



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. There are a total of 15 or 18 reserved slots per class depending on the class. Reservations are a requirement!! Please do not just show up for class as we limit the number of slots in order to maintain quality instruction.

Cancellation Policy: If your cancellation occurred within one (1) hour before the class start time or after 8pm the night before for the 6am and 6:30am class times, a \$10 cancellation fee will be assessed to your account. This will be charged to your credit card that we have on file. Slots are limited and it is important to use the slot you have reserved.

We will need you to go into your online account, click on My Info, click "edit" under Billing and enter your credit card information in your online profile if you do not have it on file already. Should you choose not to enter or remove your credit card info and either late cxl or no show for class, we will have no choice but to restrict you from future class reservations until this is taken care of. No worries, all \$10 fees collected go right back to the members as we use that money to purchase equipment, toys and other fun stuff for everyone to enjoy. :)

Just cancel yourself out next time - don't make us have to charge you!! We really don't want to do it!!

Molten Mantras: leave your ego at the door...**SCALE** • embrace exhaustion, look forward to it, dwell in it's 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 momma 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