



MEMBERSHIP HOLD/FREEZE FORM

MEMBERSHIP FREEZE POLICY

We recognize that there is "Life Outside of the Gym", and that there are times when we might not see you for several weeks. Vacations, work trips, and life events happen. Therefore, we offer our members the capability to "freeze" (basically put your gym life on hold) without completely cutting ties. The advantage of a freeze or hold over the cancellation is that you will not be charged a signup fee when you restart. However, we have a few rules that we would like for you to follow so that we get things right.

- 1. A printed and initialed/signed copy of this form must be hand-delivered to the gym or sent via email to tony@madmarecrossfit.com. A text message or general e-mail asking to freeze your account is not sufficient and easily lost. Initials:
- 2. Freeze/hold can only be done for fourteen consecutive (14) days or greater but must be less than twenty-eight (28) days. Due to administrative reasons, freezes requiring more than twenty-eight (28) days will be considered a "drop" (cancellation). Initials:
- 3. You must specify a start and an end date to your freeze/hold. These dates will be attached to your membership in our gym software, thus extending your auto-debit dates accordingly. We cannot accept "indefinite" freezes. They will be considered a drop. Initials:
- 4. The freeze start date must be at least one (1) full calendar month from the date you submit this form (date under your name below) because it takes time to input the information into the system. Freezes are not immediate and not retroactive. Initials:
- 5. You may only freeze a maximum of two (2) independent times in one (1) calendar year.
- 6. If you want to visit us during your freeze, we would love to see you, but if you come in for a WOD, we will have to charge you the \$30 drop-in fee or restart your account. Initials:
- 7. Black Friday Memberships are not eligible for hold or freeze, and as noted during your purchase, they are not reimbursable neither partially nor fully upon cancellation. Because they are heavily discounted, Annual Membership and Black Friday Membership fees are not reimbursable at cancellation. Initials:

Name of Athlete (Please print clearly.)	Today's Date (mm/dd/yyyy)	Signature of Athlete
First Day of Freeze (Must be at least 1 month after "Today's Date" above.)	Last Day of Freeze (Please note items 2-4 above.)	