

Terms & Conditions

By purchasing or engaging in any service provided by Flex Appeal Fitness & Nutrition, LLC, you agree to the following legally binding terms:

Payments and Refunds

All coaching programs, subscriptions, or packages are non-refundable after purchase. No exceptions. Plans paid in full for 3/6/9/12 months are also non-refundable and non-transferable once activated.

Scheduling & Cancellations

Cancellations made less than 24 hours in advance will result in forfeiture of the session.

No-shows (failure to attend without prior cancellation) are treated as forfeited sessions.

Clients arriving late to a scheduled session will receive reduced training time. If the client arrives more than 10 minutes late, the session is considered a no-show and will be forfeited.

All session packages (1, 5, or 10 packs) must be used within 60 days of purchase.

In-Person & Virtual Sessions

In-person sessions may incur a travel fee depending on your location.

Virtual coaching sessions are held via Google Meet, WhatsApp, or Microsoft Teams.

Clients are required to have a reliable internet connection and functioning devices for virtual sessions.

Flex Appeal is not responsible for internet issues, technical malfunctions, or device failures on the client's end.

Technology and Platforms

Clients must create and maintain an active account on FitBudd as it is required for tracking, check-ins, and communication.

Use of other platforms such as Calendly, Google Meet, WhatsApp, Microsoft Teams, and applicable social media is at the discretion of the business.

Consistent use of the assigned platform(s) is necessary for coaching success, including but not limited to logging workouts, nutrition tracking, communication, scheduling, and check-ins.

Code of Conduct & Client Responsibility

Clients are expected to be respectful, truthful, and responsive in communications.

Medical clearance is the responsibility of the client. Participation is at your own risk.

You agree not to share, redistribute, or reproduce any proprietary content, training plans, or materials without written consent.

Amendments

Flex Appeal Fitness & Nutrition, LLC reserves the right to amend these terms and policies at any time. All clients will be notified of major updates in writing.

By purchasing any product, subscribing to a service, or submitting any form on our website or app, you confirm that you have read, understood, and agree to our Privacy Policy and Terms and Conditions.