



REQUEST TO FREEZE MEMBERSHIP

Name (printed)

Email

Phone number

Reason to freeze membership

Date to begin freeze

Freeze my Membership (please circle one):

Membership Freezes begin on the date specified to that same date either one (1), two (2), or three (3) months later, and at the expiration of the Freeze Term the membership becomes active and membership payments resume on the same date as before the Freeze. Because membership drafts begin 3-5 days prior to the actual draft date, requests to freeze submitted during this window of time may be applied to the subsequent draft. Notice: All Frozen accounts are subject to a \$5 monthly fee.

One (1) Month

Two (2) Months

Three (3) Months

Signature

Date

I recognize that a Freeze of Membership is provided by CrossFit South of Umbrella Holdings, LLC. as a courtesy, that it is not mandated by the Membership Agreement, and that during the period of time specified above I will not have access to the fitness facility.