



FUELHOUSE

welcome to

FUELHOUSE GYM

NAME:

#FUELYOURSUPERPOWERS

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WELCOME TO FUELHOUSE!

Hi, I'm Molly!

I founded FUELhouse Gym in 2015 because I believe in the mantra "strength in numbers."

From the beginning, I wanted FUELhouse to become much more than just a gym that offered awesome classes - I envisioned a true HOME that brings together people from all backgrounds, all coming together under one roof as part of a shared journey.

As much as I and my team of coaches value and practice safe, smart, and effective approaches to fitness and nutrition, we know the magic that ties it all together is being part of a community of like-minded people supporting each other every step of the way. We are here to celebrate your successes and encourage you when things get hard (as they inevitably will), helping you to make each day STRONGER than the day before.

As a collective, we dare greatly, push each other to overcome obstacles, and have fun along the way. That's the secret, in our opinion - you're in this to win it with other amazing people who, through, sweat, tears and laughter, we hope will become your friends and family - all while working hard and overcoming challenges you never thought you could.

As you get started, **remember that training with a lifelong perspective is incredibly important.** You're here to build yourself up, not break yourself down. Scaling workouts properly, listening to your body, asking your coaches for help, and checking your ego at the door will allow you to work out successfully for years to come. Have fun with this stuff and enjoy the process.

So, with that, I send you on your FUELhouse journey with a big hug and a high five, knowing that what you get out of this experience will be a direct reflection of the effort that you put into it. Keep an open mind, get ready to work, and don't be afraid to reach out to any of us to talk through challenges, strategize, and especially to share your successes. We're so excited to watch you awaken your best self here - welcome to FUELhouse!

In Strength,

Molly



REACH ME ANYTIME AT:
molly@fuelhousegym.com

HOUSE RULES

IN PLAIN ENGLISH:

We ask you to be nice, consider the enjoyment of your fellow members, and treat your coaches, the facility, and equipment with respect. This includes listening when coaches are instructing in classes, being on time for classes, cleaning up after yourself, and being open to receiving instruction and generally trying stuff that we know can be challenging or frustrating at times. We pride ourselves on maintaining an open door policy for your thoughts, concerns, and questions as they relate to your experience, gym offerings, programming, etc and we are happy to chat 1:1 to talk through anything that's tough. Our first priority is always YOU and your experience as part of the overall FUELhouse collective.

When you join a class, program, or membership at FUELhouse you agree to abide by the following House Rules:

1. Respect your fellow members. We are young and old, of every size, fitness level, race, religion, gender, and orientation you can think of, all trying to bring out the best in each other. As such (and we know you know better but we gotta say it), we will not tolerate slurs of any kind - including gossip, disrespectful jokes, etc. We are committed to making our House a safe place where people can pursue their goals while feeling empowered to be themselves without judgment.

2. Sign up for classes in advance, and check yourself in at the front desk or on the member app when you arrive. We enforce our class caps to ensure equipment and proper attention for everyone in the room so it's important that you RSVP in advance to hold your spot. Class reservations will open 7 days in advance.

3. NO-SHOWS /LATE CANCELLATION:

- **Early Cancellations:** Class reservations may be canceled with no penalty, anytime prior to 8 hours before the scheduled start time.
- **Late Cancellations:** If you discover that you will be unable to make a class, and you've missed the early cancel window, we ask that you Late Cancel your reservation. This courtesy will allow another member to book your spot. You have between 8 hrs before the scheduled start time to the end of class to "late cancel". You will be charged a late cancellation fee of \$12 but you won't lose a class if you are an 8 or 12x/month member. In the Member App, you will see a message that will alert you with exactly what will happen before you cancel, so you can change your mind and still get to class if you wish.
- **No Shows:** If you fail to show for a class, and don't "late cancel" (see above), you will be charged a No Show Fee of \$12 and it will count against your membership attendance for 8 and 12x/month group class members.

Please do not text or call any FH Coach asking to take you off the class roster (your message automatically gets lost in the ether). No show/ late cancel charges will be processed at the end of every week on Saturdays.

4. Be on time for class (a few minutes early is even better!). We understand that stuff happens from time to time that may result in unexpected travel delays. The warmup at the beginning of class is crucial for your health and safety. If you will be more than 10 minutes late for class, you may be asked by the coach to modify portions of the workout or wait until the next class begins.

