



Hold of Membership Form

First Name _____

Last Name _____

Phone no _____

Email _____

Hold Date _____ / _____ / _____ to _____ / _____ / _____ (max 4 weeks)
Must be a Monday Must be a Monday

Hold Reason _____

Membership on Hold Conditions

All CrossFit Narellan members are able to put their membership on hold, even if they are on a 6-month membership, when they know in advance they will not be attending the gym.

This form must be completed and handed to a staff member or emailed to membership@crossfitnarellan.com to be processed 5 days before the hold start date. If the form is not received 5 days prior the hold will not be processed.

Important information.

- Memberships on hold cannot be backdated.
- The expiry of your membership will be extended by the same period that the membership is on hold for.
- The minimum hold period is 1 week and the max hold period is 4 weeks.
- Memberships must be put on hold from Monday to Monday regardless of the day of payment.
- If you attend a class during the hold period you will need to pay a casual visit fee.

Members signature _____ Date _____ / _____ / _____
I have read and agree to the above terms and conditions

Office Use Only

Received By _____ Date _____ / _____ / _____ Processed By _____ Date _____ / _____ / _____
Staff Member Manager