

# Privacy Policy

**Effective Date:** 01/01/2022

Welcome to [www.southbaywomangym.com](http://www.southbaywomangym.com) ("we", "our", "us"). Your privacy is important to us. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website [www.southbaywomangym.com](http://www.southbaywomangym.com), in compliance with the California Consumer Privacy Act (CCPA) and other applicable laws.

## 1. Information We Collect

We may collect the following categories of personal information:

- Identifiers:** Name, email address, phone number.
- Internet Activity:** IP address, browser type, device information, browsing actions on our site.
- Geolocation Data:** General location from your IP address.
- Other Information You Provide:** Through forms, emails, or direct contact with us.
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## 2. How We Use Your Information

We may use your information to:

- Respond to your inquiries or contact you.
- Provide, operate, and improve our website and services.
- Analyze site usage to enhance user experience.
- Comply with legal obligations.
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## 3. Sharing Your Information

We do **not sell** your personal information. We may share data with:

- Service providers who help operate our website (e.g., hosting, analytics).
- Legal or regulatory authorities if required by law.
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## 4. Your Rights Under CCPA

If you are a California resident, you have the right to:

- Know** what personal information we collect and why.
- Request access** to your personal information.
- Request deletion** of your personal information.
- Opt out** of the sale of personal data (we do not sell data).
- Not be discriminated against** for exercising your rights.

To exercise any of these rights, contact us at:

[✉ customercare@southbaywomangym.com](mailto:customercare@southbaywomangym.com)

## 5. Cookies and Tracking

We use cookies and similar technologies to analyze traffic and improve your experience. You can adjust cookie preferences through your browser settings.

## 6. Third-Party Links

Our website may contain links to other sites. We are not responsible for their privacy practices or content.

## 7. Data Security

We implement appropriate security measures to protect your personal data. However, no method of transmission over the internet is 100% secure.

## 9. Changes to This Policy

We may update this Privacy Policy from time to time. Changes will be posted on this page with a revised effective date.

## 10. Contact Us

If you have questions or concerns about this Privacy Policy, please contact us at:

[✉ customercare@southbaywomangym.com](mailto:customercare@southbaywomangym.com)

## 11. SMS and Voice Fee Disclosure

By providing your phone number, you agree to receive text messages from GR Ware Wellness Group Inc dba Southbay Woman Gym and Day Spa and data rates may apply. Message frequency varies. You can opt-out at any time by texting STOP, or HELP for any help.