

Anytime Fitness Transformation Challenge

Sweepstakes Official Rules

NO PURCHASE NECESSARY. A PURCHASE OR PAYMENT OF ANY KIND WILL NOT INCREASE YOUR CHANCES OF WINNING.

Eligibility:

Anytime Fitness Transformation Challenge Sweepstakes (the "Sweepstakes") is open only to legal residents of Canada who have reached the age of majority in their province or territory of residence at the time of entry. To be declared a winner, selected entrants must correctly answer a time limited mathematical skill testing question without assistance. Employees of AF National LTD. (the "Sponsor"), Anytime Fitness Canada, Anytime Fitness franchisees, Anytime SEO Corporation. (the "Administrator"), and their respective parent, affiliate, and related companies, as well as the immediate family members (spouse, parents, siblings, and children) and household members of each such employee, are not eligible to enter or win.

Agreement to Official Rules; Entrants Will Be Disqualified for Violations:

Participation constitutes each entrant's full and unconditional agreement to these official rules (the "Official Rules"). The Sweepstakes is subject to all applicable federal, provincial, territorial and municipal laws and regulations and is void where prohibited by law. The decisions of the Sponsor and Administrator are final and binding in all matters relating to the Sweepstakes. Winning a prize is contingent upon fulfilling all requirements set out in these Official Rules.

In the event of any discrepancy or inconsistency between statements or representations contained in any Sweepstakes related materials, including advertising, promotional materials or communications, and the Official Rules as posted on the Promotion Site, the Official Rules as posted on the Promotion Site shall prevail, govern and control.

Entrants agree not to use or attempt to use any method to obtain more than the permitted number of entries, including through robotic, automated, programmed or other similar means, or by using multiple or different email addresses, identities or any other methods. Any attempt to circumvent the entry process or violate these Official Rules will result in the disqualification of the entrant and the voiding of all associated entries, at the sole discretion of the Sponsor and Administrator.

Sponsor/Administrator:

Sponsor: AF National LTD., 1 Antares Drive. Suite 550, Ottawa, ON K2E 8A9

Administrator: Anytime SEO Corporation, 1 Antares Drive. Suite 550, Ottawa, ON K2E 8A9

Timing:

The Sweepstakes begins on February 17th, 2026 at 12:00 a.m. Eastern Time ("ET") and ends on March 24, 2026 at 11:59 p.m. ET (the "Promotion Period"). Sponsor's servers are the official time-keeping devices for the Sweepstakes.

How to Enter:

Entrants can receive entries by participating in the Transformation Challenge and posting content on Instagram or entering by mail.

Method 1 – This entry method is only available to Anytime Fitness members who joined the Anytime Fitness Transformation Challenge can post content on Instagram:

Prizes will be awarded by random drawing and an entrant's physical transformation resulting from their participation in the Transformation Challenge has no impact on the chance of winning a prize.

Complete the following requirements and abide by all of the social post requirements and content restrictions:

- Follow [@AnytimeFitnessca](#) on Instagram,
- Post content about your participation in the Transformation Challenge, and
- Include #AnytimeFitnessCA #Sweepstakes in the original caption.

Instagram Entry Requirements:

Entrant must use a personal and public Instagram account to participate. Account must remain public throughout the period when prizes are awarded and winners are confirmed. Creating an account is free but subject to Instagram's [Terms](#). **If entrant chooses to enter using a mobile device and using your wireless carrier's network, standard data charges from your wireless carrier may apply,**

Content Restriction of your Instagram Post:

- Post must be your original work and reflect your honest opinions;
- Post must not convey any claims of Sponsor's products or services that would be deemed unsubstantiated or deceptive if made by Sponsor;
- You must have permission to include the names or likenesses of other individuals and to grant the rights set forth in Section 5. You should only include

minors in your post if they are your children/wards. If requested, entrant must be

able to provide such permissions in a form acceptable to Sponsor;

- Post must not contain material that violates or infringes another's rights and therefore may not include logos, trademarks, or any other intellectual property other than those of the Sponsor;
- Post must not make references to or include: alcohol, illegal drugs, cannabis, tobacco, or firearms/weapons, any activities that are or appear to be dangerous, or any political agenda;
- Post may not be indecent, obscene, sexually explicit, hateful, promotes bigotry, racism, hatred, or harm against any group or individual or promotes discrimination based on race, gender, religion, nationality, disability, sexual orientation, or age; and
- Post may not be tortious, defamatory, libelous, disparage Sponsor or any other person or party, or contain material that is unlawful in any way.

