

The purpose of this Privacy Policy is to provide you with a clear explanation of when, why and how we collect and use your personal information.

By accessing or using any of our services, you acknowledge that you have read this Privacy Policy.

What information do we collect and how do we use it?

We only ever collect the personal information you provide to us voluntarily:

- i.) When requesting a personal training consultation we'll collect a phone number and an email address from you so that we can contact you to schedule your appointment.
- ii.) When purchasing anything from on our website, we'll collect your name, address and email address so that we can deliver your products accordingly.
- iii.) When subscribing to our email list we'll collect an email address only. You'll then be added to our list of contacts so that we can keep you up to date with our products, services and polices.
- iv.) When signing up for any personal training and nutrition services we'll collect additional personal information that will be used for the sole purpose of providing you with a personalised, tailored coaching experience. You will be reminded of and asked to acknowledge again, your right to privacy of information.

Your personal information will be used for the specific purpose of providing and operating our services only, and if requested, can be deleted at any time.

How we share your information

Your personal details are only used to manage your account with us, and for no other purpose. We never share your details with any other organisation or individual.

Your choices

You may request to update, receive a copy of or delete the personal information you have stored with us. Just send us an email. You may also correct and/or update your information through your account settings (applicable to *OWN IT in the gym* members only).

Data Retention

We will retain your contact details for as long as needed to continue to provide you with our services. You may request to have your details removed from our list at any time.

For personal training and nutrition clients, we will keep your personal information for as long as you remain a client, plus an additional 7 years. You may request to have your information safely destroyed prior to this date.