

South East Leisure 12 Week Challenge 2026

Terms & Conditions

Eligibility

- Participants must be a current South East Leisure Full Access member, aged 18 years or over.
 - Participants must remain active members throughout the Challenge period.
 - The Challenge is limited to 50 participants.
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Challenge Period

- *Induction Week:* September 21st to September 28th, 2026
 - *Inductions can be arranged outside of this week if required*
 - *Challenge Period:* September 28th to December 20th, 2026
 - *Conclusion Week:* December 14th to December 19th, 2026
 - *Closing Event:* December 20th, 2026
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Registration & Fees

- Entry fee is \$60 per participant.
 - Places are allocated on a first-come, first-served basis.
 - Entry fees are non-refundable and non-transferable.
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Challenge Inclusions

Participants will receive:

- Pre and post-challenge body composition scans
 - One induction session
 - A structured 12-week training program aligned to their chosen goal
 - Nutrition resources developed by Accredited Practising Dietitian Jack Ryan from The Nourishment Hub
 - Two (2) Momentum Sessions
 - Educational resources and challenge support
 - Priority access to Ceremony HYROX bookings (14-day booking window)
 - Access to a 20% discount on dietetic consultations with The Nourishment Hub during the Challenge period
 - Invitation to the Challenge Closing Event
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Participation Requirements

- Participants are responsible for booking and attending their induction and final assessment appointments.
 - The South East Leisure App will be the primary platform for communication, bookings and program delivery.
 - Participants are encouraged to follow their assigned program and engage with Challenge resources throughout the 12 weeks.
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Health & Safety

- Participants acknowledge that exercise involves inherent risks and participate at their own risk.
 - Participants are responsible for obtaining medical clearance where appropriate and must advise South East Leisure of any relevant health conditions, injuries or limitations.
 - South East Leisure does not guarantee specific health, weight loss, muscle gain or fitness outcomes.
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Momentum Sessions

- Participants receive two (2) Momentum Session credits.
 - Sessions are subject to availability and must be used during the Challenge period.
 - Unused sessions cannot be refunded, transferred or carried forward.
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Body Composition Scans

- One pre-challenge and one post-challenge scan are included.
 - Scan results are intended for general fitness tracking purposes only and do not constitute medical advice.
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Challenge Winner

- At the conclusion of the Challenge, South East Leisure may select a Challenge Winner based on factors including commitment, consistency, participation, progress toward goals and overall results.
 - The winner will receive three (3) months' membership credit.
 - The judges' decision is final.
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Participant Conduct

- Participants must comply with all South East Leisure policies, procedures and team directions.
 - South East Leisure reserves the right to remove any participant whose behaviour is unsafe, disruptive or inappropriate.
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Privacy & Photography

- Personal information collected for the Challenge will be managed in accordance with South East Leisure's Privacy Policy.
 - Participants may be photographed or featured in promotional material unless they advise South East Leisure otherwise in writing.
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Changes to the Challenge

- South East Leisure reserves the right to amend, modify or cancel any aspect of the Challenge where reasonably required, including schedules, inclusions, sessions, events or programming.
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Acceptance

- By registering for the South East Leisure 12 Week Challenge, participants acknowledge that they have read, understood and agree to these Terms and Conditions.