Sponsor, in its sole discretion, may disqualify any post that it finds unlawful, or in violation of these Official Rules.

Limit: Entrant may post up to 10 times, to receive 10 entries during the Promotion Period.

Method 2 – Enter by Mail

To enter without becoming an Anytime Fitness member and without joining the Transformation Challenge, print your name, address, phone number, email address, and date of birth on a piece of paper and mail it in an envelope with proper postage to:

“Anytime Fitness Transformation Challenge Sweepstakes”
c/o Anytime SEO Corporation.
1 Antares Drive. Suite 550,
Ottawa, ON K2E 8A9

You will receive one entry into the Sweepstakes for each separately mailed envelope. All mail in entries must be postmarked by March 27, 2026 and received by April 3, 2026.

All entries become the exclusive property of Sponsor and none will be acknowledged or returned. Proof of sending or submission will not be deemed proof of receipt by the Sponsor. Sponsor is not responsible for lost, late, incomplete, invalid, unintelligible, illegible, misdirected, or postage due entries, which will be disqualified.

Limit: up to 10 envelopes for a total of 10 Sweepstakes entries.

Entry Limits:

You may receive up to ten entries during the Promotion Period by any combination of entry methods described above. Multiple entrants are not permitted to share the same email address. In the event of a dispute as to the identity of an entrant, the Sponsor and Administrator will rely on the information submitted by the entrant at the time of entry, either through enrollment in the Anytime Fitness Transformation Challenge or as included in the mail in entry. If any additional information provided by an entrant is inconsistent with this

information, the Sponsor and or Administrator may disqualify such entrant, and such disqualification may result in the forfeiture of any prize awarded. The Sponsor may, in its discretion, require additional documentation to verify the entrant's identity and eligibility.

Sponsor's Use of Social Post Content

Posting content on Instagram constitutes the entrant's consent to grant the Sponsor a royalty free, perpetual, non exclusive, worldwide license to use, reproduce, modify, publish, create derivative works from, and display such content, in whole or in part, in any form, media, or technology now known or later developed, for promotional, marketing, and related purposes, without further compensation, notice, or approval, except where prohibited by law. If requested, the entrant agrees to sign any documentation reasonably required by the Sponsor or its designees to confirm or give effect to the non exclusive rights granted for use of the posted social content.

Prize Drawing and Winner Requirements:

Administrator is an independent organization whose decisions regarding the selection of potential winners are final and binding. Administrator will randomly select the potential Sweepstakes winners from all eligible entries received during the Promotion Period, on or around April 10, 2026. @AnytimeFitnessCA will notify potential winners who entered by posting on Instagram via direct message on Instagram. Administrator will notify potential winners who entered by mail by email. Potential winners who entered by posting on Instagram will be directed to a secure online form and asked to provide their name, email address, home mailing address, date of birth, and the Anytime Fitness location (city) where they are a member within three days of the date notice or attempted notice is sent, in order to claim the prize. Before being declared a winner, selected entrants must correctly answer a time limited mathematical skill testing question without assistance. Potential winners of any prize valued at \$600 or more, or a parent or legal guardian if the winner is a minor in their province or territory of residence, will be required to sign and return a Declaration of Compliance and Liability Release, and where permitted by law a Publicity Release (the "Declaration"), within five days of the date notice or attempted notice is sent, in order to claim the prize. Sponsor will ship all prizes to the address provided by the winner on the secure online form, if entry was by social post, or to the address included in the mail in entry. If a potential winner cannot be contacted, fails to correctly answer the skill testing question, fails to sign and return the Declaration, fails to provide any requested information within the required time period, or if the prize is returned as undeliverable, the potential winner forfeits the prize. Receipt of a prize is contingent upon compliance with these Official Rules. In the event a potential winner is disqualified or forfeits a prize for any reason, the Sponsor will award the applicable prize to an alternate winner by random draw from among the remaining eligible entries. A maximum of three alternate draws will be conducted, after which any unclaimed prize will not be awarded.

