



6 Week Challenge

Dates:

Start- Mon 8th of March / Finish- Sunday the 18th of April

Body Scans*- Sunday the 7th of March 9-11am (Before) and Sun the 18th of April 9-11am (After)

**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 Before/After Body Scans

Cost*: Non-Members - \$189.00

Members - \$65.00

Option B – Nutrition Basics Included

Full BHive Classes Access, Before/After Body Scans

Added Extra: 'Introduction to Macros' Nutrition Workshop date and time to be announced closer to the start of the challenge. Workshop will be 1 hour in duration.

Cost*: Non-Members - \$239.00

Members - \$110.00

Option C – Individualised Nutrition Support and Exclusive Group Sessions

Full BHive Classes Access, Before/After Body Scans, 'Introduction to Macros' nutrition workshop

Added Extra: Individualised Meal Plan for each challenger and a weekly Bootcamp Session exclusive to Option C Challengers with group nutrition support. *'Challengers Only' team session will be 7:30-8:15am each Sunday during the challenge.*

Cost*: Non-Members - \$305.00

Members - \$175.00

**Option A pay upfront full fee only, Option B and C Pay 50% upfront and 2 partial payment plan available. Please tick the box on the registration form if you would like a payment plan set up.*

Prizes: *Overall Winners are determined on most %BF (percentage of Body Fat) loss over the 6 Weeks*

1st Place- 3 Months Free Classes Membership to BHive and Champion Nutrition Supplement Pack

2nd Place- Massage Voucher and Champion Nutrition Supplement Pack

3rd Place- Champion Nutrition Supplement Pack

For more info or to register please email:

david@beststrongfitnessgeelong.com.au

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6 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 **\$65.00** / Non-Member **\$189.00**

Option B- Member **\$110.00** / Non-Member **\$239.00**

Option C- Member **\$175.00** / Non-Member **\$305.00**

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

***Payment Plan** -only available for option B & C. 50% upfront payment, with 2 payments to follow.

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 6 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

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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.

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