



WELLNESS

STRATA FIT: RELAUNCHING IN-PERSON FITNESS

Welcome Back, Members and Athletes!

Dear Members and Athletes,

We look forward to welcoming you back to the STRATA Fit Fitness Center at Garden of the Gods Resort and Club. We have been hard at work making the gym more spacious, cleaner, and sanitary than ever before and to help keep our Athletes, Members, Team Members, and Community safe.

STRATA Fit will relaunch operations beginning on **Monday, June 8, 2020, at 6AM**. Please note, advanced reservations are required for all workout appointments – as fitness logistics have evolved to best serve you and your safety. Please read below to learn more about the new operations, instructions on how to make a workout reservation, and what to expect before and during your fitness experience.

WELCOME.

As we further prepare to relaunch, your gym experience has been reimaged to support physical distancing, manage the number of Athletes inside STRATA Fit, and allow more time for thorough cleanings and at regular intervals throughout the day – all to provide a comfortable, convenient, and confident workout environment upon your return.

In addition to the physical and mental health benefits that our fitness facilities and activities can provide Members and Athletes who have been strictly adhering to At Home orders, STRATA Fit has equipped its operations in a way that allows Athletes to use the facilities while still maintaining physical distancing protocol and following all necessary health precautions. We continue to follow the guidelines and regulations put forth by the Center for Disease Control and Prevention and state and local authorities, including Executive Orders and the El Paso County Public Health Department.

Relaunching will occur in phases and additional fitness offerings, including Personal Training, Fitness Coaching, and in-gym Group Fitness Classes, will be added in the near future.

The steps outlined involve easily achievable goals, such as limiting the number of Athletes permitted in the gym and ancillary pop-up workout spaces and allowing Athletes to schedule their workout times in advance via a call-in reservation system. **Please read below for the comprehensive roadmap to reopen the fitness doors and relaunch your fitness experience – safely and responsibly.**

HOURS OF OPERATIONS.

STRATA Fit will be open **Monday – Sunday, 6:00AM – 7:00PM**, beginning Monday, June 8, 2020.

Workouts are for **45-minute time durations**, and appointment reservations and start times are at the top of the hour: 6A, 7A, 8A, 9A, 10A, 11A, 12P, 2P, 3P, 4P, 5P, 6P.

Fitness Team Members will announce a **five-minute time warning at 00:40** as a signal to begin wrapping your workout, performing cool down, and finishing stretches. Exit promptly at the end of workout via the Garden Room double doors.

Following each 45-minute workout session, **we will close for 15-minute intermissions before and after workouts** to ensure the exercise facilities are clean, sanitized, reset, and ready to go for the upcoming Athletes. In addition to existing continuous cleaning protocols, we have added a rigorous, deep-cleaning, and disinfecting process; designated areas of STRATA Fit will be sectioned off and temporarily closed to facilitate the cleaning process, specifically as a mid-day clean and **turnover between 1P-2P**.



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WORKOUT LOCATIONS.

STRATA Fit has equipped its operations in a way that allows Athletes to use the facilities while still maintaining physical distancing protocol and following all necessary health precautions. Physical distance has been placed between equipment and machines to help you workout with comfortability and total confidence.

Additionally, signage will be posted as reminders of important protocols – like maintaining a safe physical distance, sanitizing hands frequently, cleaning the equipment before and after use, and respecting areas, reservations, and workout times that have been redesigned to provide all Athletes with ample workout space.

Physical distancing cues will be marked. Physical distancing signs will show which equipment is not available for use, and signs will be placed throughout to remind members to wipe down equipment before and after use. To further facilitate physical distancing, a reduction in equipment availability may occur on certain days; select non-use equipment will be clearly identified with marked signage. Sliding doors (windows), where applicable, will be opened to increase ventilation.

