



RULES & REGULATIONS

These Rules & Regulations ("Rules") intend to provide the maximum benefit and enjoyment of the services, facilities, and equipment of Boxing Strong by its members. The purpose of the Rules is to serve as the most optimal solution to the various complex issues and concerns that may arise in this environment. The Rules apply equally to all members and guests of Boxing Strong, who must abide by them unconditionally. It is the responsibility of all staff, owners, and agents of Boxing Strong to enforce these Rules.

The Rules can be modified, supplemented, amended, or repealed at any time, with or without notice. Any update to these Rules shall become effective immediately upon posting at www.boxingstrong.com and at its physical location. Boxing Strong reserves the right to cancel or suspend membership or refuse any of its services, temporarily or permanently, to anyone.

CODE OF CONDUCT

- **Conduct:** Boxing Strong does not tolerate inappropriate or disrespectful conduct including, but not limited to: offensive, abusive, vulgar, profane, indecent, violent, hostile, aggressive, or threatening speech, or harassment such as stalking, or fraud, or any other unacceptable conduct or language.
- **Damages:** any property damages incurred by Boxing Strong members shall be paid for by that member.
- **Dress Code:** closed-toed athletic shoes - no bare feet are allowed on the floor; proper workout attire (shorts, sweatpants, t-shirts, sweatshirts) must be worn at all times in the gym; shorts/pants must cover the entire area of the buttocks; shirts or sports-bras must be worn at all times. Sand must be removed from shoes prior to entering the gym. No inappropriate or vulgar words or graphics on any clothing attire may be worn.
- **Prohibitions:** Boxing Strong is a smoke-free environment, thus smoking is prohibited on the premises of the gym. No alcohol, drugs, or weapons are allowed on the premises of the gym.
- **Photography:** Boxing Strong reserves the right to take pictures and/or videos, which may include you, at any time for marketing and promotional purposes. Although you are asked to sign an informed photo consent form upon registration, the photography may happen without your knowledge or immediate consent. If you have legal reasons to keep your identity anonymous, please notify us in writing at: info@boxingstrong.com.
- **Solicitation:** No member can train other members freely or for a fee, without approval by Boxing Strong.
- **Equipment Use:** Please wipe down equipment post-workouts using microfiber towels provided by the gym after class. All free weights or other equipment used during training must be returned and re-racked. Refrain from leaving gym bags on the mats or in the workout area.
- **Hygiene:** We aim to provide clean and sanitary conditions for your use; however, please do wipe off your equipment (bag, floor, bin, bench, free weights, etc.) after each use. Boxing Strong has towels available for your use during and post-training. Please refrain from wearing strong perfumes or colognes, and be cognizant of your body odor – if possible, rinse off before your trip to the gym or at the gym. Given the small quarters and close proximity to other members, you may be asked to leave due to unpleasant or foul smells of any kind (including alcohol, tobacco, and marijuana) that create a non-conducive environment for training.

TRAINING AND MEMBERSHIPS

- Memberships vary per location, frequency of participation and type of classes. To ensure continuous participation, you may voluntarily enroll in auto-pay, or chose another billing option.
- **Waivers:** Any individual older than 18 years of age seeking to participate in Boxing Strong training in any format, length, or staff leadership, must sign a Liability Waiver. Any individual under the age of 18 must be accompanied by that person's parent or legal guardian, who must also sign a Liability Waiver.
- **Training Options:**
 - Private Training (includes semi-private and small groups: 3-4 people per group) – 55 minutes;
 - Adult Group Classes (subject to change, see current memberships and locations on sign-up page)

- Youth Classes (subject to change, see current memberships and locations on sign-up page)
- Corporate membership: on-site or off-site group classes - Payment for corporate sessions will be negotiated through a written contract prior to the start of the class/es.
- Cancellations: Any membership agreement can be cancelled at any time. Members who enroll in autopay are required to give 30 days written notice to stop auto-payments. Any remaining classes on that pay schedule will not be prorated or refunded. For all class membership agreements: In the event of membership cancellation, no classes will be prorated or refunded.
- Hold: In the event a member requires a temporary hold on their membership payments, member can request a hold of minimum 1 (one) and maximum 2 (two) weeks through a written notice that indicates a start and end date of the hold. By writing this statement, the member also acknowledges that a \$20 holding fee will be charged to the member's account. A membership hold will last no more than two weeks from the start date of the hold.
- Class Frequency: Each membership allows members any available classes they are eligible for; it is at the member's discretion to attend the classes. In the event that a class is at full capacity, any members who have already attended two classes that week will be asked to come in on another day, without extending their membership duration.
- Capacity: Each group class has a maximum capacity of 16 people. The attendance is based on first-come-first-serve basis, after prioritizing members over drop-ins. Reservations for the class are not mandatory, but they guarantee the slot, regardless of the membership status. Members who arrive late to the class at maximum capacity can take the next available class.

FACILITIES AND SERVICES

Personal Training and Classes: You can book any Personal Training sessions online or directly with the trainer. For group classes, please refer to the schedule posted on the website.

- Lockers: We do NOT provide lockers; however, we have shelf space to store your bags and other belongings. If you require private storage, you can request use of the office.
- Shower Room: You may use the shower room to change, shower, or apply first aid. The room is available during your training session day only, for no more than 30 minutes before or after the training
- Lost & Found: Boxing Strong is not responsible for lost, stolen, damaged, or left-behind items. Any items left after your training will be kept on the storage shelves in the bathroom and discarded at the end of each month. Please do not bring any valuables, including jewelry, which you may need to remove to participate in boxing training.
- Welcome Office: this space is designed to accommodate the needs of all members. Services provided include: check-in, registration, reservations, purchase of retail items, changes to membership, and accepting payments. All consultations and private discussions are scheduled with the trainer and held outside of class hours.
- Safety and Emergency Procedures: Boxing Strong trainers can provide emergency care and help, as well as contact medical services and personal emergency contacts. When deemed necessary, the staff will contact the appropriate authorities to resolve an emergency situation. In case of a fire alarm, always use caution to safely leave the building. If any physical activity incurs pain, dizziness, or other physical discomfort, the activity must be stopped.
- Violation of Rules: If any member violates any of the Rules herein, Boxing Strong reserves the right to revoke membership and refuse the service temporarily or permanently.

WRITTEN NOTICES

All written notices must be sent to: info@boxingstrong.com.

CONSENT

I confirm that I have read and understood all the information above. I understand my rights and responsibilities and consent to all of the above terms by voluntarily signing this form.

Member/Legal Guardian Signature _____

Member Name _____

Legal Guardian Name _____

Date _____