

Client FAQ:

Basic Questions:

Q. What is happening with Girl Power Station?

Girl Power for Good Foundation, Inc., the owner of Girl Power Station, is honored to have served you as your chosen gym for the last three and a half years, and now it's time for us to broaden our focus to better serve our mission of empowering girls and women for the greater good.

A full service gym is not sustainable for us, and we want to open a community center with a broader scope. We would love to hear your ideas on how best to serve our community in the upcoming months. We want to know what you have loved about Girl Power Station AND what you think could be a better use of our beautiful space and our wellness focus.

Are you an entrepreneur with a great idea and no space to try it out? We could be that space. We want to open our center to entrepreneurs with a mission of mind, body, spirit wellness, so that we can create a bigger ripple of female empowerment. So, stay tuned on our Facebook page for upcoming events to build a community center **for** women, **by** women.

Q. When will the last day of group fitness classes and cub care be?

Saturday March 14th, 2020. That gives us a month of conversations to brainstorm how we can best serve our community, while reminiscing on how the last 3 ½ years has changed the way we look at wellness. We will have comment cards available for you to tell us what you think and feel about how we should write our next chapter.

Q. What happens after March 14th, 2020?

Girl Power for Good Foundation will continue to house all the programming for 850 Elite Volleyball Academy, as well as lifestyle programming offered by our Founder, Terri Fedonczak, and any personal trainer or instructor who wishes to hold their own classes. We will also open up for groups and entrepreneurs who have a wellness mindset and need a space to share their special sauce!

Q. How do I rent space in the building for my business?

Email info@findyourpride.org for more information on room rentals.

Financial Questions:

Q. What does this mean if I'm on a membership?

Autopay Memberships: All autopay schedules will be canceled from February 10th, 2020 forward. Current members who have/had an active membership on February 10th, 2020 will be granted an unlimited pass to all group fitness classes until March 14th, 2020.

Prepaid Yearly Membership: You will be reimbursed from March 1st, 2020 to the ending of your current membership and will also be granted an unlimited pass to all group fitness classes until March 14th, 2020.

Q. What does this mean if I pay for classes individually?

Drop in classes can be purchased and used through the MindBody app or the front desk until March 14th, 2020. Individual rates: adult \$12 & military/student/teacher/first responder \$10

Q. What happens to my pre purchased classes or cub care drop ins?

All pre-purchased classes, multi passes, and cub care drop ins can be returned by stopping by the front desk for a refund.

Classes:

Q. Will my class schedule stay the same until March 14th?

Girl Power Station has asked all instructors to stay on staff to fulfill their classes until March 14th; however, all instructors are independent contractors and have the ability to leave prior if desired. If the schedule needs to be adjusted due to an instructor leaving, Girl Power Station will do everything in its power to fill the time slot with another instructor and/or format.

Q. Can I continue to use MindBody to book and cancel my classes?

Yes. The app will continue to be at your service to book and/or cancel your reservations until March 14th, 2020.

Q. Where are the instructors going to teach next?

Instructors can rent fitness space from the Girl Power For Good Foundation, Inc. to run their independent classes, however, Girl Power Station encourages you to contact your instructors personally.

Q. Will the Girl Power For Good Foundation. Inc. be selling any of the fitness equipment for clients to purchase?

Yes. The Schwinn A.C. Performance Plus bikes with high performance chain drive will be sold for **\$800** (discount for multiples). The rest of the equipment will stay in the facility and be used when the rooms are rented out. Send any questions to info@findyourpride.org.