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Contract Article A step-by-step guide to terminating your gym membership Download Article Busy schedules, accidents/injuries, and unexpected moves can prevent gym members from utilizing their pricy memberships; loss of income can make paying those monthly fees a hardship. While it was easy to sign-up for a gym membership, terminating the contract often is a long, challenging process. Luckily, we're here to help. In this article, we'll teach you everything you need to know about how to get out of a gym contract, plus alternative methods to avoid paying a cancellation fee. Read the fine print of your gym contract to understand the gym's cancellation policy and note any loopholes that may allow you to end the contract early. Then, reach out to your gym to find out how to cancel. You'll likely need to write a notarized letter explaining specifically why you wish to terminate your contract. 1 Request a copy of your contract. Contracts contain pertinent information about the terms of your gym membership. When signing a contract of any kind, always request a copy of the legally binding form for your records. If you did not receive a copy of your gym contract or have since lost the document, request a copy from your club or gym. Your club or gym should not deny this request.[1] 2 Read the fine print. Gym contracts contain clauses that state the company's cancellation policy. In order to comprehend what the process of severing your contract entails, carefully read and decipher your gym's cancellation policy. Note any technicalities that may prevent you from terminating the contract and any loopholes that may allow you to leave mid-contract.[2] Every gym's cancellation policy is slightly different. If you are confused by any part of the contract, ask for clarification. Advertisements 3 Know your rights. The majority of countries have laws that regulate gyms. These laws may provide you with a valid reason to sever your contract. Study the specific set of laws that regulates your gym. Often, you may legally terminate your contract if: [3] You are still within the grace period of your contract. If you are injured and cannot work out. You may need a doctor's note to show to your gym. You have moved over 25 miles away and can't transfer membership to another branch. The facility has never or no longer offers the services presented to you prior to signing up or listed in your contract. In the United Kingdom, you may legally terminate your contract if you have lost your job or source of income.[4] You can access these laws online by searching "gyms" and "[your state or nation] law." In the United States, health clubs and gyms are regulated by the individual states. In the United Kingdom, health clubs are regulated by national laws. Advertisement 1 Provide your basic information. In order to terminate a contract, many gyms require members to submit a notarized letter of cancellation. This is a letter signed by an official notary public. When writing the letter, be sure to include your name, address, email address, and phone number. You must also list your gym account number. 2 Formally request to cancel your membership. To prevent any potential misunderstandings, clearly state the terms of your cancellation in the letter. State the date by which you intend to cancel your membership. Provide a brief account of your reason(s) for canceling your membership. Acknowledge the gym's cancellation policy and your adherence to it (are you within your right to cancel, will you pay the cancellation fee or are you eligible for a waiver, etc.). "I am writing to inform you that I intend to [cancel or not renew] my gym membership because [enter reason(s)]." "Under the terms of my contract, I need to [cancel or renew] my membership within [enter time limit]." As stated in the contract, I will [return my [membership card, clean out my locker, etc.]" 3 Ask for confirmation and additional information. In closing, request that the company notify you when it receives your statement. Ask the company to confirm that you are following the correct procedure. If you are not following the correct procedure, ask them to provide you with additional information. [5] "Upon receiving my letter, please notify me." "If I am not complying with your terms of cancellation, please inform me of the correct procedures." 4 Notarize and submit your letter. Find a local notary to sign your letter of cancellation. Make sure you have all of your required documentation as well as your ID. Fill out the envelope with the gym's address and your return information, then post the letter and wait for confirmation of your cancellation.[6] A quick internet search will provide you with a list of notary public near you. If you are in the United States, many states offer notary services. Be aware that you will likely have to pay a fee to have your letter notarized. Advertisement 1 Freeze your contract temporarily. If you are temporarily away from home, injured, sick, or too busy to work out, consider freezing your gym contract instead of canceling it. Meet with a gym manager to discuss the possibility of temporarily pausing your membership. Explain your situation and your desire to renew, or unfreeze, your membership at a later date. Consider freezing your contract if you have:[7] Moved into a building with a gym. Started traveling regularly for work. 2 Transfer the membership to another person. Rather than going through the hassle of canceling your membership, consider transferring your membership to someone else. Today, online forums take the stress out of finding a person to assume your contract. Once you have sold your membership, you and the buyer will need to work with gym staff to transfer the contract. Transferring your membership to another patron typically costs between 0 to 50 dollars.[8] Begin this process by finding an online service that provides individuals with a virtual space to sell, transfer, and buy memberships. A quick internet search will provide you with a list of reputable services. Once you have selected a service you are comfortable with, follow the instructions on the site to create your posting. 