



**CAROLINA GOODWIN**  
PERSONAL TRAINER

## Privacy Policy

---

Last updated: 14 March 2026

We respect your privacy and are committed to protecting your personal information.

This Privacy Policy explains how we collect, use, and protect the information you provide when expressing interest in our proposed fitness and wellness centre.

### Information We Collect

When you submit your information through our online forms or advertisements, we may collect the following personal information:

- Name
- Email address
- Phone number
- Any information you voluntarily provide in response to questions about fitness interests or preferences.

### How We Use Your Information

The information you provide will be used for the following purposes:

- To maintain an interest list for the proposed fitness and wellness centre.
- To communicate updates about the concept, potential location, and opening plans.
- To better understand community interest and preferences for fitness and wellness services.

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

### Data Storage and Protection

We take reasonable steps to protect the personal information we collect from loss, misuse, and unauthorized access.

Information may be stored using secure digital platforms used to manage communication and customer interest lists.

### Your Rights

You may request to:

- Access the personal information we hold about you
- Correct inaccurate information
- Request removal from our interest list

To make a request, please contact us using the details below.

### Contact

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

[Carolina Goodwin

Email: [contact@trainingwithcarolina.com](mailto:contact@trainingwithcarolina.com)

### Changes to This Policy

This Privacy Policy may be updated from time to time. Any updates will be published on this page.