All posts and information provided here is for informational and educational purposes only, and is not to be construed as medical advice or instruction. No action should be taken solely on the contents of this course. Please consult your physician or a qualified health professional on any matters regarding your health and well-being or on any opinions expressed within this course.

If you or any of your clients are allergic to any of the ingredients in the materials suggested, please do not use.

## **Payments & Refunds**

There are no refunds once you purchase a course.

## **Release Of Liability**

You assume all responsibilities and obligations with respect to any decisions, advice, conclusions or recommendations made or given as a result of the use of this course and TruFitness Inc.

You agree that you will not hold TruFitness Inc. or its instructors liable for any mishaps arising from your participation in this course.

You understand that this course may be physically strenuous and you voluntarily participate with full knowledge that there is risk of personal injury, property loss or death.

You agree that neither you, your heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against TruFitness Inc., its instructors, or its members for any personal injury, property damage/loss, or wrongful death, whether caused by negligence or otherwise.

## Indemnification

You hereby indemnify and agree to hold harmless TruFitness Inc., its instructors, or its members from any loss, damage or expense, including reasonable attorney's fees, for any claims made by yourself and any third party for your personal injury, property damage/loss, or death whether caused by TruFitness Inc.'s negligence or otherwise.

You acknowledge the risks involved in participating in this course and you assume all liability for participation and release TruFitness Inc. and its agents from all liability.