3 Hire a cancellation service. Many people do not have the time, patience, or energy to jump through all of the hoops required to cancel their gym membership. Instead of begrudgingly paying a steep gym membership fee every month, hire a third-party cancellation service to terminate your contract. For a fee, these experienced companies take the hassle out of ending your gym membership. Prior to paying for this service, research the company you intend to use. To assess a company, find its physical address, read reviews on other sites, and read through its terms and conditions carefully. 4 Dispute your monthly payments. It is preferable to pay for the fees of your membership with a credit card so you have the option to dispute charges. If your gym continues to charge you for a membership you have canceled or is overcharging you, contact your credit card company and explain why the charge is unfair. While investigating your claims, the credit card company may freeze your payments, and if they find that your claims are justified, they may reverse the payment.[9] Advertisement Add New Question Question I signed a gym contract in December 2016 and I want to cancel it now. The reason for cancelling is that they were supposed to open in January but still are not open. How can I get out of my contract? 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If you never signed anything, including a statement that this second person is authorized to enter into such contractual agreements on your behalf, the gym will probably bill you but they cannot legally enforce the contract that you did not sign. If you verbally authorized the person to enter into contractual agreements on your behalf, you are still obligated, but the gym would need proof. I am not an attorney. See more answers Ask a Question Advertisement Thanks Helpful 30 Not Helpful 72 Levels Advertisement This article was co-authored by Jesse Pichardo and by wikiHow staff writer, Raven Minyard, BA. Jesse Pichardo is a Personal Trainer and Nutrition expert based in Fresno, California. He is also a Certified Nutrition Coach through Precision Nutrition's Level 2 Master Health Coaching Certification. He is also a Personal Trainer on staff at Fresno Athletic Training Center, a state-of-the-art training center for personal training, bootcamps, sports-specific coaching, and athletic event training. Jesse helps clients with motivation and accountability, providing a structured and personalized fitness program for each person. No matter where you live, you can cancel your gym membership. You can find a list of notary public near you. If you are in the United States, many states offer notary services. Be aware that you will likely have to pay a fee to have your letter notarized. Advertisement 1 Freeze your contract temporarily. If you are temporarily away from home, injured, sick, or too busy to work out, consider freezing your gym contract instead of canceling it. Meet with a gym manager to discuss the possibility of temporarily pausing your membership. Explain your situation and your desire to renew, or unfreeze, your membership at a later date. 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While investigating your claims, the credit card company may freeze your payments, and if they find that your claims are justified, they may reverse the payment.[9] Advertisement Add New Question Question I signed a gym contract in December 2016 and I want to cancel it now. The reason for cancelling is that they were supposed to open in January but still are not open. How can I get out of my contract? If you write a notarized letter informing them of your understanding that you were going to have access to the gym in January and agreed to the terms in good faith, they should let you out of the contract. If not, consult an attorney. Question What if I signed a gym contract for a year and there is no mention of a cancellation clause, other than the initial three day grace period at the original time it was signed? Claim that you're moving, and demand to speak to a manager or supervisor. There is no legal reason they have to cancel your membership, but if you become more trouble than you're worth, they will probably do it. Question Can a gym contract be upheld if it is in my name but clearly signed by someone else who used their name? Generally, no. I think you are stating that you NEVER signed anything. If you never signed anything, including a statement that this second person is authorized to enter into such contractual agreements on your behalf, the gym will probably bill you but they cannot legally enforce the contract that you did not sign. If you verbally authorized the person to enter into contractual agreements on your behalf, you are still obligated, but the gym would need proof. I am not an attorney. See more answers Ask a Question Advertisement Thanks Helpful 30 Not Helpful 72 Levels Advertisement This article was co-authored by Jesse Pichardo and by wikiHow staff writer, Raven Minyard, BA. 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(email is okay, but certified mail is better) and request confirmation from the gym. Even if the gym staff tells you verbally that you can't cancel, the law often states otherwise—so get everything in writing. 2. Look for a "Relocation Clause" Most gym contracts have a relocation clause tucked inside the fine print. This clause usually says if you move more than 50 miles away, both parties can cancel without notice. If you're moving, you can cancel without notice. If you're not moving, you can't. The clause also says that if you don't give notice, you're cancelling anyway. It's a trap. If you're not moving, you can't cancel without notice. If you're moving, you can cancel without notice. If you're not moving, you can't. The clause also says that if you don't give notice, you're cancelling anyway. It's a trap.

