



JOIN THE MOVEMENT



TERMS & CONDITIONS OF ENTRY

8-WEEK STRONG START TRANSFORMATION 2025

Any sessions purchased for the 8-Week Strong Start Transformation are only available to be booked during the challenge period – Monday, 10 February 2025 to Sunday, 6th April 2025.

1. THE 8-WEEK STRONG START TRANSFORMATION 2025

- 1.1.** The 8-Week Transformation will run from Monday 10th February 2025 to Sunday 6th April 2025, eight (8) weeks in total.
- 1.2.** In-club packages are available at an additional cost to your existing membership and prices will vary by club. Participants must have met all payment obligations with their Fernwood home club.
- 1.3.** FIIT30 and any other services which form part of your challenge (e.g. Reformer Pilates, PT, HYPOXI and any other services or sessions must be booked in advance and are only valid at your Fernwood home club. These sessions are non-transferable).
- 1.4.** If you need to cancel or reschedule any one-on-one session, please ensure you contact your Fernwood home club a minimum of 12 hours prior to the booked session time, otherwise this session will be forfeited.
- 1.5.** All 8-Week Transformation participants are required to inform their Fernwood home club of any changes to their health that may impact the appropriateness of their training.
- 1.6.** All members participating in the 8-Week Transformation are limited to 1 session per day for the additional services they have upgraded to for the challenge.
- 1.7.** By purchasing the 8-Week Transformation, you are accepting these Terms & Conditions and it is an indication to your agreement that Fernwood Fitness does not accept liability for any harm that may come to you, damage or loss of personal property within our clubs, as permitted under law. You also understand your images, achievements and any relevant details may be used for marketing purposes by Fernwood Fitness, unless otherwise requested in writing.
- 1.8.** The '6-month access to AstonRX' as part of the Transformation is exclusively available to new AstonRX members. Participants who have previously received AstonRX access through their Fernwood membership privileges are not eligible for an additional 6-month access as part of this offer.



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2. CANCELLATION

8-Week Transformation In-club Purchases

- 2.1. Your inability to continue participation in the 8-Week Transformation should be noted in writing and forwarded to your Fernwood home club.
- 2.2. The challenge cannot be cancelled once it commences unless a medical certificate is provided.
- 2.3. If you are unable to continue the 8-Week Transformation due to medical reasons, you are required to provide your Fernwood home club with a written request and medical certificate. Any sessions you have paid for but not used will be refunded in full, less a \$50 cancellation fee.

8-Week Transformation Online Purchases

- 2.4. No refunds will be issued for 8-Week Transformation participants who are not a Fernwood club member or not associated with a Fernwood Fitness club.
- 2.5. All online purchases for the 8-Week Transformation are payable in full at the time of purchasing the challenge.

Fernwood Club Memberships

- 2.6. Standard Fernwood club membership Terms & Conditions will apply for all new memberships and can be viewed online at: https://www.fernwoodfitness.com.au/wp-content/uploads/2024/11/Fernwood_Terms_Conditions.pdf

3. WHO CAN PARTICIPATE?

- 3.1. Entry is open to Australian residents who are 16 years of age or over. All Challenge participants and Fernwood club members must enter in their own name.
- 3.2. Fernwood employees and contractors are not eligible for the national member prizes, however, are encouraged to participate in the 8-Week Transformation and compete for the national staff prize outlined below.
- 3.3. The AstonRX 28-Day Metabolic Reboot program is not available to members under the age of 18, women who are pregnant or have type one diabetes. Consult a medical professional for personalised advice.



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4. FEES AND PAYMENT

- 4.1. The 8-Week Transformation consists of the base package and 8 weeks FIIT30 and may consist of any extra inclusions your club may offer. These inclusions and prices will vary depending on your home club and will be outlined upon joining the 8-Week Transformation
- 4.2. The final day to register for the 8-Week Transformation to be eligible for the national prize is Friday 7th February 2025.
- 4.3. If you have paid for the program in-club components or set up a payment plan for your challenge, please refer to your debit schedule for complete information on fee and payment arrangements if you have chosen to pay via direct debit

5. NATIONAL PRIZE TERMS & CONDITIONS

- 5.1. To be eligible for the national prize, participants of the 8-Week Transformation must have purchased at a minimum, the base level package, either in-club or online. All eligible winners must be participating in FIIT30 as part of their challenge package.
- 5.2. There is one national prize pool that members are eligible for within the 8-Week Transformation.
- 5.3. The 8-Week Strong Start Transformation Prize Pool is valued at \$5000.
- 5.4. The 8-Week Strong Start Transformation Prize for staff is valued at \$1000, made up of a variety of vouchers.
- 5.5. Eligible winner must complete one FIIT30 workout in club each week of the 8-week challenge period.
- 5.6. Eligible winner must meet any other specific home club Terms and Conditions.
- 5.7. The home club must provide before and after photos, measurements and fitness testing of the eligible winner and submit their challenge journal to Fernwood National Support Office for judging by Thursday 17th April, 2025. All challenge winners will have their journal sent back shortly after judging has been completed.
- 5.8. National member winner and the national staff winner will be announced on Monday 28th April, 2025 and will be contacted directly by Fernwood Women's Health Clubs.