

Workplace Health Week competition Terms and Conditions

Exercise in the City is the promoter (the "Promoter") of this free competition. Subject to these Terms and Conditions, all persons who enter before the stipulated closing deadline will be entered into this free competition (the "Competition") to win the prize (the "Prize") detailed below.

1. This competition is open to anyone over 18 years who works for a London based company. The Promoter reserves the right to verify the eligibility of entrants.
2. To enter email us at info@exerciseinthecity.com with 'Workplace Health Week' in the subject. Include your name, phone number and the name/address of your company where you would like the class to take place if you win! You will receive a second entry by re-tweeting the Tweet and [following Exercise in the City on Twitter](#). Entries received after the stipulated closing time will be invalid and will not be included in the Competition.
3. The competition will run from Wednesday 18 May until midnight on Sunday 29th May 2016.
4. The prize - One of our instructors will come to your office to deliver a free 45 minute lunch time fitness class. Winners will be contacted by Monday 6th June 2016 and we'll arrange a mutually suitable time on the day to come to you. Class options include: Pilates, Yoga, Circuits, HITT - we will aim to give you your first choice/time of class, but depending on the instructor available for where you're based you may need to choose from a second option and time.
5. No payment is required to enter the Competition.
6. There will be five winners and the winners will be selected at random from all eligible entries received before the Competition closing time, at the discretion of the Promoter. The winners will be notified by email and called to arrange the class. In the event that the winner fails to respond to the Promoter in two working days to confirm his/her acceptance of the Prize, the Promoter reserves the right (in its sole discretion) to forfeit the Prize or select an alternative winner from the Competition.
7. The Promoter will not be responsible for any inability of a winner to take up the specified Prize.
8. The Promoter reserves the right to provide substitute prize(s) of similar value in the event that the specified Prize is unavailable for reasons beyond its control. Cash or credit alternatives will not be offered in any circumstances and the Prize is not transferable for any alternative benefit.
9. The winners may be required to participate in publicity connected with the Competition and in entering the Competition, entrants agree to their name and name of their company being made publicly available if they win.

10. The decision of the Promoter is final and no correspondence will be entered into.
11. The Promoter reserves the right to suspend, cancel or amend the Competition and/or review and revise these Terms and Conditions at any time without giving prior notice. By continuing to take part in the Competition subsequent to any revision of these Terms and Conditions, entrants shall be deemed to have agreed to any such new or amended terms.
12. As a winner, you will release the Promoter and its affiliates, partners and employees from any and all liability, claims, demands, and causes of action for personal injury and or damage, theft, or loss suffered in connection with the Competition or the use or acceptance of the Prize or any portion thereof save where due to the negligence of the Promoter or its affiliates, partners and employees.
13. If any provision of these Terms and Conditions is held to be invalid by a court of law or similar, such invalidity shall not affect the enforceability of any other provisions not held to be invalid.
14. The information you provide will only be used for the purposes of contacting you in relation to the Competition.
15. The Prize Draw activity is in no way sponsored, endorsed or administered by, or associated with Twitter.
16. The Prize is non-transferable and non-negotiable. No alternative will be offered.
17. By entering you will be automatically signed up to receive Exercise in the City's e-newsletter with great tips for and advice for getting healthy and active in the workplace. We promise not to spam you and you can unsubscribe at any time.