includes submitting notices of cancellation to the company form. Cite Medical Reasons To Cancel Gym Membership. You can't cancel your membership unless you have a medical condition or injury that prevents you from using the gym safely, many courts have ruled. You'll likely need a doctor's note stating that continuing would harm your health. Some gyms charge a rush back and request specific details, but a letter from a licensed healthcare professional is usually sufficient. Always ask if there's a specific term they require. Getting ahead of this step can save you a lot of back-and-forth. 4. Check for Breach of Contract If the gym changed something major after you signed up—like moving to a new, less convenient location, significantly reducing its hours, canceling classes you joined for, or making facilities unusable—you might be able to claim breach of contract. In legal terms, if the gym no longer provides what was promised, they may have violated the agreement, giving you grounds to cancel. Document any changes and keep copies of original promotional materials, your membership agreement, or emails highlighting what was initially offered. Image by Humphrey M 5. Investigate Local Consumer Protection Laws Some states have specific consumer protection laws that regulate gym memberships more tightly than other contracts. For example, a few states require that gym contracts can't extend beyond a certain number of months (often 12 or 24), or mandate very clear, easy-to-follow cancellation procedures. A quick online search for "[Your State] + gym membership cancellation laws" can tell you if you have additional protections. It's worth checking—because sometimes the gym is counting on you not knowing your rights. 6. Use the Bankruptcy Act if the gym itself goes bankrupt or changes ownership, you may be able to cancel without paying further fees. In many cases, a new ownership structure voids existing contracts, especially if the services you signed up for change significantly. If your gym closes down and reopens under a different name or management, ask whether the new owners intend to honor the old agreements. If yes, you can cancel without penalty. If no, you can cancel immediately. 7. Write Your Own Cancellation Policy If you're having trouble getting your gym to agree to your terms, write your own policy. It should include how long you want to exercise for, how much you want to pay, and what happens if you stop. If they weren't, the renewal might be invalid. If you feel you were auto-renewed without a clear, written notice, you could dispute the charges with your bank or credit card company and argue that the renewal wasn't legally enforceable. 8. Cancel Through Your Credit Card Company If you paid for your gym membership with a credit card, you have legitimate grounds to cancel, you can sometimes dispute future charges directly through your card provider. This isn't a magic fix, but if you've followed proper cancellation procedures and the gym keeps billing you, your credit card company may be able to block future payments or refund disputed charges. Be prepared to show documentation that you attempted to cancel properly. It's a Headache, But It's Possible Breaking free from a gym membership you regret isn't impossible. It just requires a little knowledge, persistence, and paperwork. Before you throw in the towel (and your hard-earned money), review your contract carefully, know your rights under state law, and keep everything in writing. Many gyms ban on the fact that people won't fight back. But now that you know the loopholes, you don't have to be one of them. Remember: staying financially fit is just as important as staying physically fit. Have you ever struggled to get out of a gym contract? What tactic or loophole worked best for you? Read More: 7 Ways to Build the Ultimate Home Gym Without Breaking the Bank Drop the Gym Membership and Get Fit on a Budget Download Article A step-by-step guide to terminating your gym membership Download Article Busy schedules, accidents, injuries, and unexpected moves can prevent gym members from utilizing their pricy memberships; loss of income can make paying those monthly fees a hardship. While it was easy to sign-up for the membership, terminating the contract is often a long, challenging process. Luckily, we're here to help. In this article, we'll teach you everything you need to know about how to get out of a gym contract, plus alternative methods to avoid paying a cancellation fee. Read the fine print of your gym contract before signing up. 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However, you must first prove that the gym breached its contract with you. If you can prove this, you may be entitled to damages. If you verbally authorized the person to enter into contractual agreements on your behalf, you are still obligated, but the gym would need proof. I am not an attorney. See more answers Ask a Question Advertisement Thanks Helpful 30 Not Helpful 72 Thanks Advertisement This article was co-authored by Jesse Pichardo and by wikiHow staff writers, Raven Minyard, BA. Jesse Pichardo is a Personal Trainer and Nutrition expert based in Fresno, California. He is a Certified Personal Trainer with the National Academy of Sports Medicine. He is also a Certified Nutrition Coach through Precision Nutrition's Level 2 Master Health Coaching Certification. He is also a Personal Trainer on staff at Fresno Athletic Training Center, a sta-of-the-art training center for personal training, bootcamps, sports-specific coaching, and athletic event training. Jesse helps clients with motivation and accountability, providing a structured and personalized fitness program for each person. No matter where a customer is in their fitness journey, Jesse prioritizes moving them up to the next level and helping them achieve their goals. This article has been viewed 501,712 times. Co-authors: 18 Updated: April 1, 2025 Views: 501,712 Categories: Gym Print Send fan mail to authors Thanks to all authors for creating a page that has been read 501,712 times. "It's very interesting. I appreciate the pictures." Share your story Joining a gym is a double-edged sword with a third, even sharper edge. You get to meet people, but you're stuck in a binding contract that makes your phone contract seem like a casual handshake between friends. Why? Why is the gym contract so long and binding and—more importantly—how does one actually get out of it? The answer is simple: you can't. Or, at least, you can't easily. And that's the problem. Because once you're locked in, you're stuck. And that's not fair. You deserve to have control over your own body and your own time. You deserve to be able to quit whenever you want. You deserve to be able to choose your own path. You deserve to be able to say "no" to anything that doesn't serve you. You deserve to be able to live your life on your own terms. You deserve to be able to choose your own destiny. You deserve to be able to choose your own future. You deserve to be able to choose your own happiness. You deserve to be able to choose your own peace. You deserve to be able to choose your own joy. You deserve to be able to choose your own love. You deserve to be able to choose your own life. You deserve to be able to choose your own destiny. You deserve to be able to choose your own future. You deserve to be able to choose your own happiness. You deserve to be able to choose your own peace. You deserve to be able to choose your own joy. 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