



## **Cancellation and Freeze Procedures**

**The following are basic procedures for CCM HEALTH. Please refer to your copy of the membership agreement for specific details.**

### **Cancellation Procedures:**

- **You must contact your club representative in order to cancel your installment, open-end, or cash membership.**
- **Please do not send any form of request to cancel your membership to ABC Fitness Solutions, LLC.**
- **Your cancellation will not be processed unless you fill out the proper paperwork at the club.**

### **Freeze Procedures:**

- **You must contact your club representative in order to freeze your installment, open-end, or cash membership.**
- **Please do not send any form of request to freeze your membership to ABC Fitness Solutions, LLC.**
- **Your freeze will not be processed unless you fill out the proper paperwork at the club.**

**CCM HEALTH  
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