

Privacy Policy

Last Updated: 12/1/2025
Team Sassy Fitness LLC
Owner: Chiquita Nicole Chambers
Based in Orlando, Florida

1. Introduction

Team Sassy Fitness LLC (“Company,” “we,” “us,” or “our”) respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website, use our services, purchase products, or interact with our content.

By accessing our website or services, you agree to the terms outlined in this policy.

2. Information We Collect

We may collect the following types of information:

A. Personal Information

Information you voluntarily provide, including:

- Name
- Email address
- Phone number
- Billing and shipping address
- Payment information (processed securely by third-party payment processors)
- Health or wellness information you voluntarily share in questionnaires or coaching forms

B. Automatically Collected Information

When you visit our website, we may collect:

- IP address
- Browser type
- Device type
- Pages visited
- Time spent on pages
- Cookies, pixels, and tracking technologies

C. Social Media Information

If you interact with us via social platforms (Facebook, Instagram, TikTok, etc.), we may receive certain profile information depending on your privacy settings.

3. How We Use Your Information

We use your information to:

- Provide coaching, training, and wellness services
- Process payments and deliver purchased products
- Respond to inquiries and provide customer support
- Send emails, newsletters, updates, promotional offers, or reminders
- Improve website functionality and user experience
- Analyze user behavior to optimize marketing and services
- Comply with legal and regulatory requirements

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

4. Sharing Your Information

We may share your information only with:

- **Service Providers:** Payment processors, scheduling platforms, email marketing tools, analytics tools, website hosting services
- **Business Partners:** Vendors or partners assisting with product delivery or service execution
- **Legal Authorities:** If required to comply with applicable laws, regulations, or legal processes

We do **not** sell or rent your information to third parties.

5. Cookies & Tracking Technologies

Our website may use cookies, pixels, and similar technologies to improve your browsing experience and deliver targeted advertising.

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

6. Data Security

We implement industry-standard security measures to protect your information, including:

- Secure Socket Layer (SSL) encryption
- Restricted access to your personal data
- Secure third-party payment processing

However, no method of data transmission is 100% secure. You acknowledge that you provide information at your own risk.

7. Your Rights

Depending on your location, you may have the right to:

- Access the personal information we have about you
- Request corrections or updates
- Request deletion of your personal data
- Opt out of marketing emails (every email contains an unsubscribe link)
- Limit the collection of certain data via cookies

To submit a request, email us at:

[Insert Business Email]

8. Children's Privacy

Our website and services are not intended for individuals under 18.

We do not knowingly collect personal information from minors. If we learn that a minor has submitted information, we will delete it promptly.

9. Third-Party Links

Our website may contain links to external websites.

We are not responsible for the privacy practices or content of those sites.

10. Changes to This Privacy Policy

We may update this Privacy Policy periodically.

Revisions will be posted on this page with a new effective date. Continued use of our website signifies acceptance of these changes.

11. Contact Us

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

Team Sassy Fitness LLC

Attn: Privacy Officer – Chiquita Nicole Chambers

Orlando, Florida

Email: chiquitanicole@teamsassyfitness.com