**Forever Fit Express sounds awesome, I want to join. How do I?**

Easy! Come by the Mid Valley Storage office next door and we'll issue you a keycard, lanyard, take your picture and get you a free t-shirt! Mid Valley Storage is open Monday – Friday from 9:00AM – 6:00PM and Saturday from 8:00AM – 5:00PM

**What are the facility hours?**

4AM – 11PM Everyday!

**How do I make my payments?**

Simple! When we sign you up we'll setup all payment information. All payments will automatically be charged on an anniversary basis (if you signed up on the 5th, your re-occurring billing date will always be the 5th). We only accept credit/debit cards or auto check drafts.

**Can I bring my buddies with me to workout?**

No, sorry. We require all individuals that workout to be members. If your friends would like a tour, please stop by and we'll be happy to show the facility. We take pictures of all members and each entrance is tracked with off-site video recording, please do not attempt to share keycards.

**How do I cancel my membership?**

Although we would hate to see you leave, cancelling is easy. We require a 30 day written notice

which you can complete in the Mid Valley Storage office. Please keep in mind if your payment date is before your 30 day cancellation period you will be charged for an additional month.

**Are there lockers and changing areas?**

Yes, we have small cubbies for you to store your belongings while you workout. While we do not have changing or shower facilities we do have a restroom in the facility.

**How do I learn how to use the machines and equipment?**

After we sign you up we would be more than happy to give you a brief overview of the use of machines. If you would like personalized training we can also set you up with trainers to fit your busy schedule!