



**\*NEW UPDATES\***  
**Effective 7-27-2020**

**ALODIA FITNESS CENTER COVID-19 GUIDELINES**

At Alodia Fitness Center, we remain 100% committed to providing you with an amazing facility for your workout. With the resuming of regular hours, please review the revised steps we need to all take to have a worry-free experience and keep everyone safe and healthy.

**PLEASE READ THROUGH THE REVISED GUIDELINES:**

OUR PROMISE TO YOU	WHAT YOU CAN DO TO HELP
<p>Meeting or exceeding all state, local, CDC and other regulatory guidelines relating to sanitation, hygiene, and physical distancing.</p> <p>Monitoring employees for fever, symptoms, and possible interactions with sick individuals.</p> <p>Continually training employees on sanitation and hygiene standards.</p> <p>Partnering with Salem to ensure professional cleaning nightly and instructing our staff to sanitize frequently.</p> <p>Be kind and accepting of all feedback.</p>	<p>If you feel sick, please stay at home.</p> <p>You must positively confirm that you have not had a temperature (as defined by the CDC) prior to entry nor been around anyone with COVID-19 for minimum of 14 days.</p> <p>Wash hands and utilize sanitizer before you arrive and throughout your workout.</p> <p>Thoroughly read and respect our Alodia Fitness Center and Salem Campus COVID-19 Guidelines.</p> <p>Be kind in providing feedback.</p>

- Masks **MUST** be worn in the atrium. Please wear when entering the atrium before and after workout.
- Members must wear gloves that fully cover from the wrist to the fingers while exercising.
- Locker rooms/restrooms are now open. NOTE: no towel service available. Please bring your own towel(s).
- **PLEASE PLEASE** clean up after your workout, shower, visit!



## HOURS OF OPERATION:

**Monday – Saturday**

5:30 am – 10 pm

**Sunday**

12 pm – 10 pm

- Each member must use their own access card to enter the fitness center. For example, if 2 members are entering at the same time, each must use their own access card to enter.
- Members must sanitize gym bags and backpacks before entering the gym.
- Water fountains will not be available. No outside food or drink. Only closed bottles allowed.
- Wipe down any equipment before and after every use, including exercise machines and dead weights.
- Maintain physical distancing during your workout.
- No more than 5 people at the same time in the cardio room or weight room.
- Avoid high fives, fist bumps, handshakes, etc.
- Please remember to cover your mouth and nose when sneezing or coughing and sanitize afterward.

**Thank you so much for your help in keeping the fitness center safe and clean for everyone!**

As this is an evolving situation, we will continue monitoring to ensure the proper precautions are being taken and update these guidelines as needed. Please let us know if you have questions or additions for us to consider by emailing: [fitness@alodiaconsulting.com](mailto:fitness@alodiaconsulting.com).