



# 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. However, we have a few rules that we’d 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. Initials:
2. Freeze/hold can only be done for fourteen consecutive (14) days or greater but must be less than forty-two (42) days. Due to administrative reasons, freezes requiring more than forty-two (42) 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 Zen Planner, thus extending your auto-debit dates accordingly. Initials:
4. The freeze start date must be at least one (1) full calendar week from the date you complete 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. Initials:
6. If you want to visit us during your freeze, we’d love to see you, but if you come in for a WOD, we’ll have to charge you the \$20 drop in fee. Initials:

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(Name of Athlete) PLEASE PRINT CLEARLY

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TODAY’S DATE (MM/DD/YYYY)

**FREEZE INFORMATION:**

FREEZE START: My last day of visiting the gym will be (MM/DD/YYYY):

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FREEZE END: The day I would wish to return to the gym will be (MM/DD/YYYY):

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Cell Phone #:

E-mail Address:

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**SPECIAL FREEZE NOTE:**

Please note that your credit/debit card was likely charged independently of the date you selected your hold or freeze date. What the freeze or hold will do is extend the time between the last credit card debit (charge) and the next one by the total amount of “freeze” or hold time (total days between the two dates above). This form will be attached to your membership record if needed for future reference.

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Signature of Athlete: