

Disclaimer:

While we endeavor to offer safe and effective health and fitness services, it is imperative to acknowledge the inherent risks associated with physical activity, including the potential for injury. By engaging in our services, you explicitly acknowledge and assume these risks, thereby accepting full responsibility for any injuries or damages that may arise. We strongly advise consulting a qualified healthcare professional before commencing any exercise regimen, particularly if you have existing medical conditions or concerns. Please be advised that our trainers and coaches are not licensed medical practitioners, and any guidance provided should not be construed as a substitute for professional medical advice. We emphasize the importance of listening to your body, exercising caution, and discontinuing any activity immediately upon experiencing pain or discomfort. By utilizing our services, you hereby absolve and its affiliates from any liability pertaining to injuries or damages sustained during or resulting from your participation in our programs or adherence to our recommendations."