

REFUNDS/CANCELLATION POLICY There are no refunds for this coaching program.

Coaching is a commitment-based program designed to help you reach your fitness goals and create a healthier lifestyle. Due to the nature of the personalized plans and the time and energy invested, refunds will not be provided under any circumstances. Using financing options to pay for this program is considered equivalent to paying in full. As such, all payments made through financing are non-refundable. If you are signed up for monthly/weekly coaching, you can terminate your coaching program at any time. For monthly/weekly coaching, you will be charged automatically until you cancel. In the event you no longer wish to continue your coaching, please notify me either through the coaching app or via email at least 72 hours before your next billing date. It is your responsibility to keep track of your billing date. If you're unsure, ask me.

PAUSING POLICY We understand that life can sometimes be unpredictable, and you may need to pause your fitness coaching program. Please review the following guidelines regarding our pausing policy: You have the flexibility to pause your coaching at any time for reasons such as medical needs, financial circumstances, or personal matters. If you pause your coaching mid-month, any remaining weeks will be preserved and available for you when you're ready to return. To pause your coaching, please notify me either through the coaching app or via email, so we can adjust your schedule accordingly. Your progress and goals are important, and I'll be ready to support you whenever you're prepared to continue.