



# Dragonfly Family Fitness and Yoga, LLC

[www.dragonflyfamilyfitnessandyoga.com](http://www.dragonflyfamilyfitnessandyoga.com)

386-276-6386

## 1. Privacy Policy

**Effective Date: November 2025**

**Last Updated: November 2025**

**Dragonfly Family Fitness & Yoga, LLC** ("we," "our," "us") is committed to protecting your privacy. This Privacy Policy explains how we collect, use, store, and safeguard your personal information when you visit our website, create an account, submit forms, schedule sessions, or use our coaching services.

By accessing our website or submitting information to us, you agree to the practices described in this policy.

### 1. Information We Collect

#### Personal Information You Provide

We may collect the following information when you interact with our site or coaching services:

- Name, email address, phone number
- Mailing or billing address
- Login credentials for member accounts
- Scheduling information
- Responses to onboarding documents

- Health-related information (injuries, goals, limitations, lifestyle, medical considerations voluntarily disclosed)
- Payment information (processed securely by a third-party processor; we do not store full card numbers)

## **Automatically Collected Information**

When you visit our website, we may automatically collect:

- IP address
- Device type
- Browser type
- Usage data
- Cookies and analytics data

We may use Google Analytics or similar tools to understand site traffic.

## **2. How We Use Your Information**

We use information we have collected to:

- Provide coaching, training, yoga, and wellness services
- Process scheduling, communication, and billing
- Improve our website and member portal
- Send administrative emails, updates, or service-related messages
- Personalize coaching recommendations
- Maintain account access and portal security
- Comply with legal obligations

We **do not sell** your personal information.

## **3. How We Share Information**

We may share limited information with:

- **Service providers** such as scheduling platforms, payment processors, Google Workspace, email platforms
- **Technology vendors** supporting website hosting and analytics
- **Additional trainers on our team**, only when necessary to deliver your coaching services

We do not share more information than necessary for the service being provided.

## 4. Health Information Notice

While we may collect health-related information to customize coaching, we are **not a medical provider** and are **not a HIPAA-covered entity**.

However, we treat this information with confidentiality and do not disclose it outside of necessary coaching and operational purposes.

## 5. Cookies & Tracking Technologies

Our site may use cookies to:

- Improve functionality
- Track usage
- Assist with login sessions
- Analyze site performance

You may disable cookies through your browser settings, but some features may not function properly.

## 6. Data Security

We take reasonable administrative, technical, and physical steps to protect your information, including:

- Secure hosting
- SSL encryption
- Limited staff access
- Encrypted platforms where possible

However, no method of transmission over the internet is 100% secure.

## **7. Data Retention**

We retain personal information only as long as necessary to:

- Provide coaching services
- Maintain records for legal, business, or contractual reasons
- Follow regulatory or tax requirements

## **8. Your Rights & Choices**

Depending on your location, you may have rights to:

- Access your personal information
- Request corrections
- Request deletion
- Request to download your data
- Opt out of specific communications

To submit a request, contact us at:

**[keithdennis@dragonflyfamilyfitnessandyoga.com](mailto:keithdennis@dragonflyfamilyfitnessandyoga.com)**

## **9. Third-Party Links**

Our website and member portal may link to external websites (e.g., Google Meet, payment processors).

We are not responsible for the privacy practices of those websites.

## **10. Updates to This Policy**

We may update this Privacy Policy as needed. The “Last Updated” date will be revised accordingly.

## **11. Contact Us**

If you have questions regarding this policy, please contact us at:

**[keithdennis@dragonflyfamilyfitnessandyoga.com](mailto:keithdennis@dragonflyfamilyfitnessandyoga.com)**

