

RF ONLINE FAQ'S

How long are the workouts?

Our workouts typically range anywhere from 15-30 minutes, but you will find *some* that are less or more.

What equipment do I need?

You don't need equipment, but to get the best out of this program and see the most results, we highly recommend you have a set of hand weights/dumbbells (10-20lbs) & mini bands. However we have plenty of body weight workouts for you to get started with, and often offer alternatives to many of our exercises that include equipment. Either way, we got you covered!

What results can I expect?

Results depend on your goals, your commitment, and where you are in your life right now. We do find the more active our members are in our community, the better their results are because of the accountability. We will give you the tools you need to work on your fitness, health and mental wealth, so you can make this a lifestyle, once and for all! This program is ran by Professional Personal Trainers & Registered Holistic Nutritionists. Check out some of our testimonials to see how the others did.

What does online training mean?

Online training means exactly that – you can train/workout online, wherever you are, whenever it works best for you. You can access the workout videos via any device, or print them out beforehand if you'd like to move at your own pace. Our passion is to make fitness and health accessible and efficient for you.

What does the monthly meal plan look like?

The meal plan is created by Registered Holistic Nutritionist, Kaylie Ginn, and focuses on foods from nature that are anti-inflammatory, family-friendly, delicious, satisfying, and efficient to fit into your bus life. We are all about eating whole foods from nature, and enough of them! We aim to teach you how to find health and wellness in your life without weighing food, counting calories, restricting carbs or ever going hungry. We don't need a bunch of hangry Moms around now do we?!!

What if I have food allergies or am vegan?

The meal plan is 99% gluten and dairy-free (we do include some Sheep & Goat's dairy for options as well as sprouted grains that are more easily digested) but it is not essential you follow this to get something out of our program. Our meals are easily modified by knowing what your alternatives are, and we can help you with that inside our group. We have lots of vegan, vegetarian, and dairy/gluten-free options but do not promote ourselves this way.

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What if I want to cancel my membership?

You can cancel your membership at any time, no questions asked. You can do this yourself through your RF Online profile, or by contacting our admin (admin@royallyfit.ca). Your membership will be active until your next payment is to come out, but you will immediately lose access to our private Facebook group.

Can I save the workouts before I cancel?

Once your membership expires/cancels you no longer have access to the video workouts within our members area. Just like when you leave a gym, you no longer have access to their equipment.

Can I save the meal plans?

Yes, you can save the monthly meal plans you receive during your membership, and check out our extra recipe collection on the site and print those out as well.

What if I don't like the program after a month?

This is not like a gym membership where you sign up for a year-long contract or commitment, so should you decide after a month this program isn't right for you, no problem, just cancel.

What if I just want the meal plans, and don't want the workouts (or vice versa)?

We have members in our program that are just using the monthly meal plans, others that are just using the workouts, some that are into the community, and then lots that are doing all 3! They all pay the same price. Our program is competitively priced and also involves a community, support, and coaching from Professional Personal Trainers & Registered Holistic Nutritionists - the value you are getting goes way beyond the \$49/month cost to you.

What if I'm away for a month, or go on Holiday, can I put my membership on hold?

The beauty about Royally Fit Online is that it can be done anywhere, anytime! If you're away for vacation or work we encourage you to keep up with your workout routine using our easy accessible workout videos on any device, or take our printable versions to the hotel gym. However, if you wish to take a month off, just cancel and then re-sign up whenever you're ready to rock again. We don't put memberships on 'hold'.