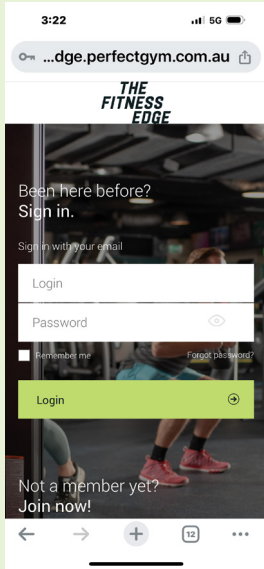


THE FITNESS EDGE

FREEZE INSTRUCTIONS

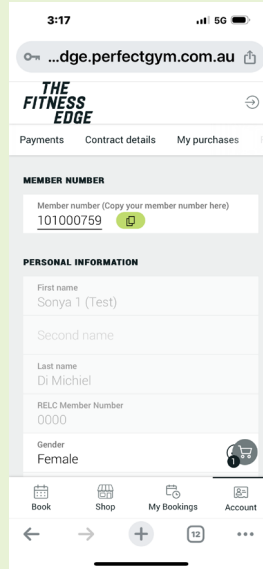
STEP 1

Log into Perfect Gym using your email address and password.



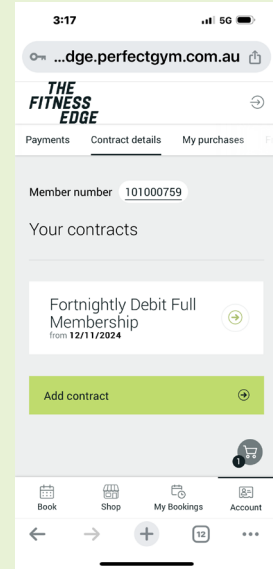
STEP 2

Click on **ACCOUNT**. Scroll the top menu to the left until you see **CONTRACT DETAILS**. Click on **CONTRACT DETAILS**.



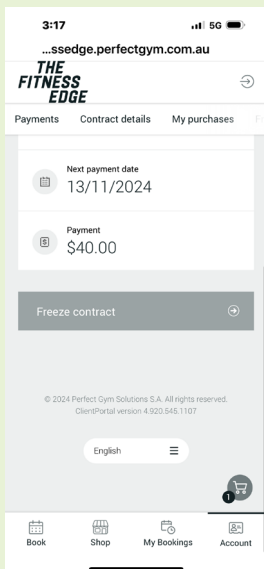
STEP 3

Your contract will be displayed. Click on the **CONTRACT**.



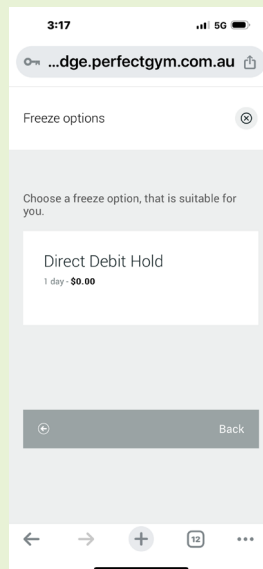
STEP 4

Scroll down until you see **FREEZE CONTRACT**. Click on **FREEZE CONTRACT**.



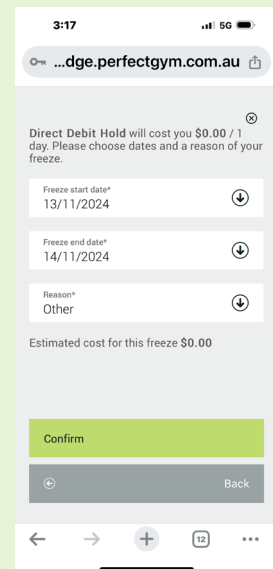
STEP 5

You will see either a **DIRECT DEBIT HOLD** or **MEMBERSHIP HOLD** button depending on your membership click on this button. Click **NEXT**.



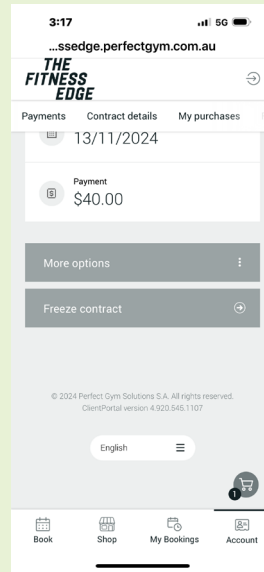
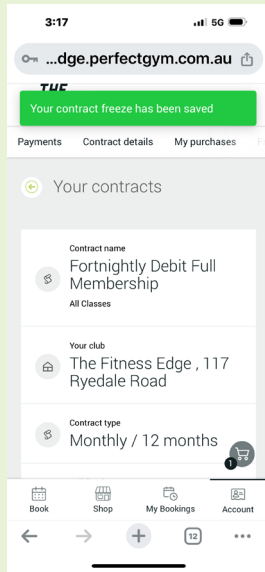
STEP 6

Enter the start and end date you want to apply the freeze. Select your reason. Click **CONFIRM**.



STEP 7

Scroll down. Click on **MORE OPTIONS** to view the freeze applied.



STEP 8

Click **EDIT** if you want to remove the freeze or change the start or end dates.

