



## **Karma Policy**

Karma is a way for our members to contribute to the community. Karma sessions earn a member “Karma credits”, which in turn can be redeemed for a free monthly membership. Karma credits are accumulated through Sunday cleans, babysitting, or any other event set up and recorded in the MindBody system by the owners.

8 accumulated hours of Karma credit make you eligible to receive 1 free monthly membership at CrossFit Armoury. Sign up for Karma through the MindBody system, which is made available 14 days before the date of the karma class.

Karma credits are tracked on a sign up sheet at each gym. Karma participants will sign in and sign out on the tracking sheet provided, and these hours must be verified by the Karma Coordinator or by the coach on duty for babysitting. These tracking sheets will be picked up by Arri (south) and Jason (west) at the start of each week and entered into a spreadsheet to track total hours by each participant.

Karma membership will only start on the 1st of the month.

You must be on a current active membership with billing information on file to accumulate Karma credits.

Karma credits have no expiry date.

Karma redemption requests received by the 23rd of the month via e-mail sent to [jason@crossfitarmoury.com](mailto:jason@crossfitarmoury.com) or [arri.mcwatt@gmail.com](mailto:arri.mcwatt@gmail.com) will result in a free month membership for the following month.

For example, John Smith would like a karma membership in February and he has completed 8 hrs of karma sessions by January 23rd. If he sends an e-mail request on January 23rd, his free karma membership will start February 1. If he sends an e-mail request on January 24th or later, his karma membership will start March 1.

Another example, John Smith would like a free karma membership in February and he has completed 7 hrs of karma sessions by January 23rd, and will finish his last hour on January 24th. If he sends an e-mail request on January 23rd, his Karma membership will start on March 1.

A late cancel (less than 3 hours before start time) or no show will result in the following:

- a. A written warning via e-mail
- b. Relinquishment of karma privilege