



## WELLNESS

### WE ARE PLEASED TO ANNOUNCE THAT ALL RESORT AMENITIES ARE OPEN.

Guests may access to the Infinity pool from October to May [pools](#) (details and protocols found [here](#)). Resort guests please call [\(719\) 632-5541](tel:7196325541) between 9:00 AM-10:00 PM to make reservations for the pool(s) up to one week in advance of desired date of use. Limited spots available. Pool reservations are not guaranteed.

*Note: Be sure to reserve your pool time starting one week in advance of when you plan to use the pool.*

All of our [dining](#) outlet choices are also open including Rocks Lounge, Rocks Dining Room, Rocks Patio, Grand View Dining Room, Grand View Patio, and KC Grille and Bar and Patio for in-person dining with reservations. In addition, in-room dining and Beach & Cable Barista are open (based upon seasonal hours). Please read full restaurant service protocols found [here](#).

STRATA Integrated Wellness and Spa at Garden of the Gods Resort and Club including, [STRATA Med](#) (health and wellness medical center), [STRATA Body](#) (full-service spa and salon), and [STRATA Fit](#) (fitness and human performance center), is open.

Indoor and outdoor tennis courts, [Recreation Center](#) and [Kids Club](#) (protocols found [here](#)), [Kissing Camels Golf Course](#), Garden of the Gods Park for hiking and walks, and valet and complimentary self-parking are open. All amenities we offer are operational based upon seasonality and the guidelines we are required to follow under guidance from WHO, local and state officials, and the CDC. Please refer to the protocols of each attachment found above.

For the most current information regarding hours of operation and amenity access, a Resort Concierge would be delighted to assist at [\(719\) 632-5541](tel:7196325541).

### STRATA INTEGRATED WELLNESS AND SPA HEALTH & SAFETY PROTOCOLS

More than ever, your health and well-being are priorities – and STRATA Integrated Wellness and Spa is here to help keep your immunity strong, achieve your health and wellness goals, and live each day more well. Discover the best in concierge modern medicine, multidisciplinary clinical expertise, and transformative wellness experiences.

#### WITHIN STRATA WELLNESS INTEGRATED WELLNESS AND SPA:

- **All Wellness Departments:**
  - Masks and temperature checks are required; clinicians / providers / trainers will be wearing masks also.
  - Team Members wear appropriate PPE and undergo daily temperature and symptoms checks.
  - Physical distancing measures are in place.
  - Treatment rooms and equipment are cleaned and disinfected between each use.
  - Single use amenities are provided.
- **STRATA Med's** health and wellness medical center is open and serving patients with in-person patient office visits. Additionally, teleWELL (telehealth) sessions – where both COVID-19-related medical questions and routine health matters will be evaluated and triaged over the phone / video by our doctors and nurses – are available via HIPAA-secured and compliant privacy platforms.
  - STRATA Med appointments and reservations can be arranged by calling [\(719\) 428-2202](tel:7194282202), Monday through Friday, 9:00AM – 5:00PM, and Saturday, 9:00AM – 3:00PM or by emailing [wellness@stratawell.com](mailto:wellness@stratawell.com).
- **STRATA Body's** full-service spa and salon is open and operating guest services, including massages, body treatments, facials, waxing, hair, nails, couples' experiences, and retail product. Locker Rooms and the Relaxation Lounge are open with physical distancing mandates. Per state guidelines, Locker Room amenities, including the steam rooms and dry saunas, must remain closed at this time.
  - STRATA Body appointments and reservations can be arranged by calling [\(719\) 520-4988](tel:7195204988), Monday through Saturday, 9:00AM – 7:00PM and Sunday, 9:00AM – 5:00PM or by emailing [spa@salon@gardenofthegodsresort.com](mailto:spa@salon@gardenofthegodsresort.com).
- **STRATA Fit's** fitness and human performance center is open and operating athlete services, including in-person workouts, Group Fitness classes, personal training, and fitness coaching. Masks are required to be worn while inside the facility and during exercise. In-person workouts and Group Fitness classes are both limited to (10) athletes per workout session. Reservations for workout sessions (in-person and Group Fitness classes) are required and made by calling the Fitness Concierge. Locker Rooms are open with physical distancing mandates; a maximum of three athletes is allowed in each Locker Room. Per state guidelines, Locker Room amenities, including the steam room and hot tub, must remain closed at this time.
  - STRATA Fit appointments and reservations can be arranged by calling [\(719\) 329-4009](tel:7193294009), Monday through Sunday, 6:00AM – 7:00PM, or by emailing [fitness@gardenofthegodsresort.com](mailto:fitness@gardenofthegodsresort.com).

