

Legal Disclaimer, Limit of Liability and Disclaimer of Warranty

Viewing a Recorded Session

Information, instructions and content delivered by the fitness instructors and / or personal trainers in this recording are provided as part of online programming (such as fitness webinars and / or instructional videos) and only on the condition that these will not be the basis of any claim, demand, or cause for action. Individuals acting on the information, instructions, or content of online programming (such as by performing actions, stretches, routines, or maneuvers) do so **voluntarily** and at their own risk. Individuals are responsible for ensuring their physical environment and location is free from hazards, equipment, or other item or factor that may cause harm to the individual.

No International Use

You must be present in Canada to view any of this online programming. No representations are being made that this recording is appropriate or available for use in locations outside Canada and no liability for loss or damage, including, without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever, in connection with the use of this recording is assumed by anyone associated with the production of this recording. If you view this recording outside of Canada, you assume any and all responsibility and liability for any claims for damages that may arise.

Copyright

All rights reserved. No part of this recording may be reproduced, or transmitted, in any form or by any means, for personal or commercial purposes, electronic or mechanical, including recording or from any information stored in a retrieval system, without the prior written permission of the copyright holder.

Any person, legal person, corporation or organization that does any unauthorized act in relation to this recording may be liable to criminal prosecution and civil claims for damages.