

Privacy Policy for Lower Valley Fitness Club, INC.

Effective Date: 4/14/25

Welcome Lower Valley Fitness Club, We are committed to protecting your personal information and your right to privacy. This Privacy Policy applies to all users and visitors of our website, located at [Your Website URL], and explains how we collect, use, and secure your personal data. If you have any questions or concerns about our policy, or our practices with regards to your personal information, please contact us at Jorge@lowervalleyfitness.com.

1. What Information Do We Collect?

a. Personal Data: While using our website, we may ask you to provide us with specific personal data, including but not limited to:

- Name
- Email Address
- Date of Birth
- Health-Related information (e.g., weight, height, dietary preferences)
- Payment Details (for subscription-based services)

b. Usage Data: We may also collect information on how the website is accessed and used. This Usage Data may include information such as your computer's Internet Protocol address, browser type, browser version, the pages of our website that you visit, the time and date of your visit, and other diagnostic data.

2. How Do We Use Your Information?

We use your personal data for various purposes:

- To provide and maintain our website.
- To notify you about changes to our website.
- To allow you to participate in interactive features of our website.
- To provide customer care and support.
- To monitor the usage of our website.
- To detect, prevent, and address technical issues.

3. How Do We Store and Protect Your Information?

Your data is stored securely, and we use a variety of security measures to maintain the safety of your personal information. Your sensitive information, like payment details, is encrypted and transmitted to us securely.

4. Do We Share Your Personal Data?

We do not sell or trade your personal data. We might share your personal data with trusted third parties that assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential.

5. Cookies and Tracking Technologies

We may use cookies and similar tracking technologies to track the activity on our website. Cookies are files with a small amount of data that may include an anonymous unique identifier.

6. Your Privacy Rights

You have the right to:

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

- Object to the processing of your personal data.
- Request restriction of processing your personal data.
- Request the transfer of your personal data.
- Withdraw your consent.

To exercise any of these rights, please contact us at [Your Contact Email].

7. Third-Party Links

Our website may contain links to other websites. These third-party sites have separate and independent privacy policies. We, therefore, have no responsibility or liability for the content and activities of these linked sites.

8. Changes to This Privacy Policy

We may update our Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page.

9. Contact Us

For any questions regarding this privacy policy, you may contact us using the information below:

LowerValleyFitness.com

701 Scoon Road

Sunnyside WA 98944

Jorge@lowervalleyfitness.com

Terms of Use for LowerValleyFitness.com

Copyright Notice

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Submissions

We welcome your feedback regarding the Lower Valley Fitness Club, INC website as well as our club locations. However, any comments, feedback, notes, messages, ideas, suggestions, or other communications (collectively, "Comments") sent to Lower Valley Fitness Club, INC shall be and remain the exclusive property of Lower Valley Fitness Club, INC. Your submission of any such Comments shall constitute an assignment to Lower Valley Fitness Club, INC of all worldwide rights, titles and interests in all copyrights and other intellectual property rights in the Comments. Lower Valley Fitness Club, INC will be entitled to use, reproduce, disclose,

publish and distribute any material you submit for any purpose whatsoever, without restriction and without compensating you in any way. For this reason, we ask that you not send us any comments that you do not wish to assign to us, including any confidential information or any original creative materials such as stories, product ideas, computer code or original artwork.

Disclaimer

This site and all contents of this site are provided on an "as is" basis without warranties of any kind, either express or implied, including without limitation warranties of title or implied warranties of merchantability or fitness for a particular purpose. You acknowledge, by your use of this site, that your use of this site is at your sole risk, that you assume full responsibility for all costs associated with all necessary servicing or repairs of any equipment you use in connection with your use of our site, and that Lower Valley Fitness Club, INC shall not be liable for any damages of any kind related to your use of this site. While we will make every effort to keep content on this site current, we do not guarantee it is the most up to date information available. For up-to-the-minute information on class changes, contact information and any other information regarding Lower Valley Fitness Club, INC locations, its operations, programs, and offers, please contact a Lower Valley Fitness Club, INC location or the corporate contact information provided on this site.

Indemnification

You agree to defend, indemnify and hold Lower Valley Fitness Club, INC harmless from and against any and all claims, damages, costs and expenses, including attorneys' fees, arising from or related to your use of the site.

Your Account

Some portions of the website may invite or require you to create an account and associated log-in credentials, and you may not be able to access certain content or features, functionalities, or services of the website or member app (iOS or Android), without creating and logging into such an account. You agree to provide true, accurate and current information when creating an account, and you are responsible for updating your account information as needed to ensure it remains current. You are responsible for maintaining the confidentiality of your log-in credentials, and you hereby acknowledge and agree that you are fully responsible and liable for all usage and activities that occurs under your account, whether authorized by you or not. You agree to notify Lower Valley Fitness Club, INC immediately if you know of or suspect any unauthorized use of your account or password or any other breach of security related to your account. Notwithstanding anything to the contrary in these Terms, Lower Valley Fitness Club, INC reserves the right to deny the creation of, suspend access to or terminate any account(s), or to remove or modify content, features, functionalities and/or services available to account holders, at any time in its sole discretion and without prior notice or liability to you.

Opt-In for Lower Valley Fitness Club, INC.

Opt-In language should be directly on your webform.

By checking this box, you are providing your electronic signature and express written consent to receive SMS marketing text messages from Lower Valley Fitness Club, INC and/or its agents or vendors, and you confirm that you are the customary user of any phone number you submit. Text messages may be sent using an automated dialing system.

Your consent is not a condition of purchasing any goods or services and may be revoked at any time by responding STOP to any SMS text messages you receive. Message and data rates may apply. Additionally, you agree to our Terms of Use and Privacy Policy contained at the bottom of our website. You consent to our collection of certain location, usage, and related information. Call 509-837-7733 for help or additional information.