Privacy and consent

Form 1 of 2 for new and existing members. Read the notice and sign to acknowledge receipt. You may choose “No” for every optional purpose.

Who handles your information

Data controller: My Way Training / Πούλιας Νικόλαος (Nikolaos Poulias), 7 Alexioupoleos Avenue, 164 52, Argyroupoli, Greece. Contact and rights: argyroupoli@myway.fit · +30 212 103 1000.

Information and purposes

Name, email, phone, age, bookings, attendance and membership are used for your trial and member services (GDPR Article 6(1)(b)). Necessary security and submission evidence rely on our legitimate interest in protecting accounts (6(1)(f)), with a right to object. Legal obligations rely on 6(1)(c). Optional profile photos, goals and results support your personal app use and are not published. Progress comparisons are not medical diagnoses. Minimal health answers in MW02 need separate explicit consent (6(1)(a) and 9(2)(a)). Offers and images are used only for affirmative choices on the next page (6(1)(a)).

Access and recipients

Within the gym, only Nikos Poulias sees signed forms and health responses; you receive your own copy. Hosting, email and identity providers act under security/confidentiality obligations. Authorities receive information only where lawfully required. Your membership card shows its number, name and validity status, never health responses. We do not give partners your details for their own advertising.

Retention

Trial without paid membership: up to two years from the visit, cancellation or scheduled date. Members: during the relationship and up to two years after it ends. Health answers: only while necessary, reviewed annually, and up to two years from the last workout. Offer/image consents: up to two years from signature or earlier withdrawal. Images: up to two years from capture, without extension by reposting, and no later than consent expiry/withdrawal. Minimal evidence of choices/withdrawal: up to two years after use ends. We erase unnecessary information earlier. Specific legal obligations or pending claims permit only necessary further retention. MYWAY requires MW01 to be signed again every two calendar years. This is a MYWAY rule, not a general GDPR deadline. MW02 is updated when your history changes, without automatic two-year re-signing.

Rights and withdrawal

You may request access/a copy, correction, erasure, restriction, portability or object where applicable. Withdraw each consent separately, free of charge, using the email/phone above. We normally respond within one month. You may complain to the Hellenic Data Protection Authority, www.dpa.gr. Withdrawal does not undo earlier lawful processing.

Before use with real members, MYWAY completes technical providers, countries, any safeguards for transfers outside the EEA and the maximum backup-erasure cycle: _____.

Optional choices

Choose SMS, email, promotional app notifications and Social media independently. Blank or “No” means no permission. Refusal or withdrawal does not affect your trial, membership or bookings.

Member full name: _____

Email: _____

Mobile phone: _____

MYWAY offers and news by email	☐ Yes ☐ No
MYWAY offers and news by SMS	☐ Yes ☐ No
Promotional app notifications	☐ Yes ☐ No
Social media (photos and videos)	☐ Yes ☐ No

Name or Instagram handle only if permitted: _____

SMS: we use your mobile number for MYWAY offers, news and events. Email: we use your email for the same promotional updates. App: promotional messages within the app and push notifications when permitted by your device. Withdraw each channel separately in “My forms” or at argyroupoli@myway.fit. Necessary account/booking messages are separate from offers. Device notification permission does not replace marketing consent.

“Social media” allows capture and public publication of photos and videos from workouts/activities to present and promote MYWAY, only on Instagram @mywaytrainingspot, https://www.instagram.com/mywaytrainingspot/. Video may include your voice. If you optionally enter a name or @Instagram, you allow that mention or tag; a blank field means no name/tag. This excludes paid ads, other channels, use of your private profile photo and facial recognition. Visitors and Meta see the material; the platform may process data outside Greece/the EEA under its own policy, https://privacycenter.instagram.com/policy/. On withdrawal, we stop use and remove material we control without undue delay. Third-party copies are not entirely under our control.

☐ I received and read the notice. I sign for the SMS, email, promotional app notification and Social media choices recorded in my copy. Signing is not blanket consent and does not turn “No” or blank choices into “Yes”.

Signatory full name: _____

Date and time: _____

Signature: _____

The electronic signature is linked to the version, choices and submission time. You receive a private copy.