

CLASS FAQ'S

Are all fitness levels welcome to class?

Yes, absolutely!! Our team of trainers are trained to properly modify and identify when a member needs modifications and assistance to do the exercises safely.

What equipment do I need for class?

We recommend our members bring a workout mat, water, and a set of dumbbells to class. We provide everything else.

What if there is inclement weather during the spring/summer outside sessions?

We will complete classes if it raining, but for legal reasons will not run class if it is calling for thunder or lightening. In the event of a cancelation, we will re-schedule class or move it to a local inside location.

What if I want a refund after class starts?

We do not offer refunds after class begins, but if you have an injury or recently found out you have a high-risk pregnancy or other health complication we are happy to offer a credit or refund upon Doctor's note.

Is class super intense?

Our classes are challenging, but designed to include every body, every fitness level, and every mood. You will have an opportunity to go at your own pace, push as hard as you want, or pull back when you need to. It's our job to ensure you feel successful during our program.

If I miss a class, can I do a make-up?

Just like if you were signed up for soccer and missed a class, Royally Fit does not offer make-up classes. We encourage you to email us when you're going to miss a class so we can provide you with an alternative at-home workout to do in place of class that week.