

Privacy Policy

Flex and Flow Studio (“we,” “us,” or “our”) is committed to protecting your privacy. This Privacy Policy explains how we collect, use, and safeguard your personal information when you visit our website, attend our classes, or interact with us.

1. Information We Collect

We may collect the following types of personal data:

- **Contact Information:** Name, email address, phone number, and postal address.
- **Health & Fitness Information:** Any relevant details you provide to help us tailor sessions to your needs.
- **Payment Information:** When you purchase memberships, class passes, or services.
- **Website Usage Data:** When you visit our website, we may collect non-personal data like IP addresses and browsing behaviour through cookies.

2. How We Use Your Information

We use your information to:

- Register you for classes and manage your membership.
- Provide you with updates, newsletters, and promotions (you can opt out at any time).
- Ensure a safe and effective experience by considering your health and fitness information.
- Process payments securely.
- Improve our website and services.

3. Sharing Your Information

We do **not** sell or rent your personal data. However, we may share your information with:

- **Third-Party Service Providers** (such as payment processors) to facilitate transactions.
- **Legal Authorities** if required by law.

4. Data Security

We take reasonable steps to protect your information from unauthorised access, disclosure, or misuse. However, no method of transmission over the internet is 100% secure.

5. Your Rights

You have the right to:

- Access, update, or request the deletion of your personal data.

- Withdraw consent for marketing communications at any time.
- Request details on how your data is being used.

6. Cookies & Tracking

Our website may use cookies to improve your browsing experience. You can manage cookie settings through your browser.

7. Changes to This Policy

We may update this policy from time to time. Any significant changes will be communicated to you.

8. Contact Us

If you have any questions about this Privacy Policy or your data, please contact us at: flexandflowstudio@outlook.com