



Terms & Conditions

Effective Date: 30.07.2025

Welcome to U Turn Fitness! By using our website, booking a service, or participating in any training or classes, you agree to the following terms and conditions.

1. Services Provided

U Turn Fitness offers fitness coaching, training sessions, group classes, health and wellness content, and related services, both in-person and/or online. All services are provided by qualified professionals, but participation is at your own risk.

2. Eligibility

You must be at least 18 years old (or have guardian consent if under 18) to use our services or sign up for classes.

3. Health & Medical Disclaimer

By participating in our programs, you confirm that:

- You are in good health and able to participate in physical activity.
- You will consult a physician before beginning any new fitness regimen if needed.
- You accept full responsibility for your physical and mental wellbeing.

U Turn Fitness is not liable for any injury or condition that may arise from your participation.

4. Intellectual Property

All content provided by U Turn Fitness - including programs, videos, branding, logos, and written material, is the intellectual property of U Turn Fitness and may not be copied, reproduced, or distributed without permission.

5. Liability Waiver

By participating in U Turn Fitness services, you release and discharge U Turn Fitness and its instructors from any and all liability for injuries, damages, or losses arising from participation in any activity, whether caused by negligence or otherwise.

6. User Conduct

You agree not to:

- Use the website or services for any unlawful purpose
- Harass, abuse, or harm others within the U Turn Fitness community
- Interfere with website security or content

7. Modifications

U Turn Fitness may update these Terms and Conditions at any time. Continued use of the website or services after changes means you accept the updated terms.

8. Governing Law

These Terms are governed by the laws of **England and Wales**, and any disputes will be subject to its courts.

9. Contact Us

For questions or concerns about these Terms and Conditions, please contact:

info@uturnfitness.co.uk

Team, U Turn Fitness