5. WAITLIST

If your preferred class is full, you may opt to add yourself to the waitlist via ZenPlanner Member App. Here are some important guidelines for managing your waitlist requests:

- You should only waitlist yourself for one class per day.
- If you already have a reserved class on the same day, you should cancel your current reservation before adding yourself to a waitlist for a different class.
- If you sign up for a class then ALSO sign up for a waitlist to play the odds, that's cheating. It makes it hard for other members to book, because you're taking two spots. And then they will be angry with Molly. And their wrath is not to be trifled with!
- Once you've made it off the waitlist you will automatically receive a text message (to your phone # on your ZP profile) notifying you that you have made it off the waitlist. If you do not respond within the specified time frame (2 hours), the system will send a message to the next member on the waitlist.

Note: In order to get waitlist notifications from ZP, you must opt in to receive emails and/or texts in the "My Info" section user profile. Reach out if you need assistance in changing your settings.

6. Respect your coaches! We know some stuff about fitness and training! And we are committed to helping you achieve your goals. We put a lot of thought into our programming to ensure that it's balanced, holistic, sustainable, and accessible and the things we do have a purpose. We also make it a point to offer tons of modifications to meet you where you are while preserving the intention of the workout. If you're not sure why something is programmed or you don't feel it's right for you, please feel free to chat with us off the floor. Otherwise, if you're in class, please do not go "outside the lines" without checking in with a coach so we can ensure things are running smoothly for everyone.

7. Respect the House. Please put away any equipment you used during class and take a moment to wipe it down as well. If you use dishes, wash them. Please make sure all of your stuff goes home with you when you leave. If you break it, let us know. And please don't flush weird stuff down our toilets. Seriously.

8. Respect your workout. Show up. Do your best on any given day, and then on the next day, try to do better. Commit to getting uncomfortable. Keep distractions like cell phones and Apple watches off the gym floor (for your sake and so they don't get smashed by flying equipment). If you are really committed to improving and not just showing up to sweat, track your workouts on paper or online so you can gauge improvement.

9. READ THE THINGS YOU SIGN INCLUDING THESE HOUSE RULES. We do our best to a) keep our rules/policies as flexible as they can possibly be while ensuring that our business stays viable, we can a) pay the bills, and pay ourselves and b) communicate these policies to you in very clear language. We are not here to trick you into signing your life away, by any means. So please, read the stuff we ask you to read, especially if we ask you to sign it, because it's probably important. You are responsible for knowing these policies (especially our policy on cancelling or suspending your membership, (or asking us if you aren't sure).

10. Stay informed. We try our best to communicate all the things in all the ways - be it in class announcements, email newsletters, our [member hub](#), and/or announcements in our private Facebook group. We know not everyone is on all the things, but please try to be on at least ONE of those things so you know what's going on.

11. Communicate with us. That thing we said about you not just being a number? We're serious. If something's bugging you, you're unsure about anything, are feeling all the feelings, need help, feel stuck, or just need someone to talk to, please reach out. We want to make sure your membership at FUELhouse is really working for you. We are very proud to say that we sincerely care about you and we want to make sure your workout is serving you.

12. If something doesn't feel right, let us know immediately. VERY IMPORTANT. If a movement hurts (not just "wow this is hard" but "wow this is wrong") EVEN just a little, EVEN if you aren't sure if it really hurts - SAY SOMETHING TO US. Yes, this is in capital letters. We want to make sure that you are training safely and effectively. It is unacceptable to "push through pain" or, on the flip side, self-diagnose and ghost your membership for weeks while you "rest" and wait for a doctor's appointment. We are not doctors or physical therapists and as such cannot diagnose you, but we do have a ton of collective experience working through our own stuff. We need to know if you're hurting so we can a) not exacerbate any issues by prescribing movements that would irritate it, b) help you modify accordingly and c) communicate with the other coaches so they know how to take care of you. We promise, there's always SOMETHING you can do to keep moving while injured. Similarly, if anything happens to you health-wise outside of the gym that will help us be better coaches, please let us know. If you become pregnant, please inform us as soon as you know (we will keep it under wraps until you make it public) so we can ensure your safety in training sessions.

13. Hold the standard. We pride ourselves on excellent coaching of movements that are very effective and safe if done properly. That said, bodies are all different. If you're still working on learning to perform a movement properly, please check your ego at the door and be willing to modify according to your coach's suggestion so you can enjoy your workout safely. If you need extra work outside of class time on a particular movement, you're always welcome to book a 1:1 session with a coach!

