



CrossFit ThunderHawk
Member Agreement
Updated 4/22/21

This agreement is between staff members of CrossFit ThunderHawk and the holder of this membership.

Memberships are month to month, no contract required. Auto payment is active at time of registration unless indicated differently.

Punch cards and multi month memberships are one time payment and will expire unless the member requests an upgrade or renewal.

Memberships are paid in advance and prorated to the start date.

Membership can be upgraded at any time.

Payments are made automatically through ACH (checking/saving/account draft). Cash payments are welcome but Credit card is required on file for any late fees.

Family and sibling discounts are available.

Family members are defined as spouses or children living in the same household. If a family member drops a membership, the dues will change to individual regular rate in effect at that time.

Memberships past 5 days due will be suspended.

Memberships dues are non-refundable. Late payments or declined accounts fees over 5 days will have a \$15 processing fee.

Members can only use the facility during scheduled classes. Our schedule is listed on the website and you might request the updated schedule at the front desk.

Class schedule might change during season periods, including summer and holidays. Crossfit ThunderHawks reserves the right to change operating hours and/or class schedule at the sole discretion without effect to this agreement. CrossFit ThunderHawks may close its facility for seminars, certifications, maintenance, repairs, selected holidays, extreme weather conditions, and other hours based on necessity without any effect on this agreement.

Memberships may be put on hold at member request under special circumstances including emergency family situation, seasonal sports commitments, personal illness or injury. Payments will be on hold during this period and will resume automatically upon end of membership hold period.

Class attendance is by reservation only at this time due to Covid Pandemic. Reservations are available up to 7 days ahead on the hour of class. If a class is full and members miss the class without proper cancelation, there will be a \$10 penalty charge. Cancelations are allowed through the same reservation application up to 1 hr before class.

Late arrival to class over 10 min will not guarantee a spot in class, there will be a burpee per minute late penalty. Please do not wait to be told by the coaches, just get it done.

CrossFit ThunderHawk is not responsible for any unattended personal item. Lost items not claimed after 14 days will be donated or discarded.

No smoking. No food during workouts, only water or recovery drinks are allowed during workouts. Alcohol is not allowed unless special events.

CrossFit ThunderHawk is committed to the health, safety and welfare of each of its members and staff and will not tolerate unreasonable, threatening, obscene, harassing, indecent, or illegal behavior. Crossfit ThunderHawk has the right to judge behavior and respond accordingly. This right includes, but is not limited to, termination of membership without refund of any member engaging in unacceptable behavior.

Members shall pay for any damage to Crossfit ThunderHawk property, which results from the willful or negligent conduct of member, member guest, or dependent children.

CrossFit Thunderhawks reserves the right to terminate a membership of anyone who refuses to observe any of the CrossFit ThunderHawk rules or regulations.

Box Philosophy:

Be on time.

Introduce yourself.

Cheer for everyone.

Stay focused and goal driven.

Loud music only.

Work hard or go home.

Break your last PR.

Train, don't workout.

Trust the crossfit methodology and value form before loading up.

Leave your ego outside the door, stay humble.

Clean up as you go and sanitize all equipment after use, including the chalk mess..

Do not drop barbells.

Respect the equipment.

This agreement contains the entire agreement between the parties, and supersedes any prior written or oral agreement.

When you sign this agreement, you affirm you had read it in full, and you are signing freely and voluntarily, under no duress or threat. Members must be older than 18 or be a legal guardian for a minor member. Members certify and warrant to be mentally competent to sign.

I understand and agree to CrossFit ThunderHawk membership policies stated above.