

Terms & Conditions

Love Yourself Wellness, LLC

Updated: September 2026

These Terms & Conditions (“Terms”) govern your use of services, classes, programs, coaching, and products offered by **Love Yourself Wellness, LLC** (“the Company,” “we,” “us,” or “our”). By booking, purchasing, or participating in any service, you agree to these Terms.

1. Services Provided

Love Yourself Wellness, LLC offers:

- Group Fitness classes (including Zumba, Twerkout, Booty-Camp, KICK! SYNC! STRIKE!, strength training, etc.)
- Personal training
- Wellness and mindset coaching
- Nutrition and herb-based guidance
- Herbal beverages, juices, and teas
- Digital content, webinars, and workshops

All services are provided for **general wellness, education, and fitness purposes** only.

2. Not Medical Advice

We are not medical professionals.

Services, classes, coaching, and content:

- **Do not diagnose, treat, or cure medical conditions**
- **Do not replace advice from licensed healthcare providers**

You are responsible for consulting your physician regarding health concerns, dietary changes, or fitness participation.

3. Eligibility & Participation

By participating, you confirm that:

- You are physically able to engage in fitness activities
- You have disclosed relevant medical concerns or injuries

- You understand all physical activities carry inherent risks

Participants under age 18 must have guardian consent.

4. Payment & Billing

Payments for classes, coaching, memberships, and products must be made in full at the time of purchase unless otherwise stated.

We reserve the right to update prices at any time.

5. Refund & Cancellation Policy

All sales are final.

We do not offer refunds on classes, services, or packages.

However:

- Credits/transfers may be granted for missed sessions if canceled within the required time window
- Transfers are valid for up to **21 days**
- Unsatisfactory herbal products will be replaced promptly
- No-show or late cancellation fees apply, including the \$10 no-call/no-show policy

Full details are provided in your Refund & Cancellation Policy.

6. Liability Waiver

By participating in any fitness class, coaching session, or wellness service, you:

- Assume all risks associated with physical activity
- Release Love Yourself Wellness, LLC and Rose Lewis from liability for injury, loss, or damages
- Acknowledge the disclaimers attached to coaching and fitness services

You agree to stop participation and seek medical care if experiencing pain, dizziness, or abnormal symptoms.

7. Results Not Guaranteed

We do not guarantee specific fitness, weight loss, or wellness outcomes. Results vary based on personal effort, health conditions, and adherence.

8. Intellectual Property

All content provided through our website, classes, coaching, programs, PDFs, videos, and materials is the property of Love Yourself Wellness, LLC and may not be:

- Copied
- Reproduced
- Distributed
- Sold
- Posted publicly

without written permission.

9. Scheduling & Class Policies

We reserve the right to:

- Adjust schedules
- Substitute instructors
- Cancel or reschedule classes or sessions

In such cases, credits or transfers may be offered.

10. Herbal Products Disclosure

Our herbal juices and teas:

- Are not evaluated by the FDA
- Are not intended to diagnose, treat, cure, or prevent disease
- Should not be used as a substitute for medical treatment

Consult your healthcare provider before consuming herbs if pregnant, nursing, or taking medication.

11. Privacy

Any personal information you provide is kept confidential and handled according to applicable privacy laws.

We do not sell or disclose your information without consent.

12. Online Purchases & Digital Content

Digital products (PDFs, ebooks, programs, etc.):

- Are final sale
- May not be shared or redistributed
- Are licensed for personal use only

Unauthorized distribution may result in legal action.

13. Termination of Services

We reserve the right to refuse or terminate services to anyone who:

- Violates these Terms
 - Engages in unsafe, disruptive, or abusive behavior
 - Misuses company property or content
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14. Updates to Terms

We may update these Terms periodically.

Continued use of services constitutes acceptance of updated Terms.

Contact Information

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