**Privacy Policy for Strength in Motion**

Effective Date: 05/03/2025

At Strength in Motion, we are committed to protecting your privacy. This Privacy Policy explains how we collect, use, and protect your personal information when you visit our website [insert website URL], participate in our training, classes, and workshops, or interact with our services in any way.

**1. Information We Collect**

We may collect the following types of personal information:

* **Personal Identification Information**: When you register for our services, sign up for a class, or subscribe to our newsletter, we may collect your name, email address, phone number, billing address, and payment information.
* **Usage Data**: Information about how you access and use our website, including IP addresses, browser types, device information, and pages visited.
* **Cookies and Tracking Technologies**: We use cookies and similar technologies to enhance your experience on our site. These help us track usage patterns and tailor the website experience to your preferences.

**2. How We Use Your Information**

We may use the personal information we collect for the following purposes:

* To provide, operate, and improve our training services, classes, and workshops.
* To send you updates, promotions, and other communications related to our services (you can opt out at any time).
* To process payments for services rendered.
* To analyse and improve the user experience on our website.
* To respond to inquiries or provide customer support.

**3. Data Security**

We are committed to protecting your personal information. We use a variety of security measures, including encryption and secure servers, to safeguard your data. However, no method of transmission over the internet is 100% secure, and we cannot guarantee absolute security.

**4. Sharing Your Information**

We do not sell, rent, or trade your personal information to third parties. We may share your information in the following limited circumstances:

* **Service Providers**: We may share your data with trusted third-party service providers who assist us in operating our business, such as payment processors and email marketing platforms. These providers are obligated to keep your information confidential.
* **Legal Compliance**: We may disclose your personal information if required to do so by law or in response to a legal process (such as a court order).

**5. Your Rights and Choices**

You have the right to access, correct, or delete your personal information that we hold. If you wish to exercise any of these rights, please contact us at [insert contact email or form].

* **Opting Out of Communications**: You can unsubscribe from promotional emails by following the unsubscribe link at the bottom of any email we send.
* **Cookies**: You can control cookies through your browser settings. However, disabling cookies may affect your experience on our website.

**6. Third-Party Links**

Our website may contain links to third-party sites. We are not responsible for the privacy practices or content of these sites. We encourage you to review the privacy policies of any third-party websites you visit.

**7. Children's Privacy**

Our services are not intended for individuals under the age of 13. We do not knowingly collect personal information from children under 13. If we learn that we have collected personal information from a child under 13, we will take steps to delete that information.

**8. Changes to This Privacy Policy**

We may update this Privacy Policy from time to time. When we make changes, we will post the updated policy on this page with the new effective date. Please review this policy periodically to stay informed about how we are protecting your information.

**9. Contact Us**

If you have any questions or concerns about this Privacy Policy or our data practices, please contact us at:

Strength in Motion  
Email: leanne@strengthinmotioncornwall.co.uk