

Transform U Fitness Disclaimer

You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program.

By joining in program you agree and understand that there is a risk of injury associated with participating and using gym equipment.

By joining you assume full responsibility for any and all injuries, losses and damages that you incur while attending, exercising or participating in Transform U Fitness programs. You hereby waive all claims against Transform U Fitness and Heather Compton LLC, its instructors, or partners of individually or otherwise, for any and all injuries, claims or damages that you might incur.