14. Check your ego at the door. See above. We're all in different places in our fitness journeys, and "I should be able to XYZ/I used to be able to XYZ" is a sentiment that never helped anyone succeed! Come in prepared to do what you can TODAY and don't compare yourself negatively to the people around you.

15. Attitude is everything. You can have a bad day, it's allowed! There's nothing wrong with needing to not be your usual social butterfly self and rage out on the weights from time to time, just remember that your attitude is infectious. If you can't be actively positive, try to NOT be negative. This includes negative self-talk and frustration with yourself.

IN FANCY LANGUAGE:

Upon joining FUELhouse, you agree to keep and obey all rules, regulations, and policies in force or in the future prescribed by FUELhouse, for the use of our training facilities, premises, and equipment therein, and we reserve the right to revoke your Membership for cause if you fail to keep or obey any such rules or regulations, or for reasons of nuisance, disturbance of other members or staff, moral turpitude (LOL) or fraud.

Questions? Let us know! Otherwise, we'll see you on the gym floor!

SERVICES

We pride ourselves on not being the cheapest gym in town – and we hope that cheap is not what you're looking for. Our price is reflective of the unparalleled level of service that we provide and lifelong value of a healthy lifestyle. Memberships come in all shapes and sizes... group class memberships, onsite and remote personal training memberships and packages, nutrition coaching and so much more. We will customize the pricing to you and your goals. If you don't see what works for you then just ask... never hurts and most likely we can come up with the plan that fits your needs.

PERSONAL TRAINING MEMBERSHIPS (1:1)

Investment: 60min sessions begin at \$85/session

Save with PT Memberships! Personal training memberships are recurring monthly memberships for a minimum of 3 months commitment and provide a discount vs. singular PT packages. Sessions do not roll over, and can be in person or virtual. We offer 30 and 60 minute sessions. When you commit to personal training you receive unlimited access to all of our virtual offerings!

PARTNER PERSONAL TRAINING MEMBERSHIPS (2:1)

Investment: 60min sessions begin at \$72/session per person

Know someone you'd like to get strong with? We offer partner training privately with a coach! You and your partner in strength can train together! These memberships are recurring monthly memberships for a minimum of 3 months commitment and provide a discount vs. singular PT packages. Sessions do not roll over, and can be in person or virtual. We offer 60 minute sessions. When you commit to personal training you both receive unlimited access to all our virtual offerings!

INDIVIDUALIZED PROGRAM DESIGN (ONSITE OR REMOTE)

Investment: Monthly options start at \$297

Our individualized service is our most customizable option. You will receive a completely personalized program after connecting with an FUELhouse coach via Skype/Zoom and going through a comprehensive evaluation and goals assessment. You'll also receive in-app messaging capabilities with your coach, be able to upload videos for your coach to see, and get coaching cues and advice on a once-a-week basis. This plan is for those who do well with accountability and motivation from a coach and also for those who have special considerations - training for a certification, a complex injury history, pre/post-natal, training for a sport, etc. 3-month commitment. Auto renews monthly after initial 3 months

YOUR PROGRAM INCLUDES:

- Individualized workout program via TrueCoach
- Weekly feedback
- 30 min monthly check-in via ZOOM
- Personal TrueCoach Account

SERVICES CONT.

GROUP CLASS MEMBERSHIPS

Investment: Monthly options start at \$190

You'll get the energy of a group setting, but everyone is encouraged to participate at their unique level. Through varying workouts you'll get a comprehensive, multi-disciplinary approach to fitness that will help you develop the following: cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. We've structured our group class schedule for someone who plans on attending at least 5 times a week offering the perfect balance between strength and conditioning to reap the greatest benefits to make you STRONGER. LEANER. BETTER. We continuously change our workouts to help you avoid plateaus and promote ongoing results.

Group Class Membership Options: Unlimited , 12X/month , 8X/month

(Please work with your onboarding coach to find the right membership for you!)

