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Request to Place Membership on Hold

As stated in our “Membership Acknowledgement Agreement and Release” Form (Clause #3), A minimum of one month membership may be put “on hold” at the discretion of *Vitality Fitness Training Inc.* for a maximum of one year from start date of hold. After six months you will be charged \$20 for a mandatory 30 minute refresher/orientation session. Your blood pressure will be taken at this time. If your blood pressure is over 140/100, you will be required to seek medical clearance before resuming your membership. Scheduled payments will continue to be debited. *Vitality Fitness Training Inc.* must have written notice **prior** to membership being put on hold. If approved, membership will then be put on hold from the day *Vitality Fitness Training Inc.* receives the notice and signs a hard copy of the form. We **will not** under any circumstance back date membership holds. Only one “hold” may be used for the length of the membership term. “Phone-ins” will not be accepted. We must have your written signature on this form to accept the hold.

I, _____ would like to have my membership on hold
(please print)

from this day _____.
dd/mm/yy

Client Signature

Vitality Fitness Training Inc.

dd/mm/yy

Vitality Staff Use Only

Start Date of Hold: _____
dd/mm/yyyy

End Date of Hold: _____
dd/mm/yyyy

Extend membership: _____ Days/Months

New expiry: _____
dd/mm/yyyy