

Privacy Policy

Effective Date:

1. Information We Collect

We collect two primary types of information to operate our website and mobile application:

- **Personal Data:** Information you voluntarily provide, such as your name, email address, and billing information when you create an account or make a purchase.
- **Automatically Collected Data:** When using our services, we gather technical data like your IP address, browser type, device identifiers, and operating system. Our app may also request permissions to access device features like your camera, microphone, or precise geolocation to provide specific functionalities (e.g., uploading photos or location-based services).

2. How We Use Your Information

We use the collected data to:

- Provide, maintain, and improve our website and app.
- Process your transactions and send related information.
- Send push notifications, updates, and promotional communications (if you have opted-in).
- Analyze usage trends to optimize user experience and app performance.

3. Data Sharing and Disclosure

We do not sell your personal information. We only share your data in the following limited situations:

- **Service Providers:** We share data with third-party vendors (e.g., payment processors, hosting services, analytics providers) who perform services on our behalf.
- **Legal Compliance:** We may disclose information if required to do so by law or in response to valid requests by public authorities.

4. Your Choices and Rights

You have control over your information:

- **Account Settings:** You can update or correct your personal information at any time by logging into your account.
- **App Permissions:** You can withdraw consent for camera, location, or microphone access at any time through your device's settings.
- **Marketing Emails:** You can opt-out of receiving promotional emails by following the unsubscribe instructions included in those emails.

5. Data Security

We implement industry-standard security measures to protect your personal information from unauthorized access, alteration, or destruction. However, no method of transmission over the internet is completely secure.

6. Children's Privacy

Our services are not directed to individuals under the age of 13. We do not knowingly collect personal information from children under 13.

7. Changes to This Privacy Policy

We may update this privacy policy from time to time. We will notify you of any changes by posting the new policy on this page and updating the "Effective Date" at the top.

8. Contact Us

If you have any questions or suggestions about our Privacy Policy, please contact us at: fitnessforever20@outlook.com

I voluntarily desire to participate in physical exercise training classes conducted on behalf of FitnessForever. Fitness Forever is located at 1490 Annapolis Rd Odenton MD 21113 and understands and agrees to the following: 1.Client agrees to assume full responsibility while voluntarily participating in training at the Gym at the Client's sole risk and discretion. Client shall abide by any rules and regulations for use of the Gym which may be communicated from time to time by the Gym. 2.Client understands and agrees that there is a risk of injury associated with participation in any exercise program and that there exists the possibility for certain conditions occurring during or following training. These may include, but are not limited to, abnormalities in blood pressure or heart rate, heart attack or stroke, fainting or light headedness. The reaction of the cardiovascular system to such activity cannot be predicted. 3.It is strongly recommended that the Client receives medical clearance from his/her physician prior to participating in an exercise training class/program. The Gym's training programs are not designed for anyone who experiences any of the above conditions. 4.Client has been informed that any fitness program includes possible risks and all exercises shall be undertaken at Client's sole risk and discretion.

Client assumes full responsibility for any and all damages, injuries or losses that may be sustained or incur, while on Gym's premise. Client hereby waives all claims against the Gym, the Building Facility, the Instructors, Employees or any Staff. Client hereby agrees to indemnify, defend, hold harmless, release and discharge the Gym from all claims, demands, injuries, damage, actions, causes of actions, and from all acts of negligence. 5. Client gives permission for the free use of Client's name and/or picture in any broadcast, telecast or other promotion that occurs to promote and advertise the Gym. To the extent that any provision of this release is determined to be unenforceable, Client understands that the remainder of such provisions shall still be enforceable. Client further states that by signing below in the section for adults, that Client is of lawful age and legally competent to sign this release on Client's own behalf; that Client understands the terms herein are contractual and not a mere recital; and that Client has signed this release below of Client's own free will.

I, _____,

HAVE READ THE ABOVE STATEMENT AND UNDERSTAND AND AGREE TO THE
CONDITIONS:

Client's Signature: _____ Date: _____