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The content of the pages of these websites is for your general information and use only. It is subject to change without notice.

Neither we nor any third parties provide any warranty or guarantee as to the accuracy, timeliness, performance, completeness or suitability of the information and materials found or offered on these websites for any particular purpose. You acknowledge that such information and materials may contain inaccuracies or errors and we expressly exclude liability for any such inaccuracies or errors to the fullest extent permitted by law.

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No persons under the age of 18 shall be permitted to interact with these websites or undertake any exercise or other activities provided through these websites without the express permission and supervision of a parent or guardian. That supervising parent or guardian agrees to take full responsibility for the health and welfare of the child under 18 in all circumstances. Therefore only responsible adults aged 18 or over, or those under 18 who are expressly supervised as stated above, are permitted to engage with the products, services or information available through these websites.

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4. Cookies and Your Use of these Websites.

Your use of these websites may involve the use of cookies either now or in the future. These are small files that, if used or triggered by the way you choose to use the websites, may be managed by your browser to enable you to benefit more fully from the operation and use of the websites. Our cookies, should they ever become necessary to be used, would pose no threat to your equipment, your identity or your privacy as they would not be placed with the intention of compromising your safety or security in any way, when viewed in the context of our Privacy Policy detailed below. You can control the use of these cookies by referring to the settings of your browser. Often, browsers can be set to delete all cookies as soon as the browser is shut down, thus leaving no trace of your visit to this (or other) website(s) on your computer. If functional cookies are refused by you, it may prevent you from signing-in to your account on our websites.

5. Unauthorised Use.

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

6. Third Party Links.

Third party links, if present, 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 25th 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 25th 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.