

Shipping Policy

All orders are processed within 1-5 business days (excluding weekends and holidays) after receiving your order confirmation email. Processing includes the fulfillment of the purchased product(s) and a tracking number and confirmation being sent to the purchaser. VMG Personal Training LLC is not responsible for any delays in the processing, fulfillment or shipping and will provide the utmost service in delivering on these in a professional and timely manner as expected by the purchaser.

Personal Training & Nutrition Coaching Delivery

All purchases for any service offered by VMG Personal Training LLC, remote, virtual, in person or hybrid Personal Training programs and any Nutrition Coaching programs (including nutrition course and one-on-one coaching) will be made directly through an online purchase on www.milsnerfitness.com or via an invoice sent directly to the customer's email from our platform. All services and programs are delivered via a mobile app platform used by VMG Personal Training LLC or on www.milsnerfitness.com. Both platforms allow the customer to sign up to access their programs using an email and password. Both platforms are accessible via a mobile device and a mobile device is preferred for those on a Personal Training or one-on-one Nutrition Coaching plan. Content will be delivered through either of these 2 platforms and this will be communicated to the customer where to access either their customized workouts, nutrition plan, or course modules.

Shipping Rates

There are NO shipping fees that apply to any VMG Personal Training LLC services, including Personal Training (remote, virtual, in-person, & hybrid) and Nutrition one-on-one Coaching and the nutrition online course.

For all VMG Personal Training LLC products, shipping rates are calculated at checkout when the customer adds in their shipping address and based on USPS Calculated Rates in real time.

For any questions and concerns please reach out to [USPS](#) directly.

For shipping rates of Beachbody products, please follow [this link](#).

Refunds, Returns, and Exchanges

You may cancel your subscription to any services offered by VMG Personal Training LLC at any time. All subscriptions are on a payment plan (weekly, bi-weekly, monthly or one or multi-payment plan). Any cancellations made or requested within 14 business days of the upcoming payment will be honored, but the upcoming payment will be processed. A cancellation

will need to be made or requested at least 14 days prior to the next payment to avoid the upcoming payment to be processed.

You may cancel your subscription to Beachbody supplements at any time. Beachbody reserves their own rights and guarantees for products listed on our site and sold through our network. Please visit their Terms & Conditions or call (800) 804-4333 for more information.

If you have any other questions or concerns regarding cancellations or refunds then please contact us at milsnerfitness@gmail.com

Return & Refund Policy for Products

Our Return and Refund Policy was last updated March 12, 2022.

Thank you for shopping at VMG Personal Training LLC. Prior to purchasing any products sold by VMG Personal Training LLC or its affiliates, the customer understands and has acknowledged the Return and Refund Policy.

The following terms are applicable for any products purchased from VMG Personal Training LLC or any of its affiliates.

Interpretation and Definitions

Interpretation

The words of which the initial letter is capitalized have meanings defined under the following conditions. The following definitions shall have the same meaning regardless of whether they are singular or plural.

Definitions

For the purposes of this Return and Refund Policy:

- “Company” (referred to as either “the Company”, “We”, “Us” or “Our” in this Agreement) refers to VMG Personal Training LLC, DBA Milsner Fitness.
- “Product” refers to the items purchased from the Company.
- “Orders” refers to the sale or order of receipt associated with the purchase.
- “Website” refers to Milsner Fitness, accessible from milsnerfitness.com.
- “You” means the individual, the company, or other legal entity on behalf of which such individual purchased Goods from the Company, as applicable.

Your Order Cancellation Rights

You are entitled to cancel Your Order within 24 hours without giving any reason for doing so for a full refund of your purchase as shown on Your Order, unless your product has already been

shipped and a shipping confirmation has been sent. Outside of this time window, all Orders and sales are final and are not eligible for a refund of any kind.

Returns

Products purchased from the Company are not eligible for return once the item has been shipped. You will have 24 hours from time of purchase to cancel Your order for any reason as detailed in,Your Order Cancellation Rights. For any additional questions or assistance, please contact the Company directly.