

EMAILS TO CUSTOMERS.

The Gym will periodically send Notes home with the students and post Signs in the gym but the **Main Form of Communication with customers will be EMAIL.**

Please check your email Often. Please Keep your Email Address UPDATED on your Online Account.

If you do Not Receive Email from the gym Regularly, please check your Spam and Junk folders.

You can also see a Copy of Recent Emails Sent To You and your Registration Form on your online account in the *Recent Communications* box when you Log In.

Log In Instructions are on this page of our website.