THE STRENGTH STUDIO, INC.
MEMBERSHIP POLICIES

Effective June 15, 2026

PURPOSE

The purpose of these policies is to create a clear, consistent experience for all members while protecting scheduling availability, trainer capacity, and program quality.

These policies supplement the Membership Agreement and may be updated periodically.

SECTION 1: PROGRAM STRUCTURE

Clinical Strength Training® is built around brief, infrequent, high-intensity exercise combined with adequate recovery.

Most members train one to two times per week.

More training is not necessarily better and may interfere with recovery and results.

Membership provides ongoing access to a structured training program and recurring scheduling opportunities. Membership is not a bank of prepaid sessions.

SECTION 2: MEMBERSHIP COMMITMENT

All memberships require a minimum twelve (12) month commitment.

Memberships are billed monthly and automatically renew unless canceled in accordance with the Membership Agreement.

SECTION 3: ENROLLMENT FEE

New members are charged a one-time enrollment fee.

The enrollment fee covers onboarding, account setup, scheduling administration, trainer preparation, and initial program implementation.

Enrollment fees are non-refundable.

Enrollment fees may be reassessed if membership is canceled and the member does not reenroll within three (3) months.

SECTION 4: CANCELLATION

Memberships are billed monthly.

Written notice of cancellation must be received on or before the 25th day of the month to prevent billing for the following month.

Notice received after the 25th may result in billing for the following month.

Members who cancel before completing their minimum commitment may be subject to the early termination fee described in the Membership Agreement.

SECTION 5: SCHEDULING

Training sessions are scheduled based on trainer availability, studio capacity, and equipment availability.

Each appointment reserves dedicated trainer time and equipment.

Members are encouraged to maintain a consistent recurring training schedule whenever possible.

SECTION 6: CORE MEMBERSHIP RESCHEDULING

Core Memberships include one courtesy reschedule per calendar month.

A missed session or late cancellation may use the monthly courtesy reschedule.

Rescheduled sessions are subject to current availability.

A rescheduled session may not be rescheduled again.

Any rescheduled session must be completed within the same calendar month.

Exception:

If the original session occurs during the final week of the month, the rescheduled session may be completed during the immediately following week.

Additional missed sessions, late cancellations, or scheduling changes beyond the monthly courtesy reschedule are forfeited.

SECTION 7: PLUS MEMBERSHIP BENEFITS

Plus Memberships include additional flexibility and scheduling benefits.

UNLIMITED SCHEDULING CHANGES

Plus Members may make unlimited scheduling changes before their scheduled appointment time, subject to availability.

MISSED OR LATE-CANCELLED SESSIONS

A missed or late-cancelled session may be rescheduled based on current availability.

A missed or late-cancelled session that has been rescheduled may not be rescheduled again.

CALENDAR MONTH REQUIREMENT

Rescheduled sessions must be completed within the same calendar month.

If the original session occurs during the final week of the month, the rescheduled session may be completed during the immediately following week.

PRIORITY SCHEDULING ACCESS

Plus Members receive priority access to scheduling opportunities designated by the Studio.

Plus Members receive the first forty-eight (48) hours of access before scheduling opportunities are released to other members.

Examples may include:

• Holiday scheduling adjustments

• Studio closure accommodations

• Trainer vacation accommodations

• Newly available recurring time slots

• Other scheduling opportunities designated by the Studio

ANNUAL ASSESSMENT

Plus Memberships include one annual sixty (60) minute assessment.

This assessment does not replace a scheduled workout session.

SECTION 8: HOLDS

Members who anticipate an extended absence may choose one of the following hold options.

STANDARD HOLD

• Preserves membership rate

• Does not preserve recurring training time

• No training sessions are provided during the hold

PRIORITY HOLD

• Preserves membership rate

• Preserves recurring training time

• No training sessions are provided during the hold

Hold fees, eligibility requirements, and maximum hold durations are determined by the Studio and may be updated periodically.

SECTION 9: RETURNING FROM A HOLD OR CANCELLATION

Members returning from a Standard Hold schedule based on current availability.

Members returning from cancellation schedule based on current availability.

Only a Priority Hold preserves a member's recurring training time.

SECTION 10: REENROLLMENT

Members who return within three (3) months of cancellation may be eligible to resume membership without paying a new enrollment fee, subject to current membership rates and availability.

Members returning more than three (3) months after cancellation are subject to the current enrollment fee, current membership rates, and current availability.

Former members may be required to complete a consultation, onboarding session, or membership review before reenrollment.

The Studio reserves the right to approve or decline reenrollment requests at its discretion.

SECTION 11: ASSESSMENTS

The Studio may periodically recommend assessments to evaluate progress, establish new baselines, or guide program adjustments.

Assessment procedures may vary by membership type.

SECTION 12: CLIENT RESPONSIBILITIES

Members are responsible for:

• Communicating schedule changes promptly

• Informing staff of injuries or health changes

• Following Studio policies and trainer instructions

• Maintaining current payment information

• Treating staff and other members respectfully

SECTION 13: RECORDS

Client records are available upon request in summary form.

Internal training notes, protocols, coaching documentation, and proprietary systems remain the property of The Strength Studio and are not subject to release.

SECTION 14: POLICY CHANGES

The Studio reserves the right to modify operational policies, procedures, scheduling practices, membership benefits, and administrative processes upon reasonable notice to members.

Changes to these policies do not alter the financial obligations contained in a signed Membership Agreement unless separately agreed to in writing.

Questions regarding these policies may be directed to:

The Strength Studio, Inc.
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