships have a 3 full month minimum commitment. Full months start on either the 1st of each month. If you'd like to start prior to the 1st of a month, the month can be pro-rated, but does not count as a full month.

Make ups: If *your trainer* is unable to provide your normally scheduled membership training day & time, you can choose to reschedule or have it refunded to your subsequent month's membership payment. If *you* are unable to attend your normally scheduled membership training day & time, the standard cancellation policy applies. Sessions that were "Early Cancelled" can be made up with any trainer during the billing cycle of the month it was missed (upgrade from certified trainer to fitness specialist may apply). If you are unable to make up during a billing cycle, please contact us to extend sessions for ONE additional month. **Membership makes up sessions are not guaranteed**, as they are HIGHLY DEPENDENT on your and your preferred trainer(s)' availability. Unused sessions EXPIRE after the second billing cycle.

Family Memberships: Memberships can be shared amongst anyone who pays the \$50 startup fee. Monthly membership fees, however, cannot be split between payment accounts.

Termination: Memberships can be upgraded at any time. Memberships require 3 FULL WEEKS written notice to terminate or downgrade. This allows your trainer time to make the necessary adjustments and address anything to help transition you to your next phase of fitness. Please email termination requests to your trainer or to Larah@liftandlivefitness.com. Handwritten requests can be handed directly to your trainer. Failure to provide sufficient notice will result in an early termination fee of 50% of monthly fee. In the even of a medical issue, the fee will be waived for early termination, and the value or any remaining sessions can be refunded to your LIFT and LIVE Fitness account as a credit for future use.

If you have questions about this cancellation policy, please discuss them with your trainer or an owner. Please sign below to indicate that you have read, understand, and agree to comply this policy.

Thank you!

Signature: _____ Date: _____

