

PRIVACY POLICY

Better Body Training Limited are committed to protecting and respecting your privacy.

This policy (together with our terms of use, and any other documents referred to on it) sets out the basis on which any personal data we collect from you, or that you provide to us, will be processed by us. Please read the following carefully to understand our views and practices regarding your personal data and how we will treat it. We keep certain basic information when you visit our website and recognise the importance of keeping that information secure and letting you know what we will do with it.

This policy only applies to our site. If you leave our site via a link or otherwise, you will be subject to the policy of that website provider. We have no control over that policy or the terms of the website and you should check their policy before continuing to access the site.

INFORMATION WE MAY COLLECT FROM YOU

We may collect and process the following data about you:

Information that you provide by filling in forms on our site www.betterbodytraining.com (our site). This includes information provided at the time of registering to use our site, subscribing to our service or requesting further services. We may also ask you for information when you report a problem with our site.

If you contact us, we may keep a record of that correspondence.

We may also ask you to complete surveys that we use for research purposes, although you do not have to respond to them.

Details of your visits to our site including, but not limited to, traffic data, location data, weblogs, operating system, browser usage and other communication data and the resources that you access.

IP ADDRESSES AND COOKIES

We may collect information about your computer, including where available your IP address, operating system and browser type, for system administration and aggregate reporting data. This is statistical data about our users' browsing actions and patterns and does not identify any individual and **we will not collect personal information in this way.**

We may obtain information about your general internet usage by using a cookie file which is stored on the hard drive of your computer. Cookies contain information that is transferred to your computer's hard drive. They help us to improve our site and to deliver a better and more personalised service. They enable us:

To store information about your preferences such as your comparison choices.

To speed up your searches.

To recognise you when you return to our site.

You may refuse to accept cookies by activating the setting on your browser which allows you to refuse the setting of cookies. However, if you select this setting you may be unable to access certain parts of our site. Unless you have adjusted your browser setting so that it will refuse cookies, our system will issue cookies when you log on to our site.

WHERE WE STORE YOUR PERSONAL DATA

All information you provide to us is stored on our secure servers. Where we have given you (or where you have chosen) a password which enables you to access certain parts of our site, you are responsible for keeping this password confidential. We ask you not to share a password with anyone.

Unfortunately, the transmission of information via the internet is not completely secure. Although we will do our best to protect your personal data, we cannot guarantee the security of your data transmitted to our site; any transmission is at your own risk. Once we have received your information, we will use strict procedures and security features to try to prevent unauthorised access.

Any paper-based information provided is scanned in and stored electronically. All paper forms are then shredded. Please inform us of any changes to your data so we can update our records.

All our instructors and administration team sign strict confidentiality agreements, so no personal information is ever divulged to anyone outside of the direct need to know; e.g. your instructor will know your health-related issues for safety of exercise in class.

USES MADE OF THE INFORMATION

We use information held about you in the following ways:

To ensure that content from our site is presented in the most effective manner for you and for your computer.

To carry out our obligations arising from any contracts entered between you and us.

To allow you to participate in interactive features of our service, when you choose to do so.

To notify you about changes to our service.

DISCLOSURE OF YOUR INFORMATION

No part of your information will be ever shared with third parties.

YOUR RIGHTS

Our site may, from time to time, contain links to and from the websites of our partner networks, advertisers and affiliates. If you follow a link to any of these websites, please note that these websites have their own privacy policies and that we do not accept any responsibility or liability for these policies. Please check these policies before you submit any personal data to these websites.

CHANGES TO OUR PRIVACY POLICY

Any changes we may make to our privacy policy in the future will be posted on this page and, where appropriate, notified to you by e-mail. However, we advise that you check this page regularly to keep up to date with any necessary changes.

EMAIL CONTACT

When you sign up to join a course or class we ask for your email address this will only be used in the following ways:

- To send you appointment confirmations and reminders
- To send you re-booking information and reminders
- To send you a monthly newsletter
- To send you class updates (cancellations/weather closures etc) & policy updates
- To send support articles related to your course

- To send you information about your place on any waiting lists

We will never share your email without prior consent from you, nor will we spam your in box.

CONTACT

Questions, comments and requests regarding this privacy policy are welcomed and should be addressed to us via our contact form.

Please read these terms of use carefully before you start to use www.betterbodytraining.com (herein referred to as 'this site'). By using this site, you indicate that you accept these terms of use and that you agree to abide by them.

If you do not agree to these terms of use, please refrain from using this site.

