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COOKIE POLICY

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Welcome to VFJ Pilates!

At VFJ Pilates, accessible from www.vfjpilates.co.uk, one of our main priorities is the privacy of our visitors. This document contains information about how we use cookies and similar technologies. It explains what these technologies are and why we use them as well as your right to control them. This Cookie Policy applies to all our online activities and is valid for visitors to our website. This policy is not applicable to any information collected offline.

This Cookie Policy was created with the help of Termly's Cookie Consent Manager and Privacy Policy Generator.

If you have additional questions or require more information about this policy, do not hesitate to contact us.

CONSENT

By using our website accessible from www.vfjpilates.co.uk, attending any sessions or interacting via any of our social media channels you hereby consent to our Privacy Policy and accept our Terms & Conditions, Refund Policy, safeguarding policies and all other policies. By participating in any exercise, you agree to our Exercise Disclaimer. By accessing any of our activities we assume you accept and consent to all our policies. Do not continue to use VFJ Pilates if you do not agree to take all the terms & conditions stated on these pages.

WHAT ARE COOKIES

Cookies are small data files that are placed on your computer or mobile device when you visit a website. Cookies are widely used by website owners to make their websites work, or to work more efficiently, as well as to provide information.

WHY DO WE USE COOKIES?

Like any other website, VFJ Pilates uses 'cookies'. These cookies are used to store information including visitors' preferences, and the pages on the website that the visitor accessed or visited. The information is used to optimize the users' experience by customizing our web page content based on visitors' browser type and/or other information.

Some cookies are required for technical reasons for our website to operate. According to WIX 'they enable core functionality such as security, verification of identity and network management'. These cookies cannot be disabled and are referred to as 'essential' cookies. Other cookies are for aesthetic reasons. According to WIX they 'collect data to remember choices users make to improve and give a more personalised experience' these are referred to as 'functional' cookies. Some cookies also enable us to track our users. According to WIX 'to help us to understand how visitors interact with our website, discover errors and provide better overall analytics to enhance the experience on our website' these are called 'analytical' cookies. Some cookies are used to track advertising according to WIX they track 'effectiveness to provide a more relevant service and deliver better ads to suit your interests' these are 'marketing' cookies.

HOW CAN I CONTROL COOKIES?

You have the right to decide whether to accept or reject cookies. You can exercise your right in the Cookie Consent Manger. The Cookie Consent Manager allows you to select which categories of cookies you accept or reject. Essential cookies cannot be rejected as they are strictly necessary to provide you with services.

The Cookie Consent Manager can be found in the notification banner on our website. If you choose to reject cookies, you may still use our website though your access to some functionality and areas of our website may be restricted.

You can also choose to disable cookies through your individual browser options. To know more detailed information about cookie management with specific web browsers, it can be found at the browsers' respective websites.

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INFORMATION ON COOKIES USED BY VFJ PILATES:

Cookie Name	Purpose	Duration	Type
XSRF-TOKEN	Used for security reasons	Session	Essential
hs	Used for security reasons	Session	Essential
svSession	Used in connection with user login	2 years	Essential
SSR-caching	Used to indicate the system from which the site was rendered	1 minute	Essential
_wixCIDX	Used for system monitoring/debugging	3 months	Essential
_wix_browser_sess	Used for system monitoring/debugging	Session	Essential
consent-policy	Used for cookie banner parameters	12 months	Essential
smSession	Used to identify logged in site members	Session	Essential
TS*	Used for security and anti-fraud reasons	Session	Essential
bSession	Used for system effectiveness measurement	30 minutes	Essential
fedops.logger.sessionId	Used for system effectiveness measurement	12 months	Essential
wixLanguage	Used on multilingual websites to save user language preference	12 months	Functional
_tlbcpv	Used to record unique visitor views of the consent banner	?	?
bolt-performance	?	?	Analytical
bt	Social sharing plugin to allow for content sharing	?	?
_of_bm	?	?	?
fedops.logger.defaultOverrides	?	?	?
_wixRIDX	?	?	?
_wixUDIX	?	?	?
_wixUDIX	?	?	?

THIRD PARTY PRIVACY POLICIES

VFJ Pilates's Privacy Policy does not apply to other advertisers or websites. Thus, we are advising you to consult the respective Privacy or Cookie Policies of these third parties for more detailed information. It may include their practices and instructions about how to opt-out of certain options.

VFJ Pilates use various third-party websites to facilitate their business, links to the privacy policies of each website are listed below:

Website Name	Link	Used For
WIX	https://www.wix.com/about/privacy	Website building, hosting & Marketing
BookWhen	https://bookwhen.com/privacy	Booking system
Send In Blue	https://www.sendinblue.com/legal/privacypolicy/	Sending transactional emails

VFJ Pilates does not currently have any advertising partners.

Third-party ad servers or ad networks use technologies like cookies, JavaScript, or Web Beacons that are used in their respective advertisements and links that appear on VFJ Pilates, which are sent directly to users' browser. They automatically receive your IP address when this occurs. These technologies are used to measure the effectiveness of their advertising campaigns and/or to personalize the advertising content that you see on websites that you visit.

Note that VFJ Pilates has no access to or control over these cookies that are used by third-party advertisers.

UPDATING THIS STATEMENT

Victoria Frances Jackson may update this cookie policy by posting a new version on this website. You should check the website regularly to ensure you are familiar with any changes to these terms and conditions.

Sincerely,

VICTORIA JACKSON

Owner

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