



PRIVACY POLICY Introduction

- This privacy policy explains what we do with your personal data once you register as a client at **The -B- Workout LTD**
 - It describes how we collect, use, process and protect your personal data, and how in doing so, we comply with our legal obligations to you. Your privacy is important to us, and we are committed to protecting and safeguarding your data privacy rights.
 - This Privacy Policy applies to the personal data of our Website users, App users and all studio registered clients. It also applies to the emergency contacts of our clients.
 - For the purpose of applicable data protections legislation (including but not limited to the General Data Protection Regulation (Regulation (EU) 2016/679) (the “GDPR”), the company responsible for your personal data **The -B- Workout LTD** (“**The -B- Workout LTD**,” “we,” “us,” or “our”)
 - By visiting the Website or using or downloading the App, you agree that your personal information will be handled as described in this Policy.
- Information we collect from you
- We collect information from you when you contact us, register in Studio or register with our Website or App.
 - The type of information that we collect varies based on your interaction with us and may include: your name, date of birth, telephone number, email address emergency contact and physical history (and of course you may choose to share other relevant information with us).
 - The purpose for this information collection is to provide a safe, communicative and interactive service.

How we use your information

We use your information, including your personal information, for the following purposes:

- To provide our services to you, to communicate with you about your use of our services, to respond to your inquiries, to fulfil your orders, and for other customer service purposes.

* Pertinent information about your medical history in relation to your training will be shared with the appropriate instructing team as part of our duty of care to you when working out.

- For marketing and promotional purposes. For example, as permitted by applicable law, we may use your information, such as your email address, to send you news and newsletters, special offers, and promotions.
- To send you push notifications / SMS (you may opt-out through the settings in your device).
- To administer surveys and questionnaires.

How we store your personal data and data security

- If you have chosen a password, access code or any other secure means or access or authentication which enables you to access certain parts of our site or App, you are responsible for keeping this password confidential and complying with our instructions. You must not share credentials with anyone else, and you authorise **The -B- Workout LTD** to act upon instructions and information from any person that enters your credentials.
- Staff have access to information appropriate to their role within the business. All staff adhere to The -B- Workout LTD confidentiality agreement.

Company reg no: 13925754
Registered address: Lowes Hall,
28 Lime Street, Newcastle NE1 2PL

Privacy Policy

The -B- Workout LTD

- The -B- Workout LTD is registered with the ICO (Information Commissioner's Office) registration no. ZB582757
 - The transmission of information via the internet is not completely secure. Although we will do our best to protect your personal data, we cannot guarantee the security of your data transmitted to our site; any transmission is at your own risk. Once we have received your information, we will use strict procedures and security features to try to prevent unauthorised access.
 - The -B- Workout LTD is registered with the ICO (Information Commission's Office) reg. ref: Disclosure of your information
 - We will not disclose your personal data to anyone except as described in this notice.
- ### Your Rights

- Where applicable, you may have certain rights under data protection legislation, including the right to object to direct marketing and the right to see the personal information held about you and you may ask us to make any necessary changes to ensure it is accurate and up to date. If, where applicable, you would like a copy of the personal information we hold about you, please contact us at hello@the-b-workout.com.
- You may modify personal information that you have submitted by logging into your account and updating your profile information. Please note that copies of information that you have updated, modified or deleted may remain viewable in cached and archived pages of the Site or App for a period of time.
- We may send periodic promotional emails to you. You may opt-out of our promotional communications by following the opt-out instructions contained in the email. Please note that it may take up to 7 business days for us to process opt-out requests. If you opt-out of receiving promotional emails / SMS, we may still send you emails about your account or any Services you have requested or received from us.

Changes to our privacy notice

- Any changes we may make to our privacy notice in the future will be notified to you by e- mail.

Policy updated March 2025, review date March 2026