Prizes:

Quantity, Description and Approximate Retail Value ("ARV"):

- **1 First Prize (Grand Prize):** A prize package consisting of:
 - **One (1) trip for two (2) within** Canada to a city with an Anytime Fitness location, including round trip economy air transportation for the winner and one (1) guest from a major airport near the winner's residence to the destination city, with airports determined by the Sponsor in its sole discretion, and five (5) nights of hotel accommodation, single room double occupancy, at a hotel selected by the Sponsor in its sole discretion. The winner must complete the trip within one (1) year from the date of winner confirmation, or the prize will be forfeited. Travel must be booked at least thirty (30) days prior to departure. Travel and accommodations are subject to availability and blackout dates. Travel must be round trip. The Sponsor will determine the airline and flight itinerary in its sole discretion. No refund or compensation will be provided in the event of flight delay or cancellation. Travel is subject to the terms and conditions of this Sweepstakes and those of the airline carrier selected by the Sponsor, as set out in the passenger ticket contract. All expenses and incidental travel costs not expressly stated above, including ground transportation, meals, gratuities, incidentals, airline fees, surcharges, airport fees, service charges, facility charges, taxes, or other related expenses, are the sole responsibility of the winner. The winner must possess valid government issued photo identification and a valid credit card for hotel check in and incidental charges. Unless the travel companion is the child or legal ward of the winner, the travel companion must be at least eighteen (18) years of age at the time of travel and must travel on the same itinerary and at the same time as the winner. If the winner is a minor in their province or territory of residence, the travel companion must be the winner's parent or legal guardian. The travel companion may be required to sign a liability and or publicity release prior to issuance of travel documents, except where prohibited by law. As travel is within Canada, passports are not required. Travel restrictions, conditions, and limitations may apply. If, in the Sponsor's sole discretion, air travel is not required due to the winner's proximity to the destination, ground transportation may be substituted for round trip air travel. The Sponsor is not responsible for replacing lost, stolen, or damaged tickets, travel vouchers, or certificates. ARV: \$5,000. Actual value may vary based on airfare fluctuations and distance between departure and destination. Winner will not receive difference between actual and approximate retail value.
 - **One (1) 12-Month Anytime Fitness Membership**, valid at the Anytime Fitness location selected by the winner, subject to club policies and availability. Fulfilled digitally. If winner has an existing membership (not paid for by insurance), the free year will commence on or around the first billing cycle after winner has accepted the prize. Winner's existing membership will re-commence (as applicable) at the end of the free year. If winner has an existing membership paid by insurance, winner can initiate the 12-month membership in January 2027. If winner does not have an existing membership, the prize will be awarded on or around the first billing cycle after the winner has accepted the prize. ARV: \$968.07 CAD.
 - **One (1) Apple Watch SE (3rd Generation)**. ARV: \$329 CAD.
 - **One (1) Pair of AirPods Pro (3rd Generation)**. ARV: \$249 CAD.
 - **One (1) Hyperice Hypervolt 2 Pro Massage Gun**. ARV: \$389 CAD.
 - **One (1) Anytime Fitness merchandise pack, including a gym bag, t-shirt, and water bottle**. ARV: \$66.70 CAD.

ARV: \$7,001.77. Actual value may vary based on airfare fluctuations and distance

between departure and destination. Winner will not receive difference between actual and approximate retail value.

- **1 Second Prize:** A prize package consisting of:
 - **One (1) 12-Month Anytime Fitness Membership**, valid at the Anytime Fitness location selected by the winner, subject to club policies and availability. Fulfilled digitally. If winner has an existing membership (not paid for by insurance), the free year will commence on or around the first billing cycle after winner has accepted the prize. Winner's existing membership will re-commence (as applicable) at the end of the free year. If winner has an existing membership paid by insurance, winner can initiate the 12-month membership in January 2027. If winner does not have an existing membership, the prize will be awarded on or around the first billing cycle after the winner has accepted the prize. ARV: \$968.07 CAD.
 - **One (1) Apple Watch SE (3rd Generation)**. ARV: \$329 CAD.
 - **One (1) Pair of AirPods Pro (3rd Generation)**. ARV: \$249 CAD.
 - **One (1) Hyperice Hypervolt 2 Pro Massage Gun**. ARV: \$389 CAD.
 - **One (1) Anytime Fitness merchandise pack, including a gym bag, t-shirt, and water bottle**. ARV: \$66.70 CAD.

ARV: \$2,001.77 CAD. Actual value may vary. Winner will not receive the difference between actual value and approximate retail value.

