

# Membership Agreement

## CrossFit Crazy Strong

### WAIVER:

In agreeing to participate in any activities at CrossFit Crazy Strong, I agree to the following terms of my participation:

In consideration of the fee paid, I fully understand and acknowledge that physical activities, including fitness and/or recreational activities, and the use of any equipment associated with such activities, have inherent risks, dangers, and hazards, including but not limited to bodily injury, illness, disease, sprains and strains, fractures, paralysis, death or other ailments that could cause serious disability; I fully understand and acknowledge the aforementioned risks in the course of instruction, training, participation, or observation of any activities associated with CrossFit Crazy Strong, and with this knowledge, I hereby agree to assume the risks and dangers and all responsibility for any injuries, losses, and/or damages during such activities, whether caused in whole or in part by the negligence or conduct of the representatives, employees, or volunteers of CrossFit Crazy Strong, other participants, or any other person.

Specifically, I agree to hold harmless and indemnify CrossFit Crazy Strong and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees and other participants connected with all classes, events, or any other activities from any and all losses, damages, injuries, causes of actions, claims, or complaints in the event that I suffer property loss, personal injury, or damage in any way, and regardless of cause, during the observation, participation, instruction and/or performance of any exercise, or during any activity associated with the CrossFit Crazy Strong, which also includes transit to or from the CrossFit Crazy Strong.

I further agree to strictly obey instructors and observe safety rules.

Because of the physical demands of fitness instruction at CrossFit Crazy Strong, I understand that I must be in good physical condition to participate, and I attest that I am, to the best of my knowledge, healthy enough for physical activities at CrossFit Crazy Strong. I understand that in case of injury, the only medical treatment CrossFit Crazy Strong will provide is first aid.

I agree that any pictures, audio, or visual recordings taken of me in connection with activities at or involving CrossFit Crazy Strong can be used for publication, promotion, articles, shows and advertisement without additional consent and without compensation at this time or any other time.

I have read and understand this release and agreement and agree to its provisions. it is my intention to exempt and relieve CrossFit Crazy Strong FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE, OR DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

I am not under the influence of any drugs, alcohol, or other intoxicants. I am not suffering from any illness or incapacity. I am over 18 years of age. (If not over 18 years of age, parent or guardian must sign.)

# Membership Agreement

## CrossFit Crazy Strong

### BILLING & MEMBERSHIP RENEWALS:

1. NO LONG-TERM CONTRACTS / ONE LOW PRICE — (All WOD Memberships)

**No Contracts:** For your convenience, we do not have or require members to sign long-term contracts for WOD Memberships.

**One Low Price:** We provide each of our members with the same level of service at the same low price.

In order to keep WOD membership costs low for all members, we charge the same low monthly rate to all CrossFit Crazy Strong members, with NO LONG-TERM CONTRACTS and ONE LOW PRICE. All WOD members pay on a month-to-month basis, with WOD memberships automatically renewing at the end of each month, and automatically billing to each member's account-on-file.

2. AUTOMATIC RENEWAL & AUTOMATIC PAYMENTS — (\$119 WOD Memberships)

**Auto-Renewal / Auto-Pay Rate: \$119.00 / Month**.....(Requires 30-Day Written Cancellation Notice, \$65 Cancellation Fee Applies)

**Auto-Renewal:** For member convenience, WOD memberships automatically renew for the upcoming month.

**Auto-Pay:** On the first day of the current month, your account-on-file will be automatically billed for that month's WOD membership. Auto-billing helps to keep our administrative costs low, so we can keep your membership costs low.

**30-Day Written Cancellation Notice:** If you wish to stop your Auto-Renewal/Auto-Pay, you would need to submit a 30-Day Written Cancellation Notice by clicking on the CANCELLATION link at the bottom of our homepage at [www.crossfitcrazystrong.com](http://www.crossfitcrazystrong.com). Your membership will then be canceled 30-days from the date that your Written Cancellation Notice was submitted. To avoid an additional month's payment, you must submit your 30-Day Written Cancellation Notice at least 30-days prior to the end of the current month. Otherwise, if you have a scheduled payment within this 30-day cancellation period, the payment will be processed as scheduled.

**Example:** On January 1st, your WOD membership will be automatically renewed for the month of February. February WOD memberships will be automatically paid on February 1st. Therefore, if you wish to stop your auto-renewal/auto-pay for February, you would need to cancel your February WOD membership before the January 1st auto-renewal date by clicking on the CANCELLATION link at the bottom of our homepage at [www.crossfitcrazystrong.com](http://www.crossfitcrazystrong.com). Cancellation requests submitted on or after January 1st will be automatically billed for the February membership on February 1st. All cancellation requests will be automatically charged a \$65 Cancellation Fee upon receipt of your 30-day Written Cancellation Notice.

