

ALPHA FITNESS

WE CARE

The health and safety of our employees and members is our top priority. We are committed to providing an environment that meets the highest sanitation and hygiene standards. To enjoy your experience to the fullest at Alpha Fitness, we ask that you are aware of the following guidelines to ensure your safety and comfort as well as that of our other members and employees. We are following all CDC guidelines and governmental protocols as they are provided.

AS OF SEPTEMBER 1, YOU CAN EXPECT:

Temporary Gym Hours: Monday–Friday 5AM–9PM & Saturday/Sunday: 6AM–3PM
The gym will be closed Monday-Friday from 1-3PM for a deep cleaning/sanitization.

We will operate at a reduced capacity of 25% per Executive Order 181.

Masks/Face coverings are required to be worn while in the facility. Alpha Fitness Face Masks will be available for purchase.

Temperatures will be checked upon entry with no-touch thermometer.

Employees or members who are sick or have a fever of 100.4 and higher will be prohibited from entering.

A brief questionnaire must be completed, and a sign-in for contact tracing.

Spray disinfectants and wipes are readily available throughout the facility.

We ask members to sanitize machines before AND after use.

Staff will frequently clean & disinfect machines and all high-touch areas regularly.

Social distancing guidelines of at least 6 feet of separation must be maintained by every person in the facility to the greatest extent possible. We always encourage you to keep a machine apart.

All employees and members are required to wash hands and sanitize as often as possible while in the facility.

Avoid touching your eyes, nose, mouth.

Locker room use will be limited to one person at a time.

Showers and Water Fountain will be closed until further notice.

Please keep your workout to a maximum of 90 minutes.