

Privacy Policy and GDPR Consent Notice

Last Updated: 9th July 2026

Karen's Fitness Club, operated by Karen Grima, respects your privacy and is committed to protecting your personal data. By subscribing to my mailing list, you agree to provide certain personal information so I can keep you informed about my fitness services and offers. Please read this Privacy Policy carefully to understand how I collect, use, and protect your personal data.

1. What Personal Data I Collect

When you subscribe to my mailing list, I collect the following personal data:

- First Name
- Email Address

I only collect the information necessary to communicate with you about my services.

2. How I Use Your Data

Your personal information is used solely for marketing and communication purposes, including sending you:

- Updates about fitness classes at Karen's Fitness Club.
- Information about personal training services.
- Nutrition coaching tips and offers.
- Health and fitness advice, newsletters, promotions, and special events.

Your data will not be used for any purpose other than those described above.

You may unsubscribe from marketing emails at any time by clicking the unsubscribe link included in every email or by contacting me directly.

3. Email Marketing Service Provider

I use MailerLite to manage my email communications and securely store subscriber information.

MailerLite processes your personal data in accordance with applicable data protection laws and its own Privacy Policy.

4. Cookies and Tracking Technologies

My website may use cookies and similar technologies to improve your browsing experience and to measure the effectiveness of marketing campaigns.

Where required by law, you will be given the option to manage your cookie preferences through a cookie consent banner.

5. How I Protect Your Data

I take appropriate technical and organisational measures to protect your personal data from unauthorised access, disclosure, alteration, or destruction.

I process your personal data in accordance with the General Data Protection Regulation (GDPR) and all applicable data protection laws.

6. Your Rights Under GDPR

If you are located within the European Economic Area (EEA), you have the following rights:

- **Right of Access** – Request a copy of the personal data I hold about you.
- **Right to Rectification** – Request correction of inaccurate or incomplete information.
- **Right to Erasure** – Request deletion of your personal data.
- **Right to Withdraw Consent** – Withdraw your consent to receive marketing communications at any time.
- **Right to Restrict Processing** – Request that I limit how your data is processed in certain circumstances.
- **Right to Data Portability** – Request a copy of your personal data in a structured, commonly used format.
- **Right to Object** – Object to the processing of your personal data for direct marketing purposes.

To exercise any of these rights, please contact me using the details below.

7. Sharing Your Personal Data

I do not sell, rent, or trade your personal information.

Your information is only shared with trusted service providers where necessary to operate my email marketing, including:

- MailerLite (email marketing and subscriber management)

I may also disclose your information if required by law.

8. Contact Information

If you have any questions about this Privacy Policy or how your personal data is handled, please contact:

Karen Grima

Karen's Fitness Club

Email: info@fitbykaren.com

9. Changes to This Privacy Policy

I may update this Privacy Policy from time to time to reflect changes in my services, legal requirements, or business practices.

Any updates will be published on this page together with the revised "Last Updated" date.

10. Consent

By subscribing to my mailing list and providing your personal information, you confirm that you have read and understood this Privacy Policy and consent to the collection and processing of your personal data for the purposes described above.

You may withdraw your consent at any time by clicking the unsubscribe link in any email you receive or by contacting me at info@fitbykaren.com.