

1. Introduction

1.1 Our website uses cookies.

1.2 Insofar as those cookies are not strictly necessary for the provision of our website and services, we will ask you to consent to our use of cookies when you first visit our website.

2. Credit

2.1 SEQ Legal (<https://seqlegal.com>).

3. About cookies

3.1 A cookie is a file containing an identifier (a string of letters and numbers) that is sent by a web server to a web browser and is stored by the browser. The identifier is then sent back to the server each time the browser requests a page from the server.

3.2 Cookies may be either “persistent” cookies or “session” cookies: a persistent cookie will be stored by a web browser and will remain valid until its set expiry date, unless deleted by the user before the expiry date; a session cookie, on the other hand, will expire at the end of the user session, when the web browser is closed.

3.3 Cookies do not typically contain any information that personally identifies a user, but personal information that we store about you may be linked to the information stored in and obtained from cookies.

4. Cookies that we use

4.1 We use cookies for the following purposes:

(a) Authentication – we use cookies to identify you when you visit our website and as you navigate our website (cookies used for this purpose are: Google Analytics: `_ga _gid _gat`);

(b) Video – we use cookies to help us to determine if your settings whilst playing video (cookies used for this purpose are: Vimeo: `__gads _ga _gcl_au _gid continuous_play_v3 player void`);

(d) Personalisation – we use cookies to store information about your preferences and to personalise our website for you (cookies used for this purpose are: WordPress: `_ga io`);

(h) Cookie consent – we use cookies [to store your preferences in relation to the use of cookies more generally (cookies used for this purpose are: `viewed_cookie_policy`).

5. Cookies used by our service providers

5.1 Our service providers use cookies and those cookies may be stored on your computer when you visit our website.

5.2 We use Google Analytics to analyse the use of our website. Google Analytics gathers information about website use by means of cookies. The information gathered relating to our website is used to create reports about the use of our website. Google's privacy policy is available at: <https://www.google.com/policies/privacy/>.

6. Managing cookies

6.1 Most browsers allow you to refuse to accept cookies and to delete cookies. The methods for doing so vary from browser to browser, and from version to version. You can however obtain up-to-date information about blocking and deleting cookies via these links:

- (a) <https://support.google.com/chrome/answer/95647?hl=en> (Chrome);
- (b) <https://support.mozilla.org/en-US/kb/enable-and-disable-cookies-website-preferences> (Firefox);
- (c) <http://www.opera.com/help/tutorials/security/cookies/> (Opera);
- (d) <https://support.microsoft.com/en-gb/help/17442/windows-internet-explorer-delete-manage-cookies> (Internet Explorer);
- (e) <https://support.apple.com/kb/PH21411> (Safari); and
- (f) <https://privacy.microsoft.com/en-us/windows-10-microsoft-edge-and-privacy> (Edge).

6.2 Blocking all cookies will have a negative impact upon the usability of many websites.

6.3 If you block cookies, you will not be able to use all the features on our website.

7. Cookie preferences

7.1 You can view our policies on cookies at any time by returning to this page www.stabilisfitnessacademy.com/cookies-policy

8. Our details

8.1 This website is owned and operated by Andy Ciaravella

8.2 We are registered in England under registration number 08515610, and our registered office is at 20-22 Broomfield House, Lanswoodpark Broomfield Road, Elmstead, Colchester, Essex, England, CO7 7FD.

8.3 Our principal place of business is at 20-22 Broomfield House, Lanswoodpark Broomfield Road, Elmstead, Colchester, Essex, England, CO7 7FD.

8.4 You can contact us:

- (a) [by post, to [the postal address given above]];
- (b) [using our website contact form];
- (c) [by telephone, on [the contact number published on our website from time to time]]; or
- (d) [by email, using [the email address published on our website from time to time]].