- **1 Third Prize:** A prize package consisting of:
 - **One (1) 12-Month Anytime Fitness Membership**, valid at the Anytime Fitness location selected by the winner, subject to club policies and availability. Fulfilled digitally. If winner has an existing membership (not paid for by insurance), the free year will commence on or around the first billing cycle after winner has accepted the prize. Winner's existing membership will re-commence (as applicable) at the end of the free year. If winner has an existing membership paid by insurance, winner can initiate the 12-month membership in January 2027. If winner does not have an existing membership, the prize will be awarded on or around the first billing cycle after the winner has accepted the prize. ARV: \$968.07 CAD.
 - **One (1) Hyperice Hypervolt 2 Pro Massage Gun**. ARV: \$389 CAD.
 - **One (1) Anytime Fitness merchandise pack, including a gym bag, t-shirt, and water bottle**. ARV: \$66.70 CAD.

ARV: \$1,423.77 CAD. Actual value may vary. Winner will not receive the difference between actual value and approximate retail value.

- **25 Fourth Prizes:** An Anytime Fitness branded water bottle. Reusable fitness water bottles intended for everyday hydration. ARV: \$18.99 CAD each.
- **25 Fifth Prizes:** An Anytime Fitness branded t-shirt. Short-sleeve athletic t-shirts in sizes determined by Sponsor, subject to availability. ARV: \$24.99 CAD each.
- **25 Sixth Prizes:** An Anytime Fitness branded gym bag. Standard-size fitness bags suitable for gym and daily use. ARV: \$22.99 CAD each.

- **15 Seventh Prizes:** One (1) one month Anytime Fitness membership, valid at the Anytime Fitness location selected by the winner, subject to club policies, availability, and applicable law. The prize will be fulfilled digitally. If the winner has an existing membership that is not paid for by insurance, the complimentary one month membership will commence on or around the next billing cycle following prize acceptance. The winner's existing membership will recommence, if applicable, at the conclusion of the complimentary period. If the winner has an existing membership paid for by insurance, the winner may initiate the one month membership in January 2027. If the winner does not have an existing membership, the prize will be applied on or around the next billing cycle following prize acceptance.
- **5 Eighth Prizes:** One (1) \$50 CAD gift card. Gift cards subject to issuer terms and conditions. ARV: \$50 CAD each.

Total ARV:

The total ARV of all available prizes offered in the Sweepstakes is \$12,628.11 CAD.

Odds of Winning:

The odds of winning a prize depend on the total number of eligible entries received during the Promotion Period.

Additional Prize Terms:

Prizes are non transferable and no substitution will be made except at the Sponsor's sole discretion should a prize become unavailable. In such case, a prize of equal or greater value will be awarded. Winners are responsible for all costs and expenses associated with prize receipt and or use, if any, except where expressly stated otherwise. Prizes are not considered taxable income in Canada. Any references to prize value are for informational purposes only. Approximate retail values (ARVs) are determined as of the time these Official Rules were published and the value of a prize may fluctuate. A winner is not entitled to any difference between the stated ARV and the actual value of the prize at the time it is awarded. Where applicable, prize style, size, colour, and all other details will be determined by the Sponsor in its sole discretion. All other costs and expenses associated with acceptance and use of the prize that are not expressly set forth herein shall be solely the responsibility of the winner. Prizes are provided "as is" without warranty of any kind, either express or implied, including without limitation the implied warranties of merchantability, fitness for a particular purpose, or non infringement. Prizes will be fulfilled within a reasonable period of time following winner confirmation. Unless otherwise specified in the prize description, prizes will be fulfilled by mail. Limit of one prize per person.

Release:

By receipt of any prize, winners agree to release and hold harmless the Sponsor, Anytime Fitness franchisees, the Administrator, and their respective subsidiaries, affiliates, suppliers, distributors, advertising and promotion agencies, and prize suppliers, and each of their respective parent companies, officers, directors, employees, and agents (collectively, the "Released Parties") from any and all claims, actions, losses, damages, or injuries arising directly or indirectly from participation in the Sweepstakes and or from the acceptance, use, inability to use, misuse, or redemption of a prize, except where prohibited by law.

Publicity:

Except where prohibited by law, participation in the Sweepstakes constitutes each winner's consent and grant to the Sponsor and its agents to use the following information about the winner, to the extent provided by the winner as part of the entry or winner confirmation process: the winner's name, city and province, likeness, photograph, Sweepstakes entry, social media handle and photo, voice, opinions, and or prize information, for promotional, advertising, or other related purposes, in any media, without further notice, review, approval, payment, or other consideration. The Sponsor is not obligated to use any of the above mentioned information or content but may do so and may edit such materials at its sole discretion, without further obligation or compensation. The Sponsor will not use any of the above mentioned information in a manner that is inconsistent with its Privacy Policy or applicable law.

