



COVID-19 Health and Safety Protocols at Alpha Life Fitness

At Alpha Life Fitness, your health and safety are our top priorities. This document outlines the measures we have implemented to ensure a safe and supportive environment for all one-on-one training sessions during the COVID-19 pandemic.

Enhanced Cleaning and Disinfection

Frequent Sanitization: All equipment and high-touch surfaces are cleaned and disinfected after each use.

Deep Cleaning: The facility undergoes comprehensive cleaning and disinfection daily.

Sanitized Towels: Fresh towels sanitized with steam are provided for each client.

Social Distancing

Private Sessions: All training sessions are one-on-one to ensure personal space and minimize contact with others.

Scheduled Appointments: All sessions are by appointment only, with adequate time between sessions to avoid overlap.



Hygiene Practices

Hand Washing: All clients and staff are encouraged to wash their hands frequently and use hand sanitizer regularly.

Personal Towels: While sanitized towels are provided, clients are welcome to bring their own towels and water bottles.

Ventilation and Air Quality

Improved Ventilation: We have enhanced our ventilation system to ensure a constant flow of fresh air.

Air Purifier: A high-efficiency air purifier is used in the facility to maintain air quality.

Virtual Training Options

Online Sessions: For those who prefer to stay at home, we offer virtual training sessions to maintain your fitness routine.

We are committed to providing a safe and supportive environment for your fitness journey. Thank you for your cooperation and understanding.

Lucie

Owner, Alpha Life Fitness