



## **Privacy Policy**

**Effective Date: 30.07.2025**

At **U Turn Fitness**, your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your personal information when you visit our website or engage with our services.

### **1. Information We Collect**

We may collect the following types of personal information:

- Name, email address, and phone number (when you contact us or sign up)
- Information you provide when booking sessions or filling out forms
- Health or fitness-related information you voluntarily share
- Payment and billing information (if applicable)
- Website usage data via cookies and analytics tools

### **2. How We Use Your Information**

We use your information to:

- Respond to inquiries or booking requests
- Provide fitness services and client support
- Send email updates or newsletters (with your consent)
- Improve our website and user experience
- Meet legal obligations, if required

### **3. Sharing Your Information**

We do **not** sell, rent, or trade your personal information. We may share it with trusted third-party service providers (e.g., payment processors or booking platforms) as needed to operate our business.

## **4. Cookies & Analytics**

Our website uses cookies and tools like Google Analytics to track site usage and improve our content. You can control cookie preferences through your browser settings.

## **5. Data Security**

We take reasonable steps to protect your information from unauthorised access, loss, or misuse. However, no system is 100% secure, and we cannot guarantee absolute security.

## **6. Your Rights (UK/EU GDPR)**

If you are located in the UK or EU, you have the right to:

- Access, update, or delete your personal information
- Object to or restrict how we use your data
- Withdraw consent at any time (e.g., unsubscribe from emails)

To make a request, contact us at: **[info@uturnfitness.co.uk](mailto:info@uturnfitness.co.uk)**

## **7. Third-Party Links**

Our website may link to external websites. We are not responsible for the privacy practices or content of those sites.

## **8. Updates to This Policy**

We may update this Privacy Policy occasionally. Changes will be posted on this page with a new effective date.

## **9. Contact Us**

If you have any questions about this policy or how your data is handled, please contact us at:

**[info@uturnfitness.co.uk](mailto:info@uturnfitness.co.uk)**

Team, U Turn Fitness