

**Membership Freeze Form**

Name: \_\_\_\_\_ #: \_\_\_\_\_

**MEDICAL FREEZE**

Stow Fitness Center is happy to accommodate our members who are having a medical situation by freezing their membership up to six (6) months. Written notice must be presented from your physician at the time of freezing. Physicians note must specify dates of restrictions. Thirty (30) days notice is required to freeze a membership unless accompanied by a physician's note. \$5.00/month freeze fee is charged.

FROM: \_\_\_\_\_

TO: \_\_\_\_\_

(Freezes must be in 30-day increments)

**OTHER FREEZE**

Stow Fitness Center is happy to accommodate our members who would like to freeze their memberships for up to three (3) months per calendar year. The fee is \$10.00 per month frozen and *must be paid* at point of freeze or charged to a credit card or checking account. Thirty (30) day notice is required.

\* Students do not have to restrict their freezes to three months per year.

FROM: \_\_\_\_\_

TO: \_\_\_\_\_

(Freezes must in 30-day increments)

Member's

Signature \_\_\_\_\_

Stow Fitness Representative \_\_\_\_\_ Date \_\_\_\_\_