

**Membership Freeze Request - MAIL-IN**

- Any payments due within 72 hours of freeze request may still be processed
- Members can freeze for 30, 60 or 90 days – for medical reasons, we will freeze for extended time with proof of doctor’s note.
- You may unfreeze earlier than your original unfreeze date by calling our front desk – your future payment due dates are subject to change.

Name: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

Requested freeze start date: \_\_\_\_\_

Requested freeze end date: \_\_\_\_\_

Reason for freeze:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**\*Once your account freeze is processed you will receive a confirmation email from management!**

**Internal Use Only:**

- Management Approval \_\_\_\_\_
  - Method of contact: \_\_\_\_\_
- Membership Frozen o Recurring Services Frozen
- Employee Initials
- Scanned
- Stat report
- Processed by: \_\_\_\_\_ on \_\_\_\_\_

**Account Reactivates as of \_\_ / \_\_ / \_\_**