Group Class Memberships include:

- Unlimited access to all virtual classes
- Quarterly [Athlete Check In](#) with FH Coach
- [20-min Nutrition Consultation](#)
- Access to all group training classes
- Access to our private Facebook Member Groups
- Discounts to all in-house specialty workshops and movement clinics
- Access to all of our member appreciation events and parties
- Neighborhood discounts to our partners

Perks of being an Unlimited Group Class Member:

- Open Gym hours
- Free access to all clinics led by a FH Coach/Guest Instructor

BUNDLE MEMBERSHIPS

Looking for maximum results? Kick your fitness into high gear by doing a membership that combines group classes and semi-private or private training. A Bundle Membership gives you the flexibility to design an experience that precisely fits your needs and budget. If you're looking to get the best possible results in the quickest amount of time, Bundle Memberships are at your service. Save an additional 10% when you bundle Group Classes and Personal Training! (Applies to 8x, 12x & Unlimited recurring group class memberships).

SERVICES CONT.

SPECIALTY GROUPS / STRONG CAMPS

Train with a FH coach, in a small group setting, following one of our signature 8-12 week programs.

INTEGRATIVE NUTRITION COACHING

Step-by-Step Nutritional & Lifestyle Advice

We walk you through the dietary steps needed to crowd out foods that inhibit function, increase inflammation, introduce toxicity, and impair your health. You will learn the nutritional concepts required to balance your body's hormones, chemicals, and enzymes naturally, which is critical for optimal health. Included are helpful recipes, shopping lists, meal plans, exercise tips, custom organizational routines, videos, and resources to make these changes easily and seamlessly.

- Health coaching can help you reach your goals! It gives you actionable strategies to improve your nutrition, exercise, sleep, stress, and more.
- Your health coach will be more than just a cheerleader for you. Your coach will help determine which strategies will work best for you AND keep you accountable for success.
- Through a combination of online trainings and 1:1 sessions with our health coach, we'll help you develop simple everyday habits that will support your health now and for years to come.
- Get started by booking a **20-min Nutrition Consultation!**

FUELHOUSE COLLECTIVE

A place where members can communicate with healthcare professionals, fitness experts, and nutrition coaches all under the same roof! We're like the Brady Bunch of Healthcare & Fitness. We are a family of Physical Therapists, a Pelvic Floor Specialist, Pilates, Structural Medicine, Nutrition Coaching, Personal Training and more. Our ultimate goal: To bridge the gap between the traditional medical model and fitness. Take care of your body and schedule time with our family of experts today (virtually or in-person)!

MEMBERSHIP DETAILS

Memberships (both group classes and training memberships) are billed via automatic, recurring credit card charge each month. Your first payment may be pro-rated depending on when in the month you sign up - all future payments will occur on the 1st of the month. Your 1st payment for any Training Membership is due upon registration to hold your spot in the class, the second payment will be billed monthly. Training Memberships require a minimum of 3 months' commitment, all other memberships are month-to-month with 30 days' notice required to terminate or otherwise change an account.

Our programming is balanced, progressive, and holistic, and our memberships are designed for those who are serious about committing to their fitness long term. Making life-long changes takes time, and you have to be willing to put in the work. No one got drastically OUT of shape in a month or two, and no one will get drastically IN shape in a month or two. We are set on making real change for our members. If you're not willing to make that commitment to your health and future then we understand, but this probably isn't the right fit for you. We spend lots of time talking about things like nutrition, injury prevention/mobility, stress management, and other life stuff, so please be vocal and honest with us about what you've got going on so we can make sure our programming is working for you the way you need it to work!

MEMBER GOAL SETTING

Every human body is different, every individual has different goals and reasons for accomplishing those goals. That's why we strongly suggest meeting 1:1 with a coach at least once every three months to create a specific game plan around performance and/or nutrition/lifestyle goals.

QUARTERLY ATHLETE CHECK IN (30 mins)

- FH member benefit every 90 days (book [here](#))
- Review areas of improvement (focusing on the next 90 days)
- Target how to implement during class and/or private training
- Receive options on how to achieve your goals with a "good, better, best" strategy approach

NUTRITION CONSULTATION (20 mins)

- Complimentary first consult as a FH member
- Discovery questions to learn about your needs
- Overview of how nutrition coaching could work for you
- Walk away with our top 3 nutrition suggestions
- [BOOK HERE](#)

MEMBER REFERRAL PROGRAM

Our Referral Program is our way of thanking you for being a loyal member of FUELhouse AND telling the world about our fitness family!

It goes like this...

1. You love FUELhouse
2. You work out at FUELhouse
3. You refer a friend who signs up for a monthly membership at FUELhouse
4. You get \$50 off your next month of membership and your buddy gets \$50 off their first month's membership!

