



Winter Warmer - 8 Week Challenge

Dates: **Start-** Mon 30th of May / **Finish-** Sunday the 24th of July

Body Scans*- Sunday the 29th of May 9-11am (Pre-test) and Sun the 24th of July 9-11am (Post Test)

**Bookings for scans will be taken upon registration, time must fall between the allocated slot on the dates above, bookings are in 15minute blocks (3 people to a block) and will be first in best dressed.*

Challenge Options: **Option A – Challenge Accepted**

Full BHive Classes Access and registration to the challenge to be in the running to win overall prizes

Cost*: Non-Members - \$265.00 / Members – No Extra Cost this option is FREE to BHive Members

Option B – Body Composition Challenger

Full BHive Classes Access, Before/After Body Scans and be in the running to win overall prizes

Added Extra: Pre and Post Body Composition Scans (scans will be used in our scoring system for points towards our overall place winners). Please see notes on Body Scans above and points sheet.

Cost*: Non-Members - \$310.00 / Members - \$65.00

Option C – Bootcamp Warrior

Everything Option B has to offer (Body Scans and BHive classes) PLUS Access to exclusive 'Bootcamp' style Sessions and more opportunities to earn points in the running to win overall prizes.

Added Extra: Weekly Bootcamp Session exclusive to Option C Challengers with group nutrition support. *'Bootcamp Warriors Only' team session will be 7:30-8:30am each Sunday during the challenge at various outdoor training locations around Lara and Geelong.* This weekly session will be for double points and bonus challenge points may be earned in the session.

Cost*: Non-Members - \$510.00 / Members - \$265.00

**Payments may be made as a weekly debit with the first 2 weeks of the program being paid upfront. All payments will fall under Ezidebit's T&C's. You can choose to make a one off upfront payment.*

Nutrition Support Package available for an extra \$99.90 and can be added to any Challenger Option.

Nutrition Package includes – Be Strong Fitness Geelong's 'Be Healthy' Nutrition Manual, this is a comprehensive intro to all you need to know about your food choices. Meal plans, Weekly Check-ins with a coach to keep you on track and a 45min Intro to 'knowing your daily intake' workshop.

Prizes: *Overall Winners are determined on most points accumulated over the 8 Weeks (refer to scoresheet in your welcome pack for more details and points allocations).*

1st Place- Fitbit Charge 5 and Bulk Nutrients Supplement Pack

2nd Place- \$100 Gold Class Movie Voucher and Bulk Nutrients Mystery Prize

3rd Place- \$50 Rebel Sport Voucher and Bulk Nutrients Mystery Prize

For more info or to register please email: david@beststrongfitnessgeelong.com.au
Challenge Proudly Sponsored By: Bulk Nutrients and BHive – Health and Fitness



Winter Warmer - 8 Week Challenge Registration Form *(Please Print Clearly)*

Name: _____ Gender (Circle): **M / F**
Date of Birth: / / Contact Number: _____
E-mail: _____
Address: _____ Suburb: _____ Postcode: _____
Emergency Contact (Name and Number): _____

Answer by circling **Yes** or **No** to each of the following and provide details where applicable in the space provided (*):

- I have been diagnosed as having a heart problem
Y/N *Further Notes:

- I have been diagnosed as having a lung problem
Y/N *Further Notes:

- I have a bone or joint condition which may be aggravated by exercise
Y/N *Further Notes:

- I have a medical condition for which my entry in this premise will present a risk to my health
Y/N *Further Notes:

- I voluntarily and knowingly accept the risk of injury that may occur due my participation in activities situated in 'Be Strong Fitness Geelong' & 'BHive- Health and Fitness' **Y/N**
*We advise that you consult with your doctor before commencing any new Fitness/Training Program

Challenge Option (Circle):

Option A- Member **No Extra Cost** / Non-Member **\$265.00**

Option B- Member **\$65.00** / Non-Member **\$310.00**

Option C- Member **\$265.00** / Non-Member **\$510.00**

Please tick payment option: *I am paying upfront* **OR** *I would like the Payment Plan* set up*

***Payment Plan** -first two weeks paid upfront then weekly payments Week 3-8 of the program.

I would like to add on the **Nutrition Support Package** \$99.90 (upfront payment only)

I (whose name appears at the top of this **Membership Form**), **HEREBY ACKNOWLEDGE** that I have contracted with the Companies of my own free will and desire to use the facilities located on the premises and participate in the 8 Week Challenge and I have read and understood this document before signing it. I **ACKNOWLEDGE** that I have read and agree to the **'Release Waiver of All Liability and Assumption of Risk Agreement'** for Be Strong Fitness Geelong and all parties contracted to this company and premises.

