

## Contest terms and conditions

- All participants must be over the age of 18.
- By entering the competition, you are agreeing and consenting that your personal data will be shared with Ames Fitness Center.
- To enter, the audience must fill out the designated form online and answer all questions fully.  
[Click here access.](#)
- All valid entries will go into a drawing and stand the chance of winning 16 one hour training sessions with a personal trainer and 8 one hour sessions with a dietitian. Sessions will be used in 30 minute increments.
- The judge's decision will be final and no further correspondence will be entered into.
- The audience can enter as many times as they want but only ONE person will be selected to win in this contest.
- All current Ames Fitness Center personal training clients, and staff will not be eligible to be in this drawing.
- The prize cannot be transferred, sold or exchanged for cash, club cash, membership or other services.
- Winners will be drawn by the beginning of February 2021.
- The winners will be announced by February 8th and will be contacted directly by Ames Fitness Center.
- Winners will be matched to a personal trainer of Ames Fitness Center's choice. All sessions are to be booked directly with the personal trainer as assigned. Can be done virtually. Will be required to meet with a trainer two times per week for 30 minutes each and with the dietitian one time per week for 30 minutes.
- Should the winner not be contactable within 72 hours, Ames Fitness Center. reserves the right to award the prize to a new winner.
- Ames Fitness Center reserves the right to use the winner's image/details in future media, at Ames Fitness Center's discretion.
- Ames Fitness Center reserves the right to document the winner's journey with the personal trainer through photos, video and/or written content. This content will be used in Ames Fitness Center print, online and/or video-based marketing materials, as well as any other company publications.
- All personal training sessions must be redeemed by 15 June 2021.
- By entering the contest, you completely release Facebook and any other social media platform and acknowledge that Facebook and any other social media platform has in no way sponsored, endorsed, administered by or associated with this contest.