

# OFFICIAL RULES

Studio Wars: You vs You 6 Week Challenge is designed to motivate participants to improve their health and fitness through consistent effort and healthy habits. By joining, you agree to abide by the rules and conditions outlined below.

## Challenge Duration:

- Start Date: January 13, 2025
- End Date: February 23, 2025

## Eligibility:

1. Participants must be 18 years or older.
2. All fitness levels are welcome.
3. Participants must be a current member and register by January 11th at 11:59pm to be eligible.

## Point System:

- Participants will earn points for completing fitness-related activities, starting January 13 at 12:00am until February 23 at 11:59pm. Points will be awarded as follows:
  - **1 Point:** Per gym check-in/visit (maximum of 2 per day will be counted)
  - **2 Points:** Per Group Fitness Class attended (must register online for each class)
  - **3 Points:** Per Personal Training Session completed
  - **4 Points:** Per Friend referred who becomes a member (issued per account)
  - **BONUS:** Receive 1 additional point per Facebook/Instagram post in which you tag your Studio 22 Fitness location (maximum of 8 bonus points allowed)



**CHECK IN**



**GROUP FITNESS CLASS**



**PERSONAL TRAINING SESSION**



**REFERRING FRIENDS**



**BONUS: SOCIAL MEDIA TAG**

## Tracking Points:

- Points will be tracked internally and electronically via Studio 22 Fitness software and staff.

## Honesty and Fair Play:

- Points must be earned honestly. Activities completed must align with the challenge guidelines.
- Any form of dishonesty or misrepresentation will result in disqualification.

## Safety:

- Participants are advised to consult with a healthcare provider before starting any new fitness program.
- Studio 22 Fitness Inc or any staff are not liable for injuries or health issues resulting from participation.

## Engagement:

- Participants are encouraged to support and motivate one another while maintaining respect and positivity.
- Social media sharing using the challenge hashtag #studiowars2025 is encouraged but not mandatory.

## Prizes:

- Prizes will be awarded to the top performers based on most points accumulated throughout the duration of the challenge - Individually and Location totals. (See Below) In the event of a tie, the winner will be determined by a random drawing or additional criteria as decided by Studio 22 Fitness



**Overall Winner: \$150**

(1) Winner - Most Overall Individual Points Accumulated

**1st Place (Each Location): \$150**

(1) Winner Per Location - Most Individual Points Accumulated At Each Location

**2nd Place (Each Location): \$25 (Studio 22 Gift Certificate)**

(1) Winner Per Location - 2nd Most Individual Points Accumulated At Each Location

**Winning Location: \$15 OFF Studio 22 Online Store (Promo Code)**

Each Challenge Participant At Winning Location - Highest Combined Total Participant Points

Participants may be disqualified at any point prior to the start or during the duration of the 6 week challenge at the discretion of Studio 22 Fitness for (but not limited to): Falsifying results, Violating gym policies or challenge rules, Exhibiting disrespectful or disruptive behavior. By joining the challenge, participants agree to the use of their submitted photos, videos, or other materials for promotional purposes, unless explicitly stated otherwise in writing. Studio 22 Fitness reserves the right to modify the rules, conditions, or point system at any time to ensure fairness and smooth operation of the challenge. This is an accountability challenge: There are no guaranteed results or specialized coaching other than what is stated above. The purpose of this challenge is to start 2025 off right and holding YOURSELF accountable.