

Privacy Policy

Pilates for Life

Effective Date: 1 February 2025



At Pilates for Life, we are committed to protecting your privacy and ensuring the security of your personal information. This Privacy Policy outlines how we collect, use, store, and protect your information in compliance with the Protection of Personal Information Act (POPIA) of South Africa.

1. Information We Collect

We collect personal information in the following ways:

- Information You Provide: When you register for a class, sign up for our services, or contact us, we may collect your name, email address, and contact number.
- Cookies and Website Data: Our website uses standard cookies to improve your browsing experience. These cookies collect anonymous data related to site usage and preferences.

2. Purpose of Data Collection

We collect personal information to:

- Provide and manage our Pilates classes, bookings, and memberships.
- Respond to inquiries and provide customer support.
- Send updates and relevant communications.
- Improve our website, services, and customer experience.
- Comply with legal and security requirements.

3. Sharing of Personal Information

We do not share your personal information with third parties, except where required by law or for payment processing, which is covered under a separate policy.

4. Retention of Data

We retain personal information indefinitely unless you request its deletion.

5. Security Measures

We take all reasonable legal measures to protect your personal information, including encryption, access control, and security protocols provided by Wix, the platform hosting our website.

6. Your Rights

You have the right to:

- Request access to your personal information.
- Request correction of inaccurate details.
- Request deletion of your personal data (which may result in the inability to continue receiving our services).

Requests can be directed to Collette at colette@paarlpilates.co.za.

7. Cookies and Tracking Technologies

We use standard cookies to enhance website functionality and improve user experience. You may disable cookies through your browser settings, though this may impact certain website features.

8. Policy Updates

This Privacy Policy may be updated from time to time. Users are encouraged to review this policy periodically for any changes. We do not provide direct notifications of updates.

9. Contact Information

For any privacy-related inquiries, you may contact Collette at colette@paarlpilates.co.za.