

CROSSFIT MAYVIEW



Member Bill of Rights

You are at the center of what we do. Your experience at **Crossfit Mayview** is very important to us. To make our Box fun, productive and a healthy atmosphere **we promise to:**

1. Always be on time for our Class with you.
2. Be prepared with a challenging training plan for each Class.
3. Demonstrate in a concise and simple manner each movement that you are being asked to do.
4. Explain **WHY** any given exercise or cognitive task is relevant to you.
5. Alter workouts as required.
6. Provide you with input on how to get better with each training session.
7. Behave in a professional manner.
8. Correctly invoice and give receipts, or make corrections immediately.
9. Return your phone call or email at the first available opportunity.
10. Provide you with a safe, clean space to train.
11. Treat every Member the same with regard to coaching, pricing, scheduling, and answering questions.
12. Stay on top of relevant research that will help you achieve your goals.
13. Maintain the strictest confidentiality.
14. **LISTEN** to your suggestions and comments.