

SARGE POLICIES

Scheduling Sessions

- Residents (9+ months): May book up to 12 months in advance to secure preferred time slots.
- Summer Members: May book up to 3 weeks in advance.
- Makeups: Unused sessions do not roll over. Reschedule when possible — we'll always do our best to accommodate.
- Cancellations: A 24-hour notice is required to avoid losing a session.

Membership Cancellation

We understand life changes. To cancel your membership:

- 30-Day Written Notice Required (via email).
- Notice must be received before your next billing date.

Example: If billing is on the 15th and you want to cancel for November 15th, submit by October 15th.

- Requests with less than 30 days' notice will be applied to the following billing cycle.
- Email only — verbal requests or assumptions will not be accepted.

Email cancellation requests to: SargeBridge1@gmail.com

Membership Suspensions

We offer temporary suspensions under the following terms:

Suspension Guidelines

- Members may suspend twice per calendar year.
- Each suspension may last up to 8 weeks.
- A \$25 monthly suspension fee applies, charged to the card on file.
- Suspension keeps your membership active so you won't restart the 90-day commitment.

Ideal for: Extended travel, medical recovery, temporary scheduling conflicts.

How to Request

- Email only: SargeBridge1@gmail.com
- Include exact start and stop dates.

Billing Adjustments

- Autopay will be delayed by the number of suspended days.
- Billing date automatically updates upon reactivation.

Need Help?

Questions about cancellation or suspension?

Email: SargeBridge1@gmail.com

We're here to help you stay strong, consistent, and committed — on your terms.