



Welcome! You are at the center of what we do and your experience at Bainbridge Island CrossFit is very important to us. To keep things simple for you, and to provide the best experience for everyone, we ask that you review and adhere to these simple terms and conditions of service.

At Bainbridge Island CrossFit, we ask that you:

1. Register for group classes online in advance (we want to keep our class sizes intimate and manageable so we can provide the best coaching possible).
2. Arrive on time for your classes and appointments.
3. Cancel or change appointment times, if you must, **at least 2 hours prior** to your scheduled appointment. Cancellations made within 2 hours of a scheduled appointment time will be charged as if the appointment was completed.
4. Keep your contact information and billing method current (all members must have a current credit/debit card on file). You can download the free “Bainbridge Island CF” app, log into MindBody online, or touch base with the front desk to update account information.
5. Adhere to our following member “Code of Conduct”
 - Be Humble – Effort and hard work is more impressive than the “best” score
 - Be Careful – Treat equipment as if it were your own, be aware of others
 - Be a Hard Worker – Rise to the challenge of each WOD, put forth your best effort
 - Be Supportive – Encourage and welcome others, be a great human
 - Be Respectful – Arrive on time, respect your coach, pay attention
 - Be Clean - Put your things away, neatly and in clean condition immediately after use. Wipe down your equipment and any sweat you may have left behind.
6. Make your coach aware of aches, pains or other issues at the start of your session.
7. Group classes are general in nature. If you are eager to learn a specific movement, or are seeking additional one-on-one instruction, please schedule a personal training or skills session.
8. Contact us via email info@bicrossfit.com at least 14 days prior to your upcoming billing date if you chose to cancel your membership. Membership is month to month and no refunds will be given for partial months.



In return, we promise to:

1. Always be on time for our appointments and classes.
2. Modify workouts/movements as necessary to provide the appropriate intensity for you.
3. Make it a priority to understand your personal health/fitness goals and work with you to achieve them.
4. Behave in a professional manner.
5. Explain WHY any given exercise is relevant to you.
6. Correctly invoice and give receipts, or make corrections immediately.
7. Return your phone call or email at the first available opportunity.
8. Provide you with a safe, clean and supportive space to train.
9. Treat every client the same with regard to pricing, scheduling, and answering questions.
10. Stay on top of relevant research that will help you achieve your goals.
11. Be as flexible as possible in accommodating your schedule.
12. Maintain the strictest confidentiality.

Agreed and understood:

Name (printed): _____

Signature: _____

Date: _____

BICF Staff Signature: _____