

**Virginia Techniques
Recurring Message Terms and Conditions**

Effective Date: 10/06/2025

By opting in to receive SMS messages from Virginia Techniques Gymnastics, Inc. (“we,” “us,” “our”), you agree to these Terms and Conditions (Terms).

SMS Messaging Service

By providing my phone number, I consent to receive SMS text messages from Virginia Techniques Gymnastics, Inc. for appointment reminders, marketing messages, and general two-way communication about our classes, events, and closings. Message and Data Rates may apply.

Message Frequency

You may get more than one message from us unless you opt-out, and while messaging frequency varies, you will likely receive less than 3 messages monthly. Virginia Techniques Gymnastics, Inc. reserves the right to alter the frequency of messages at any time to increase or decrease the total number of messages. Virginia Techniques Gymnastics, Inc. and carriers are not liable for delays or undelivered messages.

Message and Data Rates

Message and data rates may apply based on your mobile carrier’s terms.

Privacy Policy

Your information will be handled in accordance with our [Privacy Policy](https://www.vatechniques.com/uploads/Virginia_Techniques_Messaging_Privacy_Policy_10.6.25.pdf) (https://www.vatechniques.com/uploads/Virginia_Techniques_Messaging_Privacy_Policy_10.6.25.pdf).

Cancellation/Opt-Out Instructions

You can opt out of receiving SMS messages at any time by replying STOP to any message we send you. After you opt out of text messaging, you will receive one additional message confirming your request has been processed.

Help/Customer Support

Text the word HELP for support. You may also contact us directly at office@vatechniques.com or 540-381-5151.

Liability

We are not responsible for any charges, errors, or delays in SMS delivery or undelivered messages caused by your carrier or third-party service providers.