

Terms and Conditions

Effective Date: June 2026

Welcome to **HIITyasa™ and/or SHIFT by Stacy G™** ("Company," "we," "our," or "us"). By accessing or using this website, purchasing our products or services, participating in our programs, or engaging with our content, you agree to be bound by the following Terms and Conditions.

If you do not agree to these Terms, please do not use this website.

Use of Website

You agree to use this website for lawful purposes only. You may not use this website in any way that could damage, disable, overburden, or impair the website or interfere with another user's experience.

You agree not to:

- Violate any applicable laws or regulations
 - Attempt to gain unauthorized access to the website or its systems
 - Copy, reproduce, distribute, or exploit website content without written permission
 - Use the website for fraudulent or harmful purposes
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Intellectual Property

All content on this website, including but not limited to text, graphics, logos, videos, downloads, course materials, training materials, trademarks, branding, and intellectual property related to HIITyasa™ and SHIFT by Stacy G™, is owned by or licensed to the Company.

No content may be copied, reproduced, modified, distributed, sold, or used without prior written consent.

HIITyasa™ is proprietary intellectual property and may not be taught, licensed, marketed, or reproduced without authorization.

Programs, Certifications, and Services

We reserve the right to modify, discontinue, or update any program, certification, membership, coaching service, training, pricing, or offering at any time without prior notice.

Participation in any program or certification does not create any employment relationship, partnership, or guarantee of earnings.

Results vary by individual and are not guaranteed.

Fitness, Health, and Wellness Disclaimer

Participation in fitness, exercise, yoga, mobility training, nutrition coaching, wellness programs, or related activities involves inherent risks.

By participating in any program or using information provided through this website, you acknowledge and agree that:

- You are voluntarily participating at your own risk.
- You are responsible for consulting with your physician or qualified healthcare provider before beginning any exercise, nutrition, or wellness program.
- The Company is not responsible for injuries, illness, health complications, or adverse outcomes resulting from participation.

All content is provided for educational and informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

Financial Disclaimer

The Company may provide educational information related to financial wellness, retirement planning, insurance concepts, financial literacy, or related topics.

Nothing on this website constitutes legal, tax, accounting, investment, insurance, or financial advice.

You should consult licensed professionals regarding your individual circumstances before making financial decisions.

Past performance does not guarantee future results.

Payment Terms

Payment is due at the time of purchase unless otherwise stated.

By providing payment information, you represent that you are authorized to use the payment method provided.

The Company reserves the right to refuse or cancel orders at its discretion.

Refund Policy

Unless otherwise stated in writing:

- Digital products, downloadable materials, courses, certifications, and memberships are non-refundable.
- Coaching services and training programs may have separate refund policies disclosed at the time of purchase.
- Missed sessions, classes, or events are not eligible for refunds.

Any exceptions are made solely at the Company's discretion.

Third-Party Links

This website may contain links to third-party websites. We are not responsible for the content, privacy practices, accuracy, or policies of third-party sites.

Accessing third-party websites is done at your own risk.

Limitation of Liability

To the fullest extent permitted by law, the Company, its owners, employees, contractors, affiliates, instructors, and representatives shall not be liable for any direct, indirect, incidental, consequential, special, or punitive damages arising from:

- Use of this website
- Participation in programs or certifications
- Reliance on information provided
- Technical interruptions or website errors

- Loss of data, income, profits, or business opportunities

Your sole remedy for dissatisfaction with the website is to discontinue use.

Indemnification

You agree to indemnify and hold harmless the Company and its affiliates, officers, employees, contractors, and representatives from any claims, damages, liabilities, costs, or expenses arising from your use of the website, violation of these Terms, or participation in any programs or services.

Termination

We reserve the right to terminate or restrict access to the website, programs, memberships, certifications, or services at any time and for any reason without notice.

Governing Law

These Terms and Conditions shall be governed by and interpreted in accordance with the laws of the **State of Texas**, without regard to conflict of law principles.

Any disputes arising from these Terms shall be resolved exclusively in the courts located within Texas.

Changes to These Terms

We reserve the right to modify these Terms and Conditions at any time. Updates will be posted on this page with a revised effective date.

Continued use of the website after changes are posted constitutes acceptance of the updated Terms.

Contact Information

If you have questions regarding these Terms and Conditions, please contact:

HIITyasa™ / SHIFT by Stacy G™

Email: sgaucys@ft.newyorklife.com

Website: shiftmenopause.com

By using this website, you acknowledge that you have read, understood, and agree to these Terms and Conditions.