



Disclaimer

Please be aware that exercise is not without its risks and any exercise program not supervised closely may result in injury. We therefore urge you to ensure you have plenty of space around you so you can move freely, and the floor is clear of clutter. Also, please remember not to over-exercise; only work out within your abilities, and as advised by your doctor. We would advise you to stop the exercise immediately and rest if at any point during the workout you feel faint, dizzy, or have physical discomfort.

Mallaig Pool & Leisure is happy to promote and share links to various live and recorded online exercise classes. We are not responsible or liable for any claim, loss, or damage directly or indirectly resulting from any individual's participation in these online fitness classes, exercises, or the information or the resources made available through the promoted and shared online resources. By participating in these exercises, you acknowledge that you undertake these exercises at your own risk.

We hope you enjoy your online exercises; keep hydrated and smiling.

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