



FiA Disclaimer and Notice

Females in Action (FiA) is a peer-led, zero-cost non-profit workout group. FiA makes no representations with regard to the skill level of workout leaders, the safety of the exercises performed during workouts or the hazardousness of the premises upon which workouts are conducted.

The women who lead FiA workouts are not paid to do so and no representations of any kind are made by FiA about their skill level.

The premises upon which FiA workouts are conducted are not owned or maintained by FiA. FiA makes no representations of any kind regarding their safety.

Although FiA workouts vary widely in intensity, all the workouts tend to be fairly rigorous and are occasionally undertaken upon uneven ground during periods of limited visibility. Therefore, there are certain dangers inherent in participating in an FiA workout.

Participants are assumed to have made their own reasonable decision as to whether they should so participate. FiA disclaims any and all responsibility for any individual's decision to participate in an FiA workout. By participating in an FiA workout, an individual assumes the risks inherent in doing so.

This Disclaimer and Notice is made by FiA on its own behalf and on the behalf and for the benefit of any person leading an FiA workout and/or otherwise acting for the benefit of FiA.