

Disclaimer



Before you join an Exercise class.

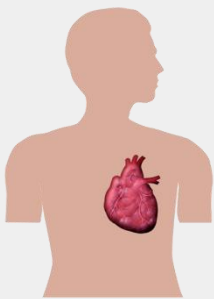


It's advised you consult with your doctor before joining any exercise class on the Activity Hub.



**If you experience any of the following:
It is not advised you participate in the class without seeing your doctor first.**

If you experience any of the following:



1. A heart or lung problem.



2. Get short of breath very easily.



Before you join an Exercise class.



3. Lose balance or feel dizzy during physical activity.



4. Chest pain or discomfort when exercising



5. Any other medical condition you may have that affects you during physical activities.



Be mindful of the space around you, give yourself at least 4-6 feet space.

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Before you join an Exercise class.



Pick up objects on the floor and make sure you are away from cables.



There is always a risk of injury during exercise.



It is your choice to participate and is done so at your own risk.



If you find the activity difficult take a break at any time and exercise at your own pace.