



THE TRAINING ROOM

PHYSICAL THERAPY & SPORTS PERFORMANCE

Privacy Policy for The Training Room, LLC

Effective Date: August 6th, 2025

1. Personal Information We Collect

We may collect the following types of personal information when you interact with our website, services, or sign up for SMS communication:

- Name
- Phone number
- Email address
- Appointment details
- Any messages or inquiries you submit
- IP address and browser/device information through cookies and analytics tools

2. How We Use Your Information

The information we collect is used to:

- Schedule and manage appointments
- Communicate with you about services or updates
- Send you SMS messages such as appointment reminders, order alerts, or account notifications (if you opt in)
- Improve our services and website experience
- Respond to inquiries or customer service requests

3. Information Sharing

We do not sell, rent, or share your personal information with third parties or affiliates for marketing purposes.

Specifically, **SMS consent is not shared with third parties.**

We may share limited information with trusted service providers who perform tasks on our behalf, such as SMS delivery platforms or scheduling software, solely for the purpose of delivering services. These providers are required to protect your information and may not use it for other purposes.



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SMS Terms & Conditions

By opting into SMS from a web form or other medium, you are agreeing to receive SMS messages from The Training Room, LLC. This includes messages for:

- Appointment reminders
- Account updates
- Order or service alerts
- Customer support and care
- For assistance, text HELP or visit our website at <https://thetrainingroomcc.com/>.
- Visit [[Privacy Policy LINK](#)] for privacy policy and Terms of Service.

Message frequency may vary.

Message and data rates may apply.

To opt out at any time, text STOP.