How do you receive your credit?

Email info@fuelhousegym.com with the subject header "Member Referral." In the body of the email, write this: "I was referred by _____ and we would like to receive our \$50 credit towards our memberships!"

GYM AMENITIES

- We have showers - bring your own towel and toiletries!
- Lockers and cubbies to store your personal effects during class
- Member lounge
- Beer fridge
- Free parking!
- Bike racks

HOLDING, CHANGING OR TERMINATING YOUR MEMBERSHIP

Need to Put Your Membership on Hold? No Drama.

We make holding (or suspending) your membership painless. You can request your hold request by completing our our online hold request form (found [HERE](#)). Please allow 7 business days for us to process your request.

- Membership hold requests must be submitted no less than 7 business days before your forthcoming scheduled renewal date.
- Membership hold requests received later cannot be processed until after the forthcoming scheduled renewal payment. All membership payments are non-refundable.
- Your payment will not be pro-rated, but your billing will be suspended for the duration of the hold. The billing will automatically resume once the hold period has ended.
- Membership hold requests are available in **15, 30, 60 and 90-day** increments. Upon expiration of the hold period that you select below, your account will automatically reactivate and regular membership payments will resume.
- Holds for longer than 3 months will be considered on a case-by-case basis (in the case of pregnancy, illness, or injury). We may ask for a note from your doctor detailing the medical necessity of the hold.
- You may hold your regular class membership if you elect to participate in a Small Group Training Series or other program at FUELhouse.
- You will receive an automatic reminder from Zen Planner when your account is about to resume but we strongly recommend also setting a calendar reminder to check back in with us before your billing resumes. You are responsible for communicating to us if the terms of your hold has changed. We will NOT refund any portion of an unused membership if you hold your account and fail to return to the gym without requesting an extension.
- If you choose to cancel your membership during the hold period, the standard 30-day written cancellation notice requirement stated in your membership agreement is applicable (see below).

Need to Change Your Membership?

Want to switch things up? You can change your membership anytime before your next pay date (we cannot pro-rate in the middle of the month.) We need 7 business days notice in writing (email) to make the change to your account. Any change to your account is subject to our current membership rates. Please email info@fuelhousegym.com to make changes to your membership.

If You Decide to Terminate Down the Road...

Though we'd be sad to see you go, we're committed to making the divorce as painless as possible. We require 30 days notice by filling out our online form ([HERE](#)) to terminate. Once the request to cancel is submitted, we'll set your membership to drop in the system 30 days from the date we receive your form. If you have a payment scheduled within those 30 days, your final payment will be processed, after which you won't see any further charges.

ZEN PLANNER CHEAT SHEET

We use Zen Planner to manage our billing, class registrations, retail purchases, and all the other stuff that keeps FUELhouse running smoothly. We love the desktop site and ESPECIALLY the app for their simplicity and user-friendliness, but if you're having issues, don't hesitate to reach out! Here's a quick how-to for some of the ways you'll use Zen Planner:

LOGGING IN:

The FUELhouse Zen Planner desktop site can be found [here](#).

Your login address is the email address you used to create your account.

(If you forgot or do not know your password, there is a "forgot password" link you can use on the Login screen to reset your password - or [email us](#) for help!)

COMPLETING YOUR PROFILE (Complete on the phone app or desktop site)

1. Log into your profile
2. Click on the left menu bar 'My Profile' --> 'Edit Profile'
3. Be sure to update: Current Address, Phone Number, Email Address (that you actually check so you don't miss notifications, Emergency Contact Info, Profile Photo, Allergies/Medications/Illness/Injuries)

ADDING/UPDATING BILLING INFO:

On the desktop site: Log in, then click on the left menu bar 'My Profile' --> + Pay My Bills' --> '+ Add Account'.

On the app: Click the red Z in the upper left of your profile, click "Details" under your profile photo, then click "Payment Methods" to update

RESERVE A CLASS ON THE APP:

Log in, select your class from the main calendar screen and click the "Reserve" or "Waitlist" button to be added. If the class is on a waitlist, you'll receive an email alert if a spot has opened up.

WHAT HAPPENS IF I GET UPGRADED FROM THE WAITLIST?

