



RULES



1. If you're not fully paid by **Feb 8th** you are out. No Refund.
2. Members must keep their membership active throughout the duration
— To stay in you must pay the difference (\$540-\$185=\$355)
3. Must do before and after pictures and measurements
4. All weekly challenges will be posted to a private Facebook page - you will have Sunday 8PM to Sunday 8PM the following week to complete and turn challenges in via Google Doc
5. No challenges will be accepted past 8 PM no matter what
6. All challenges will be worth 5 Points
7. To win the Sisterhood you must have 100% of the weekly challenges completed, a noticeable difference in their before & after pictures, and changes to body measurements
8. Save the drama fo yo mama. No gossiping, bickering, or complaining. If you need to say something say it to Q, Leah, or Cass.
 9. Use proper gym etiquette -
Always put all of your away weights
Keep chalk in the bucket
Sanitize everything you touch
Wash ya hands, ya nasty
10. Show up on time - no coach will allow you to participate if you are more than 5 minutes late
11. If there is ever a challenge you cannot complete - we will give you something else to do, reach out to Q, Leah, or Cass for your task (travel, family emergency, work obligations)