



## Policies

Every business has got to have them, only ours are developed by our very own CFitters...so don't shoot the messenger. We just enforce them. 😊

**Signing Up for Classes:** When signing up for classes, class slots will not open until 72 hours before the class. This will allow everyone to have a chance to sign up and hopefully reduce the no shows.

**Cancellation Policy:** A \$10 cancellation fee will be assessed if you do not cancel one (1) hour before the class start time. This will be charged to your credit card that we have on file. Just cancel yourselves out - don't make us have to charge you!! We really don't want to do it!!

**Wait List Policy:** If you are wait listed, please feel free to show up for class. However, should you not advance to one of the reservation slots due to no-shows or last minute cancellations, you will simply yield to the reserved participants by adjusting your weights or equipment to be used in the WOD.

Keep in mind, that if you do not cancel yourself out of the wait list, the cancellation policy above will be applied.

**Signing Up for Multiple Classes:** Occasionally, we see that some of you sign up for multiple class times in one day as you are uncertain as to when you will be able to make it in. As soon as you know which class you will be coming to, you will need to remove yourself from the other class. Again, the cancellation policy above will be applied if you do not cancel yourself out of a class.

**Molten Mantras:** leave your ego at the door...SCALE • embrace exhaustion, look forward to it, dwell in its glory • we warm up, we CrossFit, we cool down, we break down AS A TEAM • don't sacrifice form for the sake of speed/reps?weight/time • yo mamma don't live here, clean up after yourself • integrity before intensity • we are all beginners • there is such a thing as too much chalk..HAND CARE • the WOD doesn't hurt, it's the smiling during the WOD • earn your scabs • when necessary, improve, adapt, and overcome