

Class FAQ's

What equipment do I need for class?

We recommend all participants bring a workout mat & water to all classes. We provide everything else.

What if I want a refund after class starts?

We only offer refunds 48-hours before class begins. We offer credits after class begins if you have an injury or health concern you can verify with a doctor's note.

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.

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.

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 so just let us know if you need help or a modification.

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.

If you have any other questions please email us at admin@royllyfit.ca

The badass approach to fitness, health & mental wealth,
The RF Girls xo