Privacy Policy

Superior Fitness Center receives personal information through this website. You may, for example, be asked for personal information if you want to take advantage of specific services that we offer, such as online ordering or subscription to our opt in eMail.

In any case where you provide personal information, we will only use it to deliver the services you have requested.

This privacy policy only covers the Superior Fitness Center Website.

The Superior Fitness Center website does not automatically capture or store personal information, other than logging the user's IP address and session information such as the duration of the visit and the type of browser used. This is recognized by the Web server and is only used for system administration and to provide statistics, which the Superior Fitness Center uses to evaluate use of the site.

This policy does not cover links within this site to other websites. We do use cookies to maintain the integrity of sessions.

Summary of terms

Browser
Used to locate and display Web pages via a software application. The most popular ones are Google Chrome, Mozilla Firefox, Apple Safari and Microsoft Internet Explorer.

IP (Internet Protocol)
All networks connected to the internet speak IP, the technical standard that allows data to be transmitted between two devices. TCP/IP (Transmission Control Protocol/Internet Protocol) is responsible for making sure messages get from one host to another and that the messages are understood.

IP address
If you are connected to the Internet you have one, for example it may look something like this 192.168.0.1.

Web Server
Delivers (serves up) web pages to your computer

Cookie
This is a file created by the web browser on the user's PC in response to a message sent from a web server. Each time the web browser subsequently requests a page from the web server, this message is sent back. We only use cookies to maintain the integrity of sessions. We do not use cookies to collect or store personal information such as your name or e-mail address.