

General policies and instructions

To reserve a spot, visit www.cwfit.com/groupfitness and click the reservation link. Classes may not be reserved until 48 hour prior to the start of a class so for example; reservations for the Saturday (8:00 AM) class may not be made until 8:00 AM the Thursday before. Classes scheduled too far in advance will be canceled by the administrator. If the a link is not visible, it means that the class is full. Email CustomFit@CWFit.com to be added to the wait list or directly contact the instructor.

Next and very important, because there is a limited number of spots available, reserving a spot makes you liable for the class and missing a class you reserved for will result in a charged class. You may cancel a class through the link provided in your confirmation e-mail or by e-mailing the administrator up to 2 hours before the start of class.

Finally, There is a class minimum of 3. If the minimum has not been reached 2 hours prior to class (or by 4:30 before a 5:00 AM class), those who have signed up for it will be notified via e-mail, Facebook and/or text message. If you are a Facebook user, please request an invite to the Custom Fit Members Only page, it is used to pass important information.

Please do not arrive to class earlier than 15-minutes prior but DO arrive early to do your open warm-up.

Your first class is free but moving forward, class rates can be found on the website www.CWFit.com or in the brochures.