



Freeze/Hold Policy

All month to month memberships may be placed on a temporary freeze/hold for no less than **1 month** and no more than **3 months** at a time. If a hold request is for more than 3 months, the membership will be dropped and the individual must reschedule a test out session to resume a class membership. On-Ramp sessions might be required in order to regain conditioning and skills that are necessary for a CrossFit class setting. A freeze/hold form (found online) must be submitted **BEFORE** the membership monthly billing date to ensure the freeze/hold takes effect. If the freeze/hold form is not submitted before the monthly billing date, a refund **WILL NOT** be submitted. Please note that billing will resume automatically upon the end of the freeze.

Client Full Name: _____

CFWC Staff Name: _____

Freeze/Hold Agreement

I, _____ agree to place my current membership on a temporary freeze/hold.

Freeze Start Date: _____

Freeze End Date: _____

I _____ understand that monthly billing will resume automatically upon the end of the freeze/hold.

Client Full Name: _____

CFWC Staff Name: _____