I also **HEREBY ACKNOWLEDGE** I have read and agree to EZIDEBIT's Term and Conditions (located at www.ezidebit.com/-/media/ezidebit/files/ezidebit-terms-and-conditions-aus.pdf). I **KNOWINGLY** allow for Be Strong Fitness Geelong to debit my nominated account or credit card on the EZIDEBIT Registration Form for the amount specified over the agreed time period or until I notify in writing* otherwise.

***To finalise your registration we will be forwarding a payment request form for our billing provider EziDebit which will need to be filled in and returned to us to secure your spot in the challenge.**

Signed:

Date: / /2021

For more info or to register please email: david@beststrongfitnessgeelong.com.au
Challenge Proudly Sponsored By: Bulk Nutrients and BHive – Health and Fitness



Release Waiver of All Liability and Assumption of Risk Agreement

This release shall extend to all claims of every kind or nature whatsoever whether unforeseen or foreseen and whensoever occurring.

- Warrant that I am in good health and have no existing physical condition that would prevent me from participating in the event or related activities performed at 'Be Strong Fitness Geelong'.
- I am aware that exercise can be dangerous and in undertaking such activities, I do so at my own risk.
- I am also aware that it is a condition of use of any of 'Be Strong Fitness Geelong' located on premises owned and/or leased or licensed by the Companies ('the premises') and participation in the party that the Companies, their directors, servants, employees and/or agents are absolved from any and all liability howsoever arising for any injury or damage howsoever caused (whether fatal or otherwise) arising out of my use of any facilities located on the premises or as a result of my participation in or performance at the party and in consideration for allowing me to use the facilities located on the premises and perform the party, I hereby indemnify the Companies for any negligent act, breach of duty, default and/or omission on the part of the Companies, their directors, servants, employees or agents which results in injury to my person or damage to my property.
- I am also aware and understand that any exercise carried out on the premises or in association with the party by me is done so at my own risk.
- I agree that prior to using the facilities at 'Be Strong Fitness Geelong' I will inspect the facilities, equipment and areas to be used and if I believe any of them are unsafe I will immediately advise the person supervising the facility area.
- Acknowledge that I completely understand that my participation in the activities at 'Be Strong Fitness Geelong' may involve risk of serious injury or death, including economic losses which may result not only from my action, inaction or negligence, but also from the actions, inactions and negligence of others, the condition of the facilities or equipment.
- I assume any and all risks of bodily injuries to myself, including all medical or hospital bills, permanent or partial disability, death, damages and loss of my property caused by or rising from my participation in any activities at or run by 'Be Strong Fitness Geelong' and its directors, servants, employees and/or agents.
- Covenant not to sue or present any claim for personal injury, property damage, wrongful death, or any other loss or damage against Joanne Greagen and David Tran-Cong, including all parent companies, subsidiaries and affiliates, officers, employees, agents and representatives; operators of the program.
- Release, waive, discharge, and relinquish all claims for personal injury, property damage, wrongful death, or any other loss or damage against Joanne Greagen and David Tran-Cong including parent companies, subsidiaries and affiliates, officers, employees, agents, and representatives, and owners and lessors of the premises used to conduct any activities for damages attributable to my participation wherein.
- I, whose signature appears on this membership form, in consideration of, and as a condition of acceptance of my entry into 'Be Strong Fitness Geelong', hereby waive all and any claim, right or cause of action which I or my heirs, executors or administrators might otherwise have arising out of loss of my life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my participation in the activities conducted on this premises, including expenses of subsequent medical treatment or hospitalization.
- I also understand that a BHive Classes Only or any membership with classes access included does not guarantee me a spot into any particular class as all classes are capped at varying attendance numbers and are subject to availability based on my time of booking.
- Please ensure you are informed, are aware of and agree to our COVID19 safe policies and procedures. These apply to both our Strength Gym and BHive Classes. By signing this document you will also agree to these terms for entry onto our premises.

This waiver, release and discharge shall be and operate separately in favour of all persons, companies and bodies involved in promotion or conduct for 'Be Strong Fitness Geelong', and the servants, agents, representatives, and officers of any of them, and of any first aid or paramedical personnel summoned in the event of injury to me.

For more info or to register please email: david@beststrongfitnessgeelong.com.au
Challenge Proudly Sponsored By: Bulk Nutrients and BHive – Health and Fitness