

Private use of studio rules and related regulations

Private use of Alpenglow Fitness' studio requires your commitment to fighting COVID-19 for your safety as well as the safety of all our clients and employees. We are restricting use to one specific bike, against the long wall and closest to the water dispenser (this is so we can do extra cleaning/sanitization there).

Please initial the following:

- I will **not** enter the studio if I am not in compliance with the "[Ready to Workout](#)" statement _____.
- I will use the designated bike and only use up to two sets of weights _____
- I will be the only person in the studio. I will not bring friends or family members nor share the keycode with anyone _____
- I will be respectful by staying in the time I booked and treat the equipment as if it were my own _____
- I will notify in writing to alpenglowfitnessvt@gmail.com if I develop any symptoms within 14 days of my visit
- I will clean the bike and weights the following way:
 - Step one: Spray with Mrs. Myers cleaner and wipe with paper towels
 - Step two: Spray with alcohol and wipe with towel OR use Clorox wipes _____
- I will mop under my bike and any footprints I left behind (leave the studio as you found it so it's ready for the next person) _____
- I will spray the interior of the pod with alcohol and *gently* wipe with paper towel OR use Clorox wipes _____
- I will not use the shower _____
- I hold Alpenglow Fitness LLC harmless for any injuries that occur during or as a result of using Alpenglow's facilities. _____
- I will turn off all lights (except for the colorful strip lights at the bottom of the mirror), lock the doors, and put away all equipment _____
- Enter and exit through back door (we will provide you with the code to get in the back upon completion of this document). _____

Name (typed):

Signature:

Date: