



MINDFUL
KINECTIONS
FITNESS STUDIO

PRIVACY POLICY

Effective Date: 4/1/2026

This Privacy Policy of Mindful Kinections LLC (the “Company,” “we,” “us,” or “our”), describes how your personal information is collected, used, and shared when you use our services (“Services”), such as when you: (a) visit our website at www.mindfulkinections.com, or (b) engage with us in any other related way, including, but not limited to, attending or purchasing classes or other services, sales, marketing, or events. Reading this Privacy Policy will help you understand your privacy rights and choices. If you do not agree with this Policy or our other policies and practices, please do not use our Services.

WHAT PERSONAL INFORMATION WE COLLECT

When you visit, use, or navigate our Services, we automatically collect certain information about your device, including information about your web browser, IP address, time zone, and some of the cookies that are installed on your device. Additionally, as you browse our website, we collect information about the individual web pages or products that you view, what websites or search terms referred you to our website, and information about how you interact with our website. We refer to this automatically collected information as Device Information.

We collect Device Information using the following technologies:

- Cookies. Cookies are data files that are placed on your device or computer and often include an anonymous unique identifier.
- Log Files. Log files track actions occurring on our website, and collect data including your IP address, browser type, internet service provider, referring/exit pages, and date/time stamps.

Also, when you register on our site, make a purchase, or attempt to make a purchase from us, we collect certain information about you, including your name, billing address, payment information (including credit card numbers and security codes, email address, and phone number), usernames, and passwords.

We may collect data necessary to process your payment if you make purchases, such as your payment instrument number, and security code associated with your payment instrument. All payment data is stored by Mindbody and you may access their privacy policy at: <https://www.mindbodyonline.com/company/legal/privacy-policy>

Collectively, the above is called “Order Information.”

By “Personal Information” in this Privacy Policy, we are talking both about Device Information and Order Information.

COLLECTION OF HEALTH INFORMATION

When you register for classes or services, we may collect health-related information such as injuries, physical conditions, or fitness goals to ensure a safe and effective experience. This information is collected with your consent and is used only for:

- Tailoring classes to your needs.
- Informing instructors of necessary precautions.
- Complying with legal requirements for fitness services.

We treat your health information as sensitive and take appropriate measures to secure it. We do not share this information with third parties unless required by law or with your explicit consent.

CLASS AND SCHEDULING DATA

Our website may allow you to book classes, workshops, or private sessions. To provide this service, we collect scheduling-related data, including:

- Class selections.
- Attendance records.
- Preferences for instructors or times.

This data is used to manage your bookings, optimize our schedule, and improve your experience. We do not share this information except with third-party scheduling platforms that assist in providing this service. These third parties are required to keep your information secure.

WHAT LEGAL BASES WE RELY ON TO PROCESS YOUR INFORMATION

We only process your Personal Information when we believe it is necessary and we have a valid legal reason to do so under applicable law, like with your consent, to comply with laws, to provide you with services to enter into or fulfill our contractual obligations, to protect your rights, or to fulfill our legitimate business interests.

HOW WE USE YOUR PERSONAL INFORMATION

We use the Order Information that we collect generally to fulfil any orders placed through our website (including processing your payment information and providing you with invoices and/or confirmations). Additionally, we use this Order Information to:

- Communicate with you.

- Contact you regarding scheduling, class reminders, promotions, specials, and sales.
- To send periodic emails about orders or other products and services.
- Screen our orders for potential risk or fraud.
- When in line with the preferences you have shared with us, provide you with information or advertising relating to our products or services.

We use the Device Information that we collect to help us screen for potential risk and fraud (in particular, your IP address), and more generally to improve and optimize our website.

SHARING YOUR PERSONAL INFORMATION

We share your Personal Information with third parties to help us use your Personal Information, as described above. We also use Google Analytics to help us understand how our customers use our website. For information on how Google uses your information, you can access their privacy policy at <https://policies.google.com/privacy?hl=en>.

Finally, we may also share your Personal Information to comply with applicable laws and regulations, to respond to a subpoena, search warrant or other lawful requests for information we receive, or to otherwise protect our rights.

THIRD-PARTY WEBSITES

To be able to provide our services to you and to run our business, we share data with third parties from the following categories:

- Third parties that are involved in processing purchases. For example, web shop systems, payment service providers, manufacturers, warehouses, order packers, logistics companies, etc.
- Third parties that provide professional services to us. For example, advertising partners, marketing agencies, business consultants, web hosting providers, etc.
- Law enforcement and other government authorities. For example, tax offices and customs.
- Third party platforms used for scheduling and booking classes.

The Services may link to third-party websites, online services, or mobile applications and/or contain advertisements from third parties that are not affiliated with us and which may link to other websites, services, or applications. Accordingly, we do not make any guarantee regarding any such third parties, and we will not be liable for any loss or damage caused by the use of such third-party website, services, or applications. The inclusion of a link towards a third-party website, service, or application does not imply an endorsement by us. We cannot guarantee the safety and privacy of data you provide to any third parties. Any data collected by third parties is not covered by this privacy policy. We are not responsible for the content or privacy and security practices and policies of any third parties, including other websites, services, or applications that may be linked to or from the Services. You should review the policies of such third parties and contact them directly to respond to your questions.

HOW WE KEEP YOUR INFORMATION SAFE

We have implemented appropriate and reasonable technical and organizational security measures designed to protect the security of any Personal Information we process. However, despite our safeguards and efforts to secure your information, no electronic transmission over the internet or information storage technology can be guaranteed 100% secure, so we cannot promise or guarantee that hackers, cybercriminals, or other unauthorized third parties will not be able to defeat our security and improperly collect, access, steal, or modify your information. Although we do our best to protect your Personal Information, transmission of Personal Information to and from our Services is at your own risk. You should only access the Services within a secure environment.

HOW LONG WE KEEP YOUR INFORMATION

We only keep your Personal Information for as long as it is necessary for the purposes set out in this Privacy Notice, unless a longer retention period is required or permitted by law. No purpose in this notice will require us to keep your Personal Information for longer than the period of time in which users have an account with us.

CHILDREN'S PRIVACY

We do not solicit any Personal Information from children. If you are not 18 or older, you are not authorized to use our website. Parents should be aware that there are parental control tools available online that you can use to prevent your children from submitting information online without parental permission or from accessing material that is harmful to minors. In the event that a child is attending classes, a parent or legal guardian must consent to provide information regarding a child/minor.

COOKIES

What are Cookies?

A cookie is a small file with information that your browser stores on your device. Information in this file is typically shared with the owner of the website in addition to potential partners and third parties to that business. The collection of this information may be used in the function of the website and/or to improve your experience.

How we use Cookies.

To give you the best experience possible, we use the following types of cookies:

- *Strictly necessary.* As a web application, we require certain cookies to run our service.
- *Preference.* We use preference cookies to help us remember the way you like to use our Services. Some cookies are used to personalize content and present you with a tailored experience. For example, location could be used to give your services and offers in your area.

How to Control you Cookies.

So long as the cookie is not strictly necessary, you may opt in or out of cookie use at any time.

CHANGES

We may update this Privacy Policy from time to time in order to reflect, for example, changes to our practices or for other operational, legal or regulatory reasons. If you have questions and/or require more information, do not hesitate to contact us.

CONTACT US

If you have questions or comments about this Privacy Policy, you can contact us as follows:

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