The following (5) dedicated workout locations have been established:

- **Location 1 – Fitness Gym:** cardio and weight room, with treadmills, ellipticals, circuits, kettle bells, free weights.
- **Location 2 – Movement Studio:** open space and mirrors, with medicine and exercise balls, steps, TRX bands.
- **Location 3 – Indoor Spinning Studio:** cycle room, with (5) Life Fitness Lifecycle GX spin bikes.
- **Location 4 – Garden Rooms:** open space, with treadmills, ellipticals, rowers, yoga mats.
- **Location 5 – Outdoor Garden Terrace:** outdoor, covered patio, with (5) Life Fitness Lifecycle GX spin bikes.
 - o *Location 5 is weather permitting and is available only for morning appointments, 6A-12P.*

Each location may welcome up to (5) Athletes per 45-minute appointment time per workout location.

RESERVATIONS.

To best serve our Athletes, a new workout reservation system has been implemented.

To reserve your workout appointment, please call STRATA Fit at 719-329-4009 and speak with a Fitness Team Concierge to sign-up and reserve your workout appointment. At least two-hour advanced booking is required.

Reservations will open on **Sundays at 10:00AM** for the proceeding week ahead (Monday – Sunday). For instance, on Sunday (June 7), Athletes may begin calling STRATA Fit for making reservations for the new week (June 8 – June 14).

For the first Sunday (June 7) and prior to relaunching operations, a Fitness Team Concierge will be available from 10:00AM – 3:00PM to accept reservations and begin planning the week's appointments.

Reservation appointments are on a first come, first serve basis. Athletes will be allowed to work out once per day, and make reservations for multiple days during the open enrollment week.

When calling to reserve a workout appointment, please be prepared to provide your:

- First and Last Name
- Preferred Workout Day, Date, and Time (only for the enrolling week)
- Preferred Workout Location (based on physical wellness goals and equipment location)

Also, the reservation system will capture a waitlist – should a specific workout location and day / time reservation maximum be met. No-shows and multiple cancelations will be monitored; please be respectful to fellow Athletes.

ENTRANCE AND EXIT.

Entry will take place through the Fitness Center Main Entrance and exiting will occur via the Garden Room double doors. For your health and safety, please help to adhere to these dedicated ingress and egress guidelines.



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ARRIVAL.

Please arrive five minutes prior to your reserved appointment time. Upon arrival, Athletes will:

- Undergo temperature and symptom checks;
- Acknowledge a Health Declaration by tapping their Member Card / Fob (for contact-free check-in); and,
- Receive a screening clearance sticker (dated for the day's session) to be worn during their workout.

Athletes and Team Members are required to have their temperature checked prior to entering STRATA Fit and acknowledge a required Health Declaration before each workout visit to confirm they are not experiencing symptoms of COVID-19, nor have they come in contact with someone who is experiencing symptoms.

Athletes will be asked to use hand sanitizer when entering STRATA Fit and frequently throughout their visit. The hand sanitizer solution is above and beyond the CDC's guidelines of 60% ethyl alcohol.

WHAT TO BRING WITH YOU.

In addition to your own Member Card / Fob, water bottle, mat, and headphones, please bring your own face covering.

Per the Colorado Department of Public Health & Environment Guidance for Personal Recreation, staff and patrons are requested to wear face coverings when they can do so safely while exercising.

LOCKER ROOMS REMAINED CLOSED.

During the initial relaunching period and per state guidelines, the STRATA Fit closed-access locker rooms – including vanities, restrooms, showers, steam rooms, and the indoor hot tub – will be closed.

The Garden Room restrooms will be available for use.

CONTACT US.

STRATA Fit and fitness reservation appointments can be made via phone at 719-329-4009. Voicemails will be monitored and returned promptly.

THANK YOU!

On behalf of all of us on property and your Wellness Team, thank you for your excitement in returning to the gym and support over the previous eight weeks with live group fitness classes via Zoom.

Together, we have experienced unique times over the past several months. And while we have been physically separated from one another, our Member and Athlete community has remained close to our hearts.

The commitment we share to strength, power, health, and happiness will shine bright once again.

We look forward to welcoming you back – securely, responsibly, and with lots of air high-fives!

Wishing you wellness (and see you soon!),

Grant Jones
Vice President of Wellness

gjones@gardenofthegodsresort.com | Direct: 719-725-6637

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