



Legacy Fitness FAQ's

1. Membership and Pricing:

- What are your membership options and rates?

Though we currently have 1 membership option available, we do offer promotions and discounts throughout the year. For pricing please reach out to our fitness department. Check out our martial arts program as well which we are partnered with to include hybrid options.

- Is there a contract, and can I cancel it?

There are two options available to you, a month to month option and a year commitment. A month-to-month option allows for cancellation at any point, whereas a year commitment holds you accountable for a year and to pay the entirety of the year should you choose to cancel.

2. Facility Access and Hours:

- What are your gym's operating hours?

Typical gym operating hours are from 5:30am to 7:30pm, however please always call the Legacy Center ahead of time, as our hours do change frequently.

- Are there any restrictions on access to certain areas or equipment?

During hours booked by our Sports performance and trainers, there is limited access to the gym facility. Please call ahead to find out when you may use the facility outside of class times.

- Do you offer 24/7 access?

We do not have 24/7 access, we respect our members by making sure our facilities are maintained and clean, while providing them with a quality gym experience and by our reasoning, 24/7 access does not allow for quality to our members.

3. Equipment and Amenities:

- What types of equipment do you have available?

We have dumbbells, kettlebells, barbells, medballs, machines, bands, racks and a whole plethora of other kinds of equipment.

- Are there personal trainers or fitness classes available?

We do offer personal training as well as group fitness classes for all ages and fitness levels.

- Do you provide towels, lockers, or showers?

Our facilities have showers and lockers available. Please feel free to bring your own towel, however we do provide hand towels for members during your workout to wipe off that sweaty forehead!

4. Safety and Cleanliness:

- How often is the gym cleaned and sanitized?

Our staff deep cleans the facility weekly and have wipes and cleaners available for members to use as they workout.

- Are masks required while working out?

Masks are not required, but feel free to wear one out of concern for others!

5. Membership Management:

- Can I freeze or put my membership on hold?

Yes, just reach out to a staff member to get that taken care of.



- How do I update my billing information?

Our staff are more than capable and willing to help you out.

- What's the policy for bringing guests or children?

Children over the age of 12+ are welcome to watch and learn. We fully support families who want to show their children what it means to be healthy! Children 16 years of age and up are welcome to join Legacy Fitness as well.

Please bring your friend, neighbor or relative for a one time trial of a class!

6. Fitness Programs and Training:

- Do you offer fitness assessments or personalized training programs?

We do! Please reach out to us for more information and we can even set up a time for you to meet with us for a free consultation to further discuss your options.

- Are there group fitness classes, and what's the schedule?

There are group classes and our schedule is as follows:

Legacy Fit class times:

MWF mornings at 6am, 7am, and 9am.

Training Camp class times:

M-F evenings at 4:30 and 6pm

Tue and Thurs mornings at 6am, 7am, and 9am

Sat mornings at 8am and 9am

- Can I get help with creating a workout plan?

We can assist you in creating a personalised plan, just let us know what you would like to program.

7. Cancellation and Refunds:

- What's the process for cancelling a membership?

Please reach out to one of our trainers and we'll take it from there.

- Is there a refund policy for unused membership time?

There is no refund policy for unused membership time, however we are accommodating to special cases.

- Are there any penalties for cancelling early?

There are no additional penalties for cancelling early, but if you are on contract we do expect your payment in full at cancellation.

8. Membership Benefits:

- What perks come with membership, such as access to other locations?

Perks that come with the membership are included in our membership description. Our membership is for Legacy fitness only and not the entirety of the Legacy Sports Complex. However, an additional benefit is making like-minded friends of a lifetime!

Please reach out to our facility managers for more information on the Sports Complex Memberships. (810) 231-9288

- Are there any partnerships with local businesses for discounts?

Legacy is partnered with many local businesses, just let us know if you are part of one of these businesses and we'll see what we can do for you!

9. Dress Code and Etiquette:

- Is there a dress code or specific gym etiquette members should follow?



We are a very family oriented gym, many of our athletes are young and impressionable so please dress mindfully of our young athletes. Please also wear close-toed or gym appropriate shoes and gym appropriate clothes.

- What's the policy on re-racking weights and cleaning equipment?

We allow for weights to be dropped and rattled, however we don't encourage slamming and purposeful rough handling of equipment. We understand that noise can be a hindrance to our members and we will address those who may be disruptive.

10. Parking and Accessibility:

- Is parking available, and is it free or paid?

We have free parking and a lot of it!

- Is the gym accessible for individuals with disabilities?

The gym is accessible for those with disabilities and we highly encourage all to join us!