Virtual Exercise Class disclaimer

Welcome to Core fitness Appleby – by booking onto this session you are also agreeing to the following -

* I am fit & healthy
* I am aware of my own physical capability
* I am participating at my own risk

If you have any issues or under lying health conditions that may impact on physical activity please contact me direct to discuss (debjchambers@aol.com or 07925 535586)

Thank you

*Debs x*