



# SFHQ MEMBERSHIP TERMS & CONDITIONS

*Please read SFHQ membership details thoroughly*

## SFHQ Membership

As of October 1, 2022 SFHQ will become a member only, private training gym with the best coaching Mid-Michigan has to offer. We're upgrading our memberships and eliminating drop-ins so we can once again focus on a community experience where we bring back education seminars, events, perks and more for our committed members while focusing on the best value possible.

Anyone who commits to our new 2022 SFHQ Legacy Membership will have access to a lower cost with higher value. Sessions which were \$16 each are now only \$11.61 each with our new membership offer (our lowest session rate since 2017) SF Legacy members will have the ability to access the \$189 membership as a thank you for your commitment and loyalty. SF clients are required to have an active membership to access the referrals benefits.

Each member will choose and sign up for 3 sessions + 1 additional session per week.

We're more than just a gym, we are a community. For the first time ever SFHQ is also offering special family membership pricing for spouses or children.

## SFHQ Membership Payments:

All SFHQ memberships are collected via auto-debit (i.e., electronic funds transfer) from either a debit card or credit card. By providing your debit card or credit card information you allow SFHQ to automatically withdraw your monthly payment as they come due every 4 weeks.

SFHQ Members are also given a 3-day grace period for late payment and/or declined card transactions – we understand things happen that are out of our control.

## Late Payment

We understand that circumstances beyond your control may happen SFHQ Members are given a 3-day grace period for late payment and/or declined card transactions. If payment is late beyond the 3 day grace period we do reserve the right to charge a small late fee as well as restrict access to unpaid gym sessions.

## Cancellation of Membership by Member:

If you wish to modify or cancel your membership, we simply ask for a 30 days written notice to [info@sarahfechter.com](mailto:info@sarahfechter.com).

## FAQ'S:

- **Do I need to wait until the 1st of the month to purchase a membership?**

No, you can purchase your membership any day of any month. This is a recurring membership that will automatically process every 4 weeks.

If you decide to cancel your membership, you will submit a 30-day written notice to [info@sarahfechter.com](mailto:info@sarahfechter.com).

- **Can I change my class selection every month?**

Each member will choose their schedule for the upcoming month when purchasing their membership. Our members may book their sessions up to 90 days in advance but may only have 1 pass at changing schedules.

If we get to a place in the near future or not having to lock them in - we will

- **Is there an option to add a 5th session to your membership?**

All active members will have the opportunity to increase their membership to 5 sessions starting in November.

As a community, collectively we want to eliminate the language of drop ins but make no mistake our members will be taken care of.

- **Is it a 6 month or year commitment for monthly membership?**

It's not a contract, it's just a recurring membership. You can read the membership agreement, and in the terms and conditions, you sign up and four weeks later you are charged again.

To cancel, you submit a 30-day written notice to [info@sarahfechter.com](mailto:info@sarahfechter.com).

- **Any options for out of towners even if it's only a few times a year?**

In November will be adding a "Day Pass" exclusively for 1:1 coaching client, 1:1 Alumni, our On Demand team and first timers.

- **If I can only do 3 days a week, is it the same price as 4 days a week?**

The cost of 3-day membership is \$189 as it has been for the last 2+ years. We've added a complimentary session each week, a referral program, and a freeze option for our members although you're not obligated to use it.

- **Are nutrition services included with the membership?**

We offer nutrition and 1:1 coaching through the SF Coaching Method, Sarah's other business, which is all online and not connected / associated to her gym.

To inquire please visit [@sarahfechter.ifbbpro](https://www.instagram.com/sarahfechter.ifbbpro) and click the link in her Bio to apply for 1:1 Coaching / Nutrition