

Privacy Policy: Pilates with Sam

Thank you for visiting Pilates with Sam. This privacy policy tells you how personal information collected on the web site, over the telephone, through our social media pages and in person.

Please read this privacy policy before submitting any personal information. When you access Pilates with Sam in any of the above mentioned ways you are accepting the practices described in this privacy policy. These practices may be changed, but any changes will be posted. You are encouraged to review the privacy policy whenever you visit Pilates with Sam to make sure that you understand how any personal information you provide will be used.

Note: the privacy practices set forth in this privacy policy are for Pilates with Sam only. If you link to other third party web sites, please review the privacy policies posted at those sites. The Pilates with Sam is not responsible for how data or information is treated/handled by any third party web site that is linked to from our sites.

1 Collection of Information

We collect personally identifiable information, like names and email addresses etc., when voluntarily submitted by our visitors, either on line or over the telephone. This information is only used to fulfill your specific request. We will not share your data with any third party organization.

“Personal Information” is information that identifies you as an individual or relates to an identifiable person, such as name, postal address, telephone number, email address and social media account ID. It does not include strings of code such as browser cookie IDs.

Personal Information we collect or obtain includes:

Contact details (e.g., name, address, email, telephone number), Personal details (e.g., date of birth) and Health information relevant to your Pilates session and for insurance purposes.

2 How we collect information?

When you send a message through the contact form, as part of the process, we

collect personal information you give us such as your name, address and email address.

We will also collect information from our clients either over the phone, or in person at the time of their first Pilates session.

3 How will we use personal information?

We collect such Personal Information

To be able to contact our Visitors and Users with general or personalized service-related notices and promotional messages;

To comply with any applicable laws and regulations.

Other personal health information gathered will be used to design personalized Pilates sessions. We will never share this information with any third parties unless there is medical reason to do so and consent has been given.

4 Where will we store your information?

Our website is hosted on the Wix.com platform. Wix.com provides us with the online platform that allows us to sell our services to you. Your data may be stored through Wix.com's data storage, databases and the general Wix.com applications. They store your data on secure servers behind a firewall.

Each client will also have a handwritten file held securely.

5 Cookie/Tracking Technology

"Cookies" are text-only pieces of information that a website transfers to an individual's hard drive or other website-browsing equipment for record-keeping purposes. Cookies allow the Site to remember important information that will make your use of the Site more convenient. Cookies are implemented in every site built by Wix. Please click the 'Use of Cookies' link on the website for more information on which cookies Wix implements on Wix sites.

6 How do you communicate with your site visitors?

We may contact you regarding your contact form, to send updates about Pilates with Sam, or as otherwise necessary to contact you to enforce our User Agreement, applicable national laws, and any agreement we may have with you. For these purposes we may contact you via email, telephone, and text messages.

7 Improving our service

If you have agreed that we can, Pilates with Sam may contact you from time to time by e-mail in order to get your feedback on the service we provide to you.

8 Keeping our records accurate

We aim to keep our information about you as accurate as possible. If you would like to review or change the details you have supplied us with, you may do so at any time by simply contacting us. If you have another query relating to your information, please contact us at pilateswithsam@gmail.com

9 Data Retention.

We will retain your Personal Information for as long as needed or permitted in light of the purpose(s) for which it was obtained and consistent with applicable law. The criteria used to determine our retention periods include: The length of time we have an ongoing relationship with you and provide the Services to you (for example, for as long as you keep using our services). Whether there is a legal obligation to which we are subject; or Whether retention is advisable in light of our legal position (such as in regard to applicable statutes of limitations, litigation or regulatory investigations).

10. How can your site visitors' withdraw their consent?

If you don't want us to process your data anymore, please contact us at pilateswithsam@gmail.com

11. Privacy policy updates

We reserve the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their

posting on the website.

12. Questions and contact information

If you would like to: access, correct, amend or delete any personal information we have about you, you are invited to contact us at pilateswithsam@gmail.com

Changes to this privacy policy

This privacy policy was published on 24th May 2018 and was last updated on 31st May 2018.