



SFHQ MEMBERSHIP FREEZE TERMS

Thank you for being a loyal member of our community! Whether you're traveling, injured or just need to take some time off, we have a variety of freeze options for SF Legacy Members.

Our team will process your request within 5 business days.

Freeze Request Details:

- If you wish to modify your membership, we simply ask for 30 days written notice to info@sarahfechter.com at least 30 days prior to the first day of the week requesting to be frozen
- A refund will be issued for the weeks your SFHQ membership is frozen, but this does not impact the status of your SFHQ membership. Your membership will remain active during the freeze period.
- With an active SFHQ Legacy Membership, you may freeze your membership for a minimum of 1 week up to a maximum of 8 weeks in a single calendar year for things like: vacation, family emergencies, or any procedure or illness that might preclude you from participating in our programs.
- We calculated this number based on past membership patterns, and common client practices. This is the right balance and flexibility that allows for accommodations during travel, or unforeseen emergencies, without leading to your health and fitness goals falling through the cracks.
- Unused weeks cannot be carried over into the next calendar year.