

LEGAL

Privacy Policy

Last Updated: May 2, 2026

Function First Fitness is committed to protecting your privacy. This policy explains what information we collect, how we use it, and your rights regarding your personal data.

01

Information We Collect

We only collect information you voluntarily provide to us. We do not collect data passively beyond basic analytics described in Section 5.

When you submit our consultation form, we collect:

- Personal Identifiers: Your first and last name, email address, and phone number.
- Fitness Information: Your program interest and any goals or background you choose to share so we can prepare for your consultation.

We only ask for what we need. You are never required to share sensitive health or medical information to receive a consultation.

02

How We Use Your Information

Your information is used solely to facilitate personal training services. Specifically, we use it to:

- Contact you to schedule or confirm your free consultation
 - Customize your fitness assessment and initial programming recommendations
 - Follow up regarding your training inquiry
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03

Data Storage & Security

Form submissions are stored securely via Cloudflare D1, a serverless SQL database with industry-standard encryption at rest and in transit. Access to your data is restricted to authorized personnel only.

While we implement reasonable security measures, no system is 100% impenetrable. We encourage you to reach out immediately if you believe your information has been compromised.

Data retention: We retain your information only as long as necessary to provide services or as required by law. You may request deletion at any time — see Section 9.

04

Third-Party Services

Our website uses a small number of third-party services to function:

- Google Fonts — Used to load our site typography. Google may log your IP address when fonts are requested.
- Google Maps — An embedded map is used on our location section.
- Cloudflare — Our website is hosted and protected by Cloudflare, which may process network-level data for security and performance.

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Cookies & Tracking

Function First Fitness does not use advertising cookies, tracking pixels, or behavioral analytics tools. We do not run retargeting ads or track you across other websites.

Basic technical cookies may be set by Cloudflare for security purposes (e.g., bot detection). These are strictly necessary for the site to function and do not track personal behavior.

No ad tracking. No retargeting. No data brokers. This site exists to help you get in touch with us — nothing more.

06

Your Rights

Regardless of where you are located, you have the right to:

- Access — Request a copy of the personal data we hold about you
- Correction — Request that inaccurate information be corrected
- Deletion — Request that your data be permanently deleted from our records
- Opt-out — Opt out of any future communications from us at any time

07

Children's Privacy

Our website and services are not directed at children under the age of 13. We do not knowingly collect personal information from children under 13.

Minors between the ages of 13 and 17 who are interested in training services should have a parent or guardian reach out on their behalf.

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Changes to This Policy

We may update this Privacy Policy from time to time to reflect changes in our practices or legal requirements. When we do, we will update the "Last Updated" date at the top of this page.

Continued use of our website after changes are posted constitutes acceptance of the updated policy.

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Contact & Data Deletion

If you have any questions about this Privacy Policy, would like to access your data, or want your information permanently deleted, please reach out directly:

Email: function1stfitpgh@gmail.com
