

Privacy Policy

Effective Date: June 2026

BID Fitness ("we," "our," or "us") values your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, and safeguard information when you subscribe to our emails, register for events, purchase products or services, or interact with our website and marketing communications.

Information We Collect

We may collect the following information:

- Name
- Email address
- Phone number
- Mailing address (if applicable)
- Health and wellness interests voluntarily provided by you
- Information submitted through registration forms, surveys, questionnaires, or event registrations

How We Use Your Information

We use your information to:

- Send newsletters, updates, and promotional offers
- Provide fitness, wellness, and coaching information
- Deliver products, services, and event notifications
- Respond to inquiries and customer service requests
- Improve our programs, services, and customer experience
- Share important business announcements and special promotions

Email Communications

By subscribing to our email list, you consent to receive communications from BID Fitness. You may unsubscribe at any time by clicking the "Unsubscribe" link included in our emails.

Information Sharing

We respect your privacy and do not sell, rent, or trade your personal information to third parties.

We may share information with trusted service providers who assist us in operating our business, such as:

- Constant Contact (email marketing services)
- Payment processors

- Website hosting providers
- Registration and scheduling platforms

These providers are authorized to use your information only as necessary to provide services on our behalf.

Data Security

We implement reasonable administrative, technical, and physical safeguards to help protect your personal information from unauthorized access, disclosure, or misuse.

Third-Party Links

Our communications and website may contain links to third-party websites. We are not responsible for the privacy practices or content of those websites.

Children's Privacy

Our services are intended for adults. We do not knowingly collect personal information from children under the age of 13.

Changes to This Policy

We reserve the right to update this Privacy Policy at any time. Any changes will be posted with an updated effective date.

Contact Information

If you have questions regarding this Privacy Policy, please contact:

BID Fitness

Website: BIDFitness.fit

Email: deborah\@bidfitness.fit

By subscribing to our emails, registering for our programs, or using our services, you acknowledge and agree to this Privacy Policy.