Privacy policy and terms of service

Please note that the terms ‘you’ describe the person reading and visiting our website, also ‘our’ ‘us’ or ‘we’ means Nubod personal training.

This privacy policy sets out how Nubod Personal Training uses and protects any information that you give Nubod personal training when you use this website.

Nubod personal training is committed to ensuring that your privacy is protected. Should we ask you to provide certain information by which you can be identified when using this website, then you can be assured that it will only be used in accordance with this privacy statement.

Nubod personal training may change this policy from time to time by updating this page. You should check this page from time to time to ensure that you are happy with any changes. This policy is effective from Wednesday 25th May 2018, reviewed on 25th August 2019.

If you choose to join our newsletter mailing list your email will be retained until such time you ‘opt out’ of the newsletter. Your information will never be given to any third parties.

**We will not release your Personal Information to any company outside of Nubod personal training for mailing or marketing purposes.**[.](http://www.cakesbyheidi.co.uk/index.php/zoloft-10-preis)

**What we collect**

We may collect the following information:

* name and job title
* contact information including email address and telephone number
* demographic information such as postcode, preferences and interests
* other information relevant to customer surveys and/or offers

**What we do with the information we gather**

We require this information to understand your needs and provide you with a better service, and in particular for the following reasons:

* Internal record keeping.
* We may use the information to improve our products and services.
* We may periodically send promotional emailsabout new products, special offers or other information which we think you may find interesting using the email address which you have provided.
* From time to time, we may also use your information to contact you for market research purposes. We may contact you by email, phone, fax or mail. We may use the information to customise the website according to your interests.
* When using the “subscribe to our mailing list” option you are agreeing for us to send you marketing emails related to our services.
* On the “join” page your details are not kept by us, this page is used to send us a direct message which we will use to communicate with you.

**Security**

We are committed to ensuring that your information is secure. In order to prevent unauthorized access or disclosure,we have put in place suitable physical, electronic and managerial procedures to safeguard and secure the information we collect online.

**How we use cookies**

A cookie is a small file which asks permission to be placed on your computer's hard drive. Once you agree, the file is added, and the cookie helps analyze web traffic or lets you know when you visit a particular site. Cookies allow web applications to respond to you as an individual. The web application can tailor its operations to your needs, likes and dislikes by gathering and remembering information about your preferences.

We use traffic log cookies to identify which pages are being used. This helps us analyze data about web page traffic and improve our website in order to tailor it to customer needs. We only use this information for statistical analysis purposes and then the data is removed from the system.

Overall, cookies help us provide you with a better website, by enabling us to monitor which pages you find useful and which you do not. A cookie in no way gives us access to your computer or any information about you, other than the data you choose to share with us.

You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer. This may prevent you from taking full advantage of the website.

**Links to other websites**

Our website may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement. You should exercise caution and look at the privacy statement applicable to the website in question.

**Controlling your personal information**

You may choose to restrict the collection or use of your personal information in the following ways:

* whenever you are asked to fill in a form on the website, look for the box that you can click to indicate that you do not want the information to be used by anybody for direct marketing purposes
* if you have previously agreed to us using your personal information for direct marketing purposes, you may change your mind at any time by writing to or emailing us at nubodpt@gmail.com

We will not sell, distribute or lease your personal information to third parties unless we have your permission or are required by law to do so. We may use your personal information to send you promotional information about third parties which we think you may find interesting if you tell us that you wish this to happen.

You may request details of personal information which we hold about you under the Data Protection Act 1998. If you would like a copy of the information held on you, please mail us at nubodpt@gmail.com

If you believe that any information we are holding on you is incorrect or incomplete, please write to or email us as soon as possible, at the above address. We will promptly correct any information found to be incorrect.

Furthermore, if you wish for us to destroy any of your information you may do so by emailing us at nubodpt@gmail.com

**Physical Documents we use**

If you have attended any of our classes or personal training sessions and filled out a Physical activity readiness questionnaire or personal training agreement, these documents are kept in a safe and secure place with a lock and key access so no one apart from Nubod personal training can access them. We use the information provided if we need to contact you or an emergency contact. You will also be added to our mailing list. By signing such forms, you are agreeing to allow us to use this information in this way.

Physical documents we hold are kept for 7 years then destroyed, if we require updated information we may use your details provided to obtain this.

**Password restricted areas of this site**

If you wish to use the online booking system you will agree to read and sign a membership form where we will also take personal information such as First name, surname and email address. Once you have access to this, you can also include other personal information at your choice, however this is not mandatory but may be helpful to provide a more customisable experience. You are responsible for maintaining the confidentiality of your password and you accept responsibility for any activities that occur using your passwords. You agree not to share your passwords, let others access or anything that may jeopardize your account security. You agree to make Nubod personal training aware of any breaches of your password or if it is lost, stolen or forgotten. The fee that we charge for this subscription will be the price posted on our website.

**Personal training**

All information given during personal training sessions is strictly confidential. Any pictures or measurements taken during the session will never be used on social media unless your permission has been given.

We reserve the right to increase personal training prices whenever necessary due to education, payroll, and other expenses. If prices increase, at least one months notice will be given to clients.

You must pay for this service on or before the 1st of each month otherwise all upcoming sessions will be lost and the service will not continue. We will not automatically renew your subscription, however we will send all clients an invoice for the upcoming month at least 5 days beforehand. Payment can be made in cash, credit/debit card or bank transfer.

No refunds or exchanges will be given.

**Classes**

**PAYG** (pay as you go) prices vary depending on which class attended.

Once a class token has been purchased from our website and a class has been booked on to, your space is secure. Once a class has been booked on to, no refunds or exchanges will be given.

**Membership** for a full month allows members unlimited classes throughout the full month.

You will have access to the online booking system which allows members to book, cancel and join a waiting list themselves. If a member is on a waiting list for a class, an email will be sent to say they’ve been moved on to the class should a space become available.

Cancellation of the class membership must be given at least 14 days before date of renewal.

If a member cancels during the 14 days before renewal, payment will be taken for the following month and membership will be cancelled for the month after.

No refunds or exchanges will be given.

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By reading this privacy policy or using our site without question or contacting us you are agreeing to all of the above. If you do have any questions or queries, feel free to contact us at nubodpt@gmail.com