

Terms and Conditions:

- 1. The promoter of the Competition is MDL Fitness.
- 2. The Competition is open to new customers who sign up to monthly or annual membership, and existing customers of MDL Fitness.
- 3. The prize for one winner is one free month's membership, which must be taken at the end of the current membership.
- 4. The competition mechanism is: track your workouts during July on the SA WELL+ App and the member producing the most amount of green energy will win a free month's membership.
- 5. Only one entry will be accepted from each person who must be aged 16 or over.
- 6. The competition closes at midnight on 31st July 2022.
- 7. There are no cash alternatives, the prize cannot be exchanged or redeemed for its value and no alternative to the stated prize is available.
- 8. The winner will be notified shortly after the closing date/time.
- 9. The result is final, and no discussion will be entered into concerning the outcome.
- 10. The name of the winner may appear on MDL's and MDL Fitness' social media feed and website.
- 11. By entering the competition, you are agreeing to these terms and conditions.

SO14 3QF. Tel: 023 8045 7155 or email enquiries@mdlmarinas.co.uk.

- 12. The winner will also be bound by the gym rules and the gym membership terms and conditions.
- 13. MDL Fitness reserves the right to amend these terms and conditions and the prize at any time.

If you require further information or have any queries, please contact: Marketing Department, MDL Marinas, The Yacht Club, 1 Channel Way, Ocean Village, Southampton