

LEGAL

Terms of Service

Effective Date: May 2, 2026

By using our website or engaging in our services, you agree to the following terms. Please read the medical disclaimer carefully before beginning any training program.

01

Acceptance of Terms

By accessing functionfirstfitness.com, you agree to be bound by these Terms of Service. If you do not agree with any part of these terms, you must not use our website or services.

02

Medical Disclaimer & Waiver

IMPORTANT: All exercise programs involve inherent risks. You should consult with a physician before starting any fitness program provided by Function First Fitness.

The information provided on this website is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. By participating in training with us, you voluntarily assume all risk of injury and waive any claims of liability against Function First Fitness for injuries sustained during training.

03

Professional Relationship

Use of this website or the contact form does not constitute a trainer-client relationship. Such a relationship is only established once a formal agreement is signed and payment for services has been processed.

04

Payment & Cancellations

We reserve the right to modify pricing for services at any time. For active clients, specific cancellation policies (e.g., 24-hour notice requirements) will be provided in your individual training agreement.

05

Intellectual Property

All content on this site, including logos, text, and images, is the property of Function First Fitness and is protected by copyright laws. You may not reproduce or distribute any content without written permission.

06

Limitation of Liability

In no event shall Function First Fitness be liable for any indirect, incidental, or consequential damages arising out of your use of the website or participation in training programs.

07

Governing Law

These terms are governed by the laws of the Commonwealth of Pennsylvania. Any disputes shall be resolved in the courts of Allegheny County, PA.
