

CHAARG FAQ

You've heard about CHAARG from someone on campus, you've seen the @CHAARG instagram, you've read the [Join The Movement](#) page, you've checked out the two membership options in the [CHAARG Shop](#) [semester/quarter membership + year long membership!], maybe you've even listened to [The CHAARG Podcast](#)... but you're still wondering: what is it really like to be a CHAARG member?

HIGHLIGHTS OF BEING A CHAARG MEMBER



WEEKLY WORKOUTS

Every week, we partner with local fitness instructors to lead a new workout — boxing, barre, zumba, yoga, lifting weights, pilates, + more!



CAMPUS COMMUNITY

Small groups, retreats, + formals - there are so many ways to connect with CHAARG members at your university



SUNDAY NEWSLETTER

Sign up for the weekly workouts for the week ahead! ++ you'll receive the "The ReCHAARG," a bi-weekly wellness newsletter from National CHAARG



FIND EMPOWERMENT

Empowered women empower women. Through CHAARG, we hope you'll feel empowered to live your best life — whatever that looks like to you :)

MEMBERSHIP FAQ

HOW DO I JOIN CHAARG?

You can join CHAARG at any time! Head to the [CHAARG Shop](#) to grab your membership + check out the different membership options!

CHAARG ISN'T AT MY UNIVERSITY. WHAT SHOULD I DO?

Find out how to bring CHAARG to your university [here!](#)

HOW DO I KNOW IF MY MEMBERSHIP WENT THROUGH?

You should receive a receipt after your purchase! If you do not receive the receipt, then your order did not go through. If you have questions or made a mistake during your purchase, contact shop@chaarg.com.

CHAPTER FAQ

WHEN WILL I HEAR FROM MY CHAPTER [+ HOW OFTEN]?

Every Sunday at 10 PM, you'll receive a newsletter from your Chapter's CHAARG Ambassador that will have all the info for the coming week! If you join CHAARG at the beginning of the semester, expect to receive a newsletter at least two weeks before school starts.

If you join CHAARG mid-semester, it may be a week or so before you receive your first newsletter, as it takes a little bit of time for National CHAARG to get your info to your Chapter. You can always find your Ambassador's email address on your Chapter page + ask her for the info about upcoming events! :)

WHAT SHOULD I DO IF I HAVEN'T HEARD ANYTHING FROM MY CHAPTER AFTER JOINING?

Please contact your Ambassador by finding her information on your Chapter's page [[see list of all universities here!](#)]. If she does not respond within a week, please contact chapters@chaarg.com!

WHAT IS A CHAARG CHAPTER NEWSLETTER?

A CHAARG Newsletter has everything you need to know related to your Chapter for the week ahead — campus events, Chapter events [Weekly Workouts + Small Groups!], National CHAARG news, + spotlighted members.

WHEN DO CHAARG EVENTS BEGIN?

CHAARG events begin the second week of the semester with a Weekly Workout that is open to members + non-members — bring your friends to show them what CHAARG is all about! :)

HOW DO I SIGN UP FOR WEEKLY WORKOUTS? DO I HAVE TO PAY FOR WEEKLY WORKOUTS?

You'll sign up for events in the "Weekly Workout" section of your Chapter's CHAARG Newsletter. Follow the link included in the Newsletter to reserve your spot! You don't have to pay for Weekly Workouts — they are included in your CHAARG membership! :)

IF MY CLASS SCHEDULE CONFLICTS WITH MY CHAPTER'S WEEKLY WORKOUT TIME, SHOULD I STILL JOIN?

Yes! There are so many ways to be involved in your CHAARG Chapter outside of Weekly Workouts — Small Groups [every week!], socials like retreats + formals, connecting in the Facebook Group, + more!

WHAT IS A CHAARG SMALL GROUP?

A Small Group consists of 10-20 girls from your Chapter that you'll connect with all semester long. Every week, you'll meet at the same time to sweat together, cook a meal, or take a study break!

HERE'S WHAT CHAARG GIRLS ARE SAYING...

"CHAARG has made me more confident with myself + motivates me to go to the gym on my own more often! I've started eating healthier as well."

— keely, miami university

"I'm no longer hesitant to hit the weight room or go workout with a lot of people around. Overall, I'm thankful for the experience that brought me out of fear + into confidence!"

— dianna, university of kentucky

"I have felt an extreme increase in confidence since I joined CHAARG. Not just in fitness but also in my personal + academic life."

— ally, university of cincinnati

