

# Privacy Policy

## HIIT House

**Effective Date:** February 10, 2026

**Last Updated:** February 10, 2026

HIIT House (“we,” “our,” or “us”) values your privacy. This Privacy Policy explains how we collect, use, and protect your information when you visit our website, create an account, book classes, purchase memberships, or interact with us in person or online.

This policy applies to users in the United States, including residents of Pennsylvania.

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## Information We Collect

We may collect:

- Name, email address, phone number, and mailing address
- Date of birth and emergency contact information
- Membership details, waivers, and agreements
- Payment and billing information
- Health or fitness information you voluntarily provide
- Photos or videos taken in-studio (see Media section below)
- Website usage data (IP address, browser type, device type, pages visited, cookies)

Payment information is processed securely by third-party payment processors. HIIT House does not store full credit card numbers.

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## How We Use Your Information

We use your information to:

- Manage memberships and class bookings
  - Process payments (including digital wallets such as Apple Pay)
  - Communicate about your account, schedule changes, and studio updates
  - Send marketing communications (you may opt out at any time)
  - Improve our services and website experience
  - Maintain safety and studio operations
  - Comply with legal requirements
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## **Email & SMS Communications**

By providing your email address or phone number, you consent to receive transactional and marketing communications from HIIT House. Message and data rates may apply. You may unsubscribe from marketing communications at any time by following the opt-out instructions or contacting us directly.

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## **Studio Media (Photos & Video)**

HIIT House may take photos or videos during classes, events, or milestone celebrations for promotional use, including on our website, email campaigns, and social media channels.

By attending classes or events, you acknowledge that you may appear in such content. If you prefer not to be photographed or recorded, please notify studio staff in writing.

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## **Sharing of Information**

We do not sell your personal information.

We may share your information with trusted third-party providers that support our operations, including:

- Membership and booking software platforms
- Payment processors
- Email and SMS marketing providers
- Website hosting and analytics services

These providers are required to maintain appropriate safeguards.

We may also disclose information if required by law or to protect our rights and safety.

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## **Cookies & Tracking**

Our website may use cookies and similar tracking technologies to improve functionality and analyze usage. You may adjust your browser settings to decline cookies; however, certain features may not function properly.

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## **Data Security & Retention**

We implement reasonable administrative, technical, and physical safeguards to protect your information. However, no system can guarantee absolute security.

We retain personal information only as long as necessary to provide services, comply with legal obligations, and resolve disputes.

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## **Children's Privacy**

HIIT House services are not directed to children under 13. We do not knowingly collect personal information from children under 13 without parental consent in accordance with applicable law.

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## **Your Rights**

You may request access to, correction of, or deletion of your personal information by contacting us using the information below. You may also opt out of marketing communications at any time.

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## **Changes to This Policy**

We may update this Privacy Policy from time to time. Updates will be posted here with a revised effective date.

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## **Contact Information**

HIIT House  
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