

Pennant Membership Policies

Membership Renewal Policy

Memberships are on an auto-renew policy. This applies to the following programs: Personal Training, Individual Programming, CrossFit, Bootcamp, Middle School/High School.

CrossFit and Bootcamp Membership Holds

We allow for a maximum of FOUR (4) membership holds per year. Each hold must be for a minimum of TEN (10) days. Membership holds must be made in writing 7 days prior to when the hold is to take affect. Membership holds are to be done via email to Ali@pennantcrossfit.com

CrossFit and Bootcamp Membership Cancellations

A 7-day cancellation notice is required before renewal of next month's membership. Membership cancellations are to be done via email to Ali@pennantcrossfit.com.

Individual Programming Membership Holds and Cancellations

We currently do not offer membership holds for Individual Programming. Cancellations must be made 7 days prior to renewal and to be done via email to Ali@pennantcrossfit.com

Nutrition Membership Holds

There are no holds on any nutrition memberships without exception. If cancelling or rescheduling a meeting, please provide 24 hours notice to the coach you are scheduled to meet.

Nutrition Membership Cancellation Policy

Once a nutrition member has received a program, there are no refunds on any nutrition membership without exception.

Meeting or Training Cancellation Policy

If cancelling or rescheduling a meeting or private training session, please provide 24 hours notice to the coach you are scheduled to meet. If you do not provide 24 hours notice, we will charge for the session.

6-month and 12-month Prepay Membership Policy

We do not currently offer refunds for the 6-month and 12-month prepay memberships. No extensions are granted on 6-month and 12-month prepay memberships.

Payment Policy for Middle School/ High School, Bootcamp, CrossFit, Personal Training, and Individual Programming

For declined or late payments: payment must be received within 14 days or 10% charge will be added to the original bill.

Payment Policy for Nutrition Program

Must be paid in full prior to starting program.

General Questions

Please email Ali@pennantcrossfit.com with membership questions!