When a class is full, it will be shaded on the calendar. If a class has been set up by the studio to accept waitlist reservations you will see and can click on the green Waitlist button. To be fair to other members, you can only add yourself to the waitlist if you do not have a reservation in another class that occurs at the same time. When a reservation is cancelled, the first person on the waitlist will automatically move into the class. Member Waitlist Confirmation will automatically send a message via text to the member to confirm if they can make it to class. If the member does not reply within the time limit set (2 hours), the system will send a message to the next member on the waitlist.

FRIENDS & FAMILY

We LOVE meeting your significant others, spouses, kids, besties, and more. In fact, our FUELhouse family has grown entirely due to YOUR word of mouth, and we are so grateful!

Periodically (especially for holidays and special occasions), we'll open up workouts to friends and family and make it into a big party! These workouts are specifically designed to be easily modifiable and accessible to MOST levels of fitness.

That said, if you want to invite someone to try a regular FUELhouse class, whether they're honestly interested in joining or are just visiting and want to pop in with you for a sweat session, we've got a few things you and they need to know to make sure we can take good care of them, keep them safe, and manage classes.

EMAIL US IN ADVANCE TO CONFIRM THEIR CLASS REGISTRATION

- Email Hayley.Magwire@gmail.com with the following information:
 - Full name, email address & phone #
 - Class date/time
- Please email at least 24 hours in advance of class time
- We typically will not open up Kettlebell classes for visitors/drop-ins unless they can confirm a background in hardstyle kettlebell training (this is for their safety AND to ensure they can enjoy the hour without having to worry about learning kettlebells for the first time). Our Monday, Wednesday, Friday, and Saturday classes are best for visitors as the movements are more easily modifiable to all levels.
- **KIDS ARE A CASE-BY-CASE.** If you have a teenager who wants to join FUELhouse, they're subject to the same rules above (and would need to fulfill an intro series requirement). Please help us help them (and you) - if you don't think your teen is ready/mature enough for a group setting, let us know and we can suggest some alternative options. You must sign a waiver on behalf of your minor child.
- **THEIR FIRST VISIT IS ON THE HOUSE.** All first visits are FREE - but we'd love if you snapped a quick sweaty selfie with your buddy and posted it on social media to help share the love! If your friend is visiting for a longer period of time, let us know and we'll get them set up with a class package or pro-rated membership option.
- **ALL INCOMING MEMBERS MUST COMPLETE ONE OF OUR INTRO OPTIONS.** If your friend LOVED her class with you, we'll talk about their options for completing our intro series so they can start a membership!

KIDDOS & DOGS & STUFF, OH MY!

- **PET POLICY:** We sure love our furry friends but we need to keep them at home. Thank you for understanding our policy.
- **KID POLICY:** We also love kids and also welcome them at the gym with some stipulations. If we offer more formal childcare in future, those rules will overrule these. For now - kids are welcome to accompany you to the gym if they're able to sit unattended in our lounge, meaning they are not a distraction or a danger to others or themselves. **They may not run across the gym floor for any reason while class is in session, and they may not handle or use ANY gym equipment (including rowers and bikes).** They must stay out of the way of moving bodies, including when classes are running in and out of the front door. The gym staff is not responsible for your kids. Please be mindful of your stroller (strollers must be parked outside or in the lounge during class times). Make sure you've provided distractions for your kiddos (snacks, reading material, electronics, etc). You are welcome to use the gym's WiFi.
- **STUFF POLICY:** FUELhouse provides day use public cubbies and lockers for your bags and clothes. We are not responsible for the safety of any of your stuff. If you're concerned, please leave the diamonds, bags of gold, and aforementioned expensive phones and Apple watches in the trunk of your car or at home. If you bring any personal property onto the premises of FUELhouse, you take such action at your sole risk.

RETAIL PURCHASES

We operate on the honor system - to purchase a retail item simply take what you need, LEGIBLY write your full name and the item you bought (include the relevant info). We run charges using the credit card we've got on file for you in ZenPlanner. Easy peasy!

WAYS TO CONTACT US

Current member: info@fuelhousegym.com

ZenPlanner inquiry: info@fuelhousegym.com

New member inquiry: [Book a No Sweat Intro](#)

Nutrition inquiry: [Book a Free 20 min Consultation](#)

Book with a FH Collective practitioner [here](#)

Can't find what you're looking for? Email us at info@fuelhousegym.com

YOURS IN GREAT STRENGTH,

Molly & Your FUELhouse Team



FORGING EPIC HUMANS SINCE 2015