3. NON-AUTODRAFT & MANUAL RENEWAL — (\$140 WOD Memberships)

**Non-Autopay / Manual Renewal: \$140.00 / Month**.....(Month-to-month, No \$65 Cancellation Fee)

For the benefit of all CrossFit Crazy Strong Members, we want our coaches to focus solely on coaching and not on tracking down, collecting, and processing monthly membership fees. WOD members who still wish to pay their monthly WOD membership by check or cash, thereby opting out of the automatic membership renewal / automatic payment, will be required to pay an additional \$21.00 monthly administrative service fee (\$140 total monthly) to manually process renewals and payments.

If you would like the freedom to cancel your membership at anytime with no cancellation fee, but you still prefer the convenience of Auto-Renewal/Auto-Pay, then you can opt for the \$140 WOD Membership Rate to be set up with Auto-Renewal/Auto-pay. A 30-Day Written Cancellation Notice would still be required to stop your Auto-Renewal/Auto-pay, but the Cancellation Fee would be waived.

4. CANCELLATIONS — (WOD Memberships)

**Cancellation Fee: \$65.00**.....(Applies to all members on Auto-Renewal/Auto-Pay who pay the \$119 monthly rate)

For all members on the \$119 Auto-Renewal/Auto-Pay plan, a \$65 Cancellation Fee will be automatically charged to the member's account-on-file upon receiving the 30-Day Written Cancellation Notice. This applies to any member, regardless of the reason for the cancellation, whether they are 1-month or 3-years into their WOD Membership.

We have a very simple cancellation process. If you wish to stop your Auto-Renewal/Auto-Pay, you would need to submit a 30-Day Written Cancellation Notice by clicking on the CANCELLATION link at the bottom of our homepage at [www.crossfitcrazystrong.com](http://www.crossfitcrazystrong.com). Your membership will then be canceled 30-days from the date that your Written Cancellation Notice was submitted. To avoid an additional month's payment, you must submit your 30-Day Written Cancellation Notice at least 30-days prior to the end of the current month. Otherwise, if you have a scheduled payment within this 30-day cancellation period, the payment will be processed as scheduled and all payments are non-refundable. No partial-month refunds will be granted for cancellation requests received within the current month.

**30-Day Cancellation Notice Required:** By signing this policy and agreeing to Automatic Renewal/Automatic Payment of your WOD Membership, you understand that you must provide a minimum 30-day advanced notice prior to your cancellation taking effect.

**Re-activation of Auto-Renewal/Auto-Pay:** All past members who wish to re-activate their \$119 monthly WOD Membership on the Auto-Renewal/Auto-Pay plan, will be subject to the \$65 Cancellation Fee and the 30-Day Written Cancellation Notice.

**Non-Autopay / Manual Renewal:** If you would like to commit to just one month at a time with no cancellation fee, then the monthly membership rate is \$140. No \$65 cancellation fee will be charged for members who choose to pay the \$140 membership rate.

5. NO REFUNDS / NO MEMBERSHIP HOLDS — (All WOD Memberships)

All we require is that you commit to your own health and fitness one month at a time! Because we do not have long-term contracts, and all WOD memberships renew / expire on a month-to-month basis, we do not offer WOD membership holds or refunds. Instead, members can cancel their WOD membership by clicking on the CANCELLATION link at the bottom of our homepage at [www.crossfitcrazystrong.com](http://www.crossfitcrazystrong.com) at least 30-days prior to the end of the current month.

6. DROP-IN RATES — (WOD Memberships)

**One Class: \$15.00**

**One Week / Unlimited Classes: \$45.00**

7. MISSED APPOINTMENTS — (Personal Training, OnRamp, & Nutrition Consultations)

**Missed Appointment Fee: \$29.00**.....(Automatically charged to account-on-file if appointment is cancelled with less than 8-hr notice)

We understand that your time is valuable, so we promise to make all scheduled appointments and to notify you at least 8-hours in advance if we need to reschedule. We also realize that sometimes emergencies happen, and you may need to reschedule an appointment with us. If you will not be able to make your scheduled appointment for OnRamp, Personal Training or a Nutrition Consultation, please notify us at least 8-hours in advance to cancel and reschedule your appointment. That way we can notify our coaches in time for them to update their schedules, since their time is also valuable. You can email us at [CrossFitCrazyStrong@gmail.com](mailto:CrossFitCrazyStrong@gmail.com) or call/text us at 912-326-7163 if you do need to reschedule. Appointment cancellations with less than 8-hrs notice will be automatically charged a \$29 missed appointment fee to your account-on-file. Please understand that if you miss an appointment without notifying us, your coach still has the right to be paid for their time at the gym even if you don't show up.

8. RETAIL PURCHASES

Retail purchases for water, FitAids, or merchandise purchased during the current month will automatically be charged to each member's account-on-file the first day of the following month. Each member is responsible for accurately recording their own purchases on the retail purchase sheet at the service counter. We will use this sheet to charge each member's account on the first day of the following month. Alternatively, members are encouraged to pay cash for their retail purchases by dropping their money in the appropriate payment box at the reception desk.