

Operating Calendar

Travel Gym operates on a rolling 12-month, 48-week training calendar to ensure sustainable, high-quality coaching.

Scheduled closure weeks are built into membership pricing and will be communicated in advance. During these planned closure periods, clients will receive individualized programming to help maintain progress and momentum.

Travel Gym training schedule:

- Monday–Thursday: Primary Training Days
- Friday: Limited Sessions
- Saturday & Sunday: Closed or Special Events

If sessions must be canceled due to illness or emergency outside of scheduled closures, reasonable efforts will be made to reschedule.

Session Length & Packages

- Standard sessions are 60 minutes, unless otherwise discussed.
- Package pricing may vary depending on the type of service provided, including: 1-on-1 personal training, partner sessions, or small group sessions.

Membership Structure

- *Travel Gym* memberships follow a subscription model.
- Memberships will reserve a recurring weekly time slot for the client during active operating weeks. Between sessions, clients will receive ongoing programming and accountability.

Payments

- Accepted forms of payment include: credit or debit card, ACH bank transfer, Zelle, or cash (depending on the service).
- Payment is due before or at the time of service, unless otherwise arranged.
- Monthly packages must be paid in full prior to the first session. Sessions renew monthly and must be used within the billing cycle.

Client Absences & Travel

- Client vacations or short-term absences do not pause or prorate membership.
- Make-up sessions may be offered at the discretion of *Travel Gym* and must be used within the same billing cycle.
- Extended absences (2+ consecutive weeks) will be handled on a case-by-case basis. Please reach out ahead of time so we can plan accordingly.
- Clients will receive personalized travel programming to stay on track.

Cancellations & Rescheduling

- *Travel Gym* memberships require 30 days' written notice for cancellation. This allows time to adjust scheduling and offer the reserved training slot to another client. Any sessions scheduled within the 30-day notice period will still be honored.
- Subscription sessions are non-refundable, but may be rescheduled with proper notice. Please provide at least 48 hours' notice for rescheduling.
- Best efforts will be made to accommodate schedule changes within the same week or month when availability allows.
- For cancellations within 48 hours, *non-subscription* clients may be eligible for a 50% refund.
- No-shows will be forfeited, except in cases of unforeseen emergencies.
- In the event of inclement weather, sessions may be relocated, modified, or rescheduled as appropriate.

Late Arrivals

- Sessions begin and end at the scheduled time.
- In the rare event that the coach is delayed, the session length will be honored and extended accordingly.

Trainer Responsibilities

- Provide safe, effective, and customized training.
- Maintain clear communication and professional boundaries.
- Respect client privacy and confidentiality.

Client Expectations

- Arrive on time and ready to train.
- Communicate any discomfort, pain, or health changes immediately.
- Follow safety instructions and remain properly hydrated.

For questions or clarification, [**CLICK HERE**](#)