

Our Privacy Policy

We have been required by the new GDPR legislation to update our privacy policy, as follows:

We securely store your personal information (both electronically and on paper) gathered during your initial assessment, including your health information and any updates due to a change in your circumstances. We need this information in order to draw up and maintain, safe individual exercise programmes, for teaching purposes and/or for a treatment programme.

Electronic Information is stored in a database which is double password protected. Paper records are kept in a locked cabinet.

Your personal information is available to the centre team (including Pilates Instructors where applicable) for the above reasons, but we will never share your information with any third parties, unless legally required to do so by a court.

While you continue to use the centre, your personal information will be kept indefinitely and updated as necessary, as above. When you are no longer using the centre, this information will be stored securely for a period of 7 years from when you last used the centre, unless you requested it to be removed – the right to be forgotten. Requests should be in writing to the Data Controller below.

Your information is available for you to view free of charge and we will supply this to you within one month of your request. You may also update the information we hold about you at this time.

There are times when we need to email you where there is a legitimate interest and we believe this information sent is directly relevant to you. An 'opt out' option will always be available on each email sent, if you no longer wish to receive emails from us.

Children under the age of 16 are accompanied by a parent/guardian whilst completing their assessment and giving personal information. The form is then signed by both parties.

Responsible person for data protection, Data Processor and Controller – Eloise Head, Deputy Manager

This policy is subject to on-going updates as legislation changes.