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Full Name	Email Address	Gender	
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Street Address	City	State	ZIP code
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Date of Birth	Phone		

Name of Membership:	Attendance Limit:	Number of Sessions:	Expiration:	Programs or Service:
Discount:	Auto-Renew:	Locations:	Billed on:	Initial Commitment:
Start Date: ---/--/--	Expiration Date: ---/--/--	Setup Fee	Setup Fee Tax	Commitment Cost:
Commitment Tax:	Commitment Total:	Renewal Commitment:	Renewal Cost:	Renewal Tax:
Renewal Total:	First Invoice:	Renewal Payments:		

Initials Here:

Build Your Dreams CrossFit

Gym Policies & Member Agreement

24-Hour Safety Procedures

To ensure the safety and well-being of all members, please adhere to the following guidelines:

- Please wear proper exercise attire.
- Stretch muscles before and after workout to make sure that you are flexible enough to perform desired movements.
- Perform a comprehensive warm up routine to prepare your body for your workout and prevent injury.
- Limit all movements to 75% of max load during non-staffed hours.
- Do not perform new or unfamiliar movements and exercises without staff present.
- Please be considerate of others in the gym and make sure that you have enough room to be safe during your workout.
- Please clean and rerack equipment after use.
- Please make sure that the door is fully closed after entry or exit of the box.
- Have your cell phone on you at all times in case of emergency.
- In case of emergency please refer to Emergency Response Guide.

Class Etiquette & Rules

Safety Rules

- Show Up on Time – Arrive promptly to avoid missing warm-ups or class instructions.
- No Dropping Barbells – Only drop barbells when using bumper plates that are 25lb or heavier.
- Follow Coach Directions – Listen to instructions and follow guidance to ensure a safe and effective workout.

Respect Rules

- Be Polite – Treat fellow members and staff with kindness and respect.
- Respect Others’ Space – Be mindful of others’ workouts and maintain a safe distance.
- Be Welcoming – Create an inclusive, encouraging environment for everyone.

Cleanliness Rules

- Campsite Rule – Leave the space cleaner than you found it.
- No Early Equipment Breakdown – Do not put away equipment until the entire workout is finished.
- Wipe Down Equipment – Clean all gear thoroughly after use.

Equipment Care & Facility Use

We take pride in providing high-quality equipment and a clean facility.

- Please use all equipment as intended and with care.
- Wipe down and return equipment after use.
- Members may be held responsible for damage to equipment or facilities caused by misuse, negligence, or failure to follow gym guidelines.

Class Reservation & Cancellation Policy

We encourage all members to reserve classes in advance.

- If zero (0) athletes are signed up 20 minutes before class, the class will be canceled.
- Please reserve your class ahead of time to secure your spot.
- If you cannot attend, cancel your reservation as early as possible so others can attend and so we can properly staff classes.

Pets & Kids Policy

Pets: Allowed if leashed and well-behaved.

- Must stay out of workout areas and not disturb classes.
- **Not allowed on the indoor grass/turf area**, as members sit and exercise there and we want to avoid accidents.
- Owners are responsible for immediate cleanup of any messes.
- Disruptive or unsafe pets may be asked to leave.

Kids: Children are welcome.

- All minors must have a **waiver signed by a parent or legal guardian on file**.
- Children must remain off the gym floor during class and stay in the designated office/lounge area.
- Parents/guardians are fully responsible for supervision and cleanup at all times.
- Build Your Dreams CrossFit staff are not responsible for supervising children outside of designated youth programs.
- If a child becomes disruptive, unsafe, or enters the workout floor, we may ask that they remain in the designated area or return another time.
- For the safety of all members, children who are visibly ill should remain home.

Please make sure your child or pet is well-behaved and non-disruptive to class, or we will kindly ask you to leave them at home.

Photography & Media Release

We love highlighting our community. Build Your Dreams CrossFit may take photos or videos during classes, events, or within the facility that may be used for:

- Social media
- Website
- Current or future marketing and promotional materials

By participating in classes or events, you may appear in these materials. If you prefer not to be photographed or featured, please notify us in writing and we will gladly honor your request.

Privacy Policy

Your privacy matters to us. You may view our full Privacy Policy on our website here: [Build Your Dreams CrossFit | Privacy Policy](#)

Membership Holds / Freezes

We understand that life happens and may require time away from the gym.

- Membership holds must be requested in advance and submitted in writing.
- Holds are typically granted for injury, travel, or major life events.
- Billing will pause during an approved hold period and resume automatically once the hold ends.
- Additional details and limitations may apply based on membership type.

Membership Cancellation Policy

To cancel your membership, please provide **2 weeks notice** by contacting us at bydhtx@gmail.com or **713-887-1044**.

All cancellation requests must be submitted in writing. Memberships remain active and billing will continue through the 14-day notice period. No refunds will be provided for unused time.

Community Standards

Build Your Dreams CrossFit is committed to maintaining a positive, safe, and welcoming environment for all. We reserve the right to revoke or suspend membership for behavior that is:

- Unsafe
- Disrespectful to staff or members
- Disruptive to classes or operations
- Harmful to the community or facility

Membership is non-transferable and may not be shared with non-members. Members may not grant facility access to non-members without staff approval.

Terms of Membership

- I agree to abide by all gym rules, safety policies, and etiquette as outlined above.
- I understand the risks associated with exercise and release Build Your Dreams CrossFit, its staff, and affiliates from liability for injury, loss, or damage.
- I understand that during unsupervised gym hours there is no staff present, and I assume full responsibility for my own safety and conduct while using the facility.
- I acknowledge that participation in fitness activities involves inherent risk and voluntarily assume those risks.

Membership Payment Agreement

- I agree to set up and maintain an active payment method on file for my membership. I understand that this payment method will be used for monthly dues and any applicable fees associated with my membership.
- If a payment method on file is declined or fails, the member is responsible for updating payment information promptly. Build Your Dreams CrossFit reserves the right to charge a late fee or suspend access until the account is brought current.

Membership & Policy Updates

Build Your Dreams CrossFit reserves the right to update membership options, pricing, class schedules, policies, and services at any time. Members will be notified of any significant changes. By maintaining an active membership, members agree to abide by the most current rates, policies, and procedures.

Initials Here:

Please sign here:

Date Signed

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Please read the text [Electronic Records and Signature Disclosure](#)

I agree to use electronic records and signatures