

ATMOSPHERE

FITNESS

Challenge Participants Terms and Conditions for Tone + Transform

Challenge is open to all Atmosphere Fitness and Atmosphere Signature and Fitness Passport members.

Non-members must become a financial member of Atmosphere Health & Fitness Club for the duration of the Challenge, to take part in the Challenge.

All participants must be 16 years and over.

Registrations for the Challenge will close at 11:59pm on Sunday 27th August 2023. No registrations will be accepted after this time.

All participants agree to have a valid personal Facebook account to access the Challenge information

Payments

1. To reserve your spot on the challenge, you must pay the non-refundable \$249 registration fee prior to the start of the challenge on 28th August 2023
2. Once confirmed as a participant in the Challenge, Atmosphere will not accept any liability should you miss sessions or not complete the challenge
3. There will be no refunds or catch-ups for any unused Challenge sessions
4. There will be no refunds due to illness or injury, or for any reason within or outside of your control

Mywellness/Tanita Scans and Before and After Photos

You must complete your INITIAL weigh-in at Atmosphere Health + Fitness on the Mywellness/Tanita Scales between Monday 21st August 2023 and Sunday 27th August 2023 AND you must complete your FINAL weigh-in at Atmosphere Health + Fitness on the Mywellness/Tanita Scales between 30th October 2023 and Sunday 5th of November

Before photos will be taken at Atmosphere Health + Fitness on Thursday 24th August 2023 4pm-8pm and Saturday 26th August 10:30am-2pm by our designated professional photographer.

After photos will be taken at Atmosphere Health + Fitness on Thursday 2nd November 4pm-8pm and Sunday 5th November 10am-2pm by our designated professional photographer.

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Atmosphere Challenge Prizes

1. To be eligible to win you must comply with these terms and conditions
2. To be eligible to win you must be a current and financial member of Atmosphere Health + Fitness for the duration of the Challenge and up to and including the date of prize presentation.
3. To be eligible to win you must attend the starting and final weigh in and measure
4. To be eligible to win you must be present at Atmosphere during photo time set out above to have before AND after photos taken
5. To be eligible to win prizes you must attend the prize presentation on 10th November 2023
6. To be eligible to win you must not use any illegal performance enhancing products
7. Weigh-in, measurement and photo times are fixed and non-transferable
8. To be eligible to win you must attend Atmosphere Health + Fitness to train an average of 3 times per week
9. The data collected, based on category, will determine the winners. The winners will be determined by the fat lost/ lean muscle mass maintained/gained between measurements undertaken between the start and end of the challenge along with effort and overall transformation.
10. The winners will be named after all the results are collected and collated. The results are final and no correspondence will be entered into
11. Any and all fees paid in relation to the Challenge are non-refundable
12. At any time Atmosphere may alter the terms of the prizes.
13. All participants consent to the use of their photos within the club and external promotions.
14. To be eligible for the prize pool participants must agree to have before and after shots.
15. Challenge participants may wear tight fitting gym attire or brief style underwear. The similar clothing items must be worn for the before and after photos.
16. Membership prizes are transferable

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Prizes: The category is for overall body transformation. There will be 1st, 2nd and 3rd prizes awarded for a male and female competitor.

1st prize

Weekend away at The Star of the Sea

12 month all access membership across our Atmosphere Fitness and Signature clubs.

2nd prize

\$500 EFTPOS card

3rd prize

\$250 Rebel

Considerable mention Atmosphere Fitness Merchandise pack

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*Prizes are transferable to eligible persons as per our terms and conditions.

Promotional and Marketing

All participants agree to allow Atmosphere to use photographs or video clips of 'before and afters', work out sessions or seminar sessions in which faces of themselves may be displayed, for promotional purposes. All participants agree to allow Atmosphere to use verbal or video testimonials for promotional purposes. Important note: Please rest assured that Atmosphere will take into account religious or ethical traditions and beliefs when selecting photos or video clips. In addition, we will choose only photographs or video that show participants and the club in their best possible light.

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Waiver and Release Statement (to be agreed upon by all participants)

In consideration of the acceptance of my entry to this challenge, I hereby agree the exclusion of liability to Atmosphere, the company directors, it's trainers, staff, contractors and any third parties with an association to Atmosphere and this challenge (whether intended or not) or any other individuals, from all claims for injuries and/or damage however caused (whether fatal or otherwise) I may suffer out of the participation in this challenge. I also release and forever discharge the above groups from all actions, suits, proceedings, claims, demands, losses, damages, penalties and fines however arising (including negligence). I intend partaking in this challenge entirely at my own risk.

Seek advice from Medical Professional

Persons with pre-existing medical conditions, in poor health, or with any concerns as to commencement of a new fitness regime should consult with an appropriate healthcare professional before beginning any of these programs.

You are responsible to make your own inquiries and seek independent advice from a healthcare professional before acting on any information or material made available to you through our website.

The information provided in the Challenge may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified health care professional. In particular, if you fall within one of the following classes of persons, then you should first consult a healthcare professional before following any exercise programs or using any of the information on the Website:

- a. Women who are pregnant and/or breastfeeding or who are trying to conceive a child;
- b. Persons with any ongoing physical condition such as:
 - i. Persons suffering from cancer or other long-term illness;
 - ii. Persons with liver disease, kidney disease, or renal failure,
 - iii. Persons with eating disorders;
 - iv. Persons with diabetes, blood pressure or cholesterol issues;
 - v. Elderly persons;
 - vi. Persons recovering from or recently recovered from illness or injury; and
 - vii. Persons with a low body mass index.

Further, even if you do not fall into the above classes of persons, you acknowledge that the service that we provide is an information service only, and that you are solely responsible for (at your own discretion) following (or not following) any exercise program or regime that we provide as part of the information service. Our general service does not include any supervision or monitoring of your activity, and we are not responsible for any injuries that you may suffer as a result of following the exercise program or regime.