



Online Fitness Class Disclaimer

- Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition, and/or if you are pregnant, nursing, or elderly. This exercise program is NOT recommended if you experience chest pains or have uncontrolled blood pressure or other uncontrolled chronic diseases.
- By performing any of the exercises in this program, you assume ALL risks of injury from doing so. Sno-Valley Senior Center is NOT responsible or liable for any injury or loss you may sustain by participating in this exercise program.
- ALWAYS warm up before beginning any workout and NEVER exercise beyond the level at which you feel comfortable.
- PLEASE stop exercising immediately if you experience pain, soreness, fatigue, shortness of breath, dizziness, lightheadedness, blurred vision, headache, nausea, sickness, illness, dehydration, excessive sweating, or any other discomfort. If any of these symptoms persists after you stop exercising, please seek medical help immediately.
- This exercise program and the class tutorials and instructions provided in this program are NOT intended, and should NOT be used, as a substitute for professional medical advice, diagnosis or treatment.
- Sno-Valley Senior Center makes NO representation or warranty, whether express or implied, with respect to the safety, usefulness, or the result of this exercise program.