General Conditions:**Sponsor's Right to Modify or Cancel:**

The Sponsor reserves the right to cancel, suspend, and or modify the Sweepstakes, including the fulfillment of any prize, if any of the following issues occur:

- Fraud;
- Technical failures;
- Human error;
- Any other factor that impairs the integrity or proper functioning of the Sweepstakes
- Any event or cause beyond the Sponsor's reasonable control, including natural disasters, national emergencies, widespread illnesses, declarations of war, acts of terrorism, or other force majeure events, as determined by the Sponsor in its sole discretion

If one or more of the above issues occurs, the Sponsor will make reasonable efforts to award any remaining prizes by conducting a random draw from among all eligible entries received up to the time of the issue, and or may modify the prizes offered, subject to applicable law.

Sponsor's Right to Disqualify Entrants:

The Sponsor reserves the right, in its sole discretion, to disqualify any individual it determines to be tampering with the entry process or the operation of the Sweepstakes, including by submitting fraudulent entries, or acting in violation of these Official Rules, or in an unsportsmanlike or disruptive manner. Any attempt to deliberately undermine the legitimate operation of the Sweepstakes may constitute a violation of criminal or civil law. Should such an attempt be made, the Sponsor reserves the right to seek remedies or damages from any such person to the fullest extent permitted by law. The Sponsor's failure to enforce any provision of these Official Rules shall not constitute a waiver of that provision.

Sponsor's Right to Limit Prizes Awarded to the Number Stated in these Official Rules:

For clarity, the Sponsor may add, modify, or remove prizes, including sponsored prizes, by updating the Official Rules in accordance with applicable law. Any such changes will apply prospectively only and will be reflected in the prize descriptions, quantities, and approximate retail values stated in the Official Rules in effect at the time of entry and award. No prizes will be awarded unless they are expressly described in the then current Official Rules, and all prizes will be awarded in accordance with those rules.

Limitations of the Scope of Responsibility:

The Released Parties are not responsible for:

- Any incorrect or inaccurate information, whether provided by entrants or caused by printing errors or by any equipment or programming associated with or utilized in the Sweepstakes
- Technical failures of any kind, including malfunctions, interruptions, or disconnections of internet service, social media platforms, telephone lines, or network hardware or software
- Unauthorized human intervention in any part of the Sweepstakes, including the entry process
- Technical or human error that may occur in the administration of the Sweepstakes, including the processing of entries
- Late, lost, undeliverable, damaged, misdirected, or stolen mail, or failure to receive entries due to limitations of third party social media or digital platforms
- Entries that are erroneously deleted, lost, destroyed, or corrupted, in which case the entrant's sole remedy is to take the required actions to submit another entry, if possible
- Any injury or damage to persons or property, except where prohibited by law, that may be caused directly or indirectly, in whole or in part, by participation in the Sweepstakes or by the receipt, use, inability to use, or misuse of any prize

Disputes:

Except where prohibited by law, entrants agree that any and all disputes, claims, or causes of action arising out of or relating to this Sweepstakes or any prize awarded shall be resolved in accordance with the Anytime Fitness Terms of Use, as amended from time to time, and subject to applicable Canadian federal, provincial, and territorial laws.

Severability:

If the application of any provision of these Official Rules to any particular facts or circumstances is held to be invalid, illegal, or unenforceable by a court or other tribunal of competent jurisdiction, then:

- The validity, legality, and enforceability of that provision as applied to other facts or circumstances, and of the remaining provisions of these Official Rules, shall not be affected or impaired; and
- Such provision shall be enforced to the maximum extent permitted by applicable law.

In addition, if any provision of these Official Rules is held to be overly broad with respect to duration, geographic scope, activity, or subject matter, that provision shall be interpreted and limited so as to be enforceable to the fullest extent permitted by applicable law.

Entrant's Personal Information:

Information collected from entrants is subject to Sponsor's [Privacy Policy](#).

Winner List:

A list of winners will be made available following winner confirmation. The winner list may be posted online or made available upon request, in accordance with applicable law and the Sponsor's Privacy Policy.