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Unauthorised use of these websites may give rise to a claim for damages and/or be a criminal offence.

6. Third Party Links.

From time to time these websites may also include links to other websites. These links are provided for your convenience to provide further information. They do not signify that we endorse the website(s). We have no responsibility for the content of the linked website(s).

7. Basis of Law.

Your use of these websites and any dispute arising out of such use of these websites is subject to the laws of England.

8. Privacy Policy & Data Protection - Updated 25<sup>th</sup> May 2018 in accordance with the GDPR (see below).

This privacy policy sets out how we use and protect any information you give us when you use these websites.

We are committed to ensuring that your privacy is protected. Should we ask you to provide certain information by which you can be identified when using these websites, then you can be assured that it will only be used in accordance with the statements in this privacy statement.

What we do with any personal details if we gather them:

- We may use them to provide you with the services in which you have shown an interest or in which you have chosen to participate.
- We may use the information for the purposes of internal record keeping and to improve our service.
- We may occasionally send promotional emails to publicise information about our website and services.

What we will not do with any personal details we gather:

- Your personal details are treated in the strictest confidence. They will not be sold, distributed or leased to any third parties.

Controlling your personal information:

- If you feel that you would like us to remove any personal information we may hold about you from our records please email us by clicking [here](#). Be aware that doing so will disable your services.

THE GENERAL DATA PROTECTION REGULATION ("GDPR")

Effective from 25<sup>th</sup> May 2018

A summary of how your personal data is collected and used.

1. What is 'Personal Data'?

'Personal Data' is information that pertains to you like your name, address, telephone number, email address and so on. It could be any information that relates to you which identifies you as an individual.

2. How do we collect your 'Personal Data'?

The main way we collect your personal data, like your name and address etc, is either on our PARQ forms which you have to complete before you can take part in any of our offline exercise sessions or classes, or via our websites when you interact with, or participate in, our activities.

We may also collect data like your telephone number or your email address if you contact us to make an enquiry or to advise us of something.

We may also collect any details you supply if you contact us through our websites or other communication channels.

3. Why do we need your personal data and how do we use it?

We need your personal data to be able to know who you are and to contact you, as our customer, for the purposes of administering the business when the need arises, for example to arrange your place in our classes or to tell you of any changes to class times, or for us both to have relevant and appropriate communications with one another outside of class. We may occasionally need to email you with information.

We also need your personal data to administer other aspects of the business like accounting so that we can more easily help each other to keep correct records.

4. How do we keep your personal data confidential and how is it stored?

We keep your personal data confidential at all times. It is not accessible by anyone other than authorised persons who may need to use it for legitimate business purposes. It is stored in a secure and private environment in an undisclosed location. It is never sold, rented out, disclosed or passed on to any other person or organisation at any time.

5. Can you ask us to delete your personal data?

Yes, you can ask us to delete your personal data at any time by clicking [here](#). If you do this we will no longer be able to contact you or to provide you with classes or any other service because we won't have your name or address or your telephone number or email address, or fitness history etc. which you may have previously supplied to us. Deleting your data will disable your services.

The only exception to the deletion of data would be those items necessary to keep by reason of law and which may be required to be produced at lawful request.