



WELLNESS

STRATA FIT: IN-PERSON FITNESS & COVID-19 PRECAUTIONS

Welcome back, Members, Resort Guests, and Athletes!

Dear Members, Resort Guests, and Athletes –

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

STRATA Fit relaunched in-person 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 revised operations, instructions on how to make a workout reservation, and what to expect before and during your fitness experience.

WELCOME.

As we continue operations with COVID-19 precautions in place, 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.

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 mandates and 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.

Masks must be worn at all times in the STRATA Fit Fitness Center accordingly to the Colorado State COVID-19 Health and Safety mandate. Should an Athlete feel that he / she is unable to workout while wearing a face covering, we kindly ask that the Athlete to defer from utilizing the facilities until able to wear a mask at all times. Group Exercise classes are available virtually via secure Zoom to GGRC Members (who have Sports Club privileges) and Resort Guests.

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

HOURS OF OPERATIONS.

STRATA Fit will be open **Monday – Sunday, 6:00AM – 7:00PM**, beginning Monday, June 8, 2020. For holidays, revised operational hours may be in place; and, holiday schedules are posted within STRATA Fit.

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 the subsequent workout session. 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, daily.**



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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 is 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 and opportunities. Signage is available on alternating pieces of equipment and are rotated throughout the week to allow equal usage on all equipment.

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 and as weather permits.

Each gym location may welcome up to (10) Athletes per 45-minute appointment time.

RESERVATIONS.

To best serve our Athletes, a 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).

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)
- Athlete Type: Garden of the Gods Resort and Club Member or Resort Guest

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.

ARRIVAL.

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

- Undergo infrared and contact-free temperature and symptom checks;
- Acknowledge a Health Declaration by tapping their Member Card / Fob (for contact-free check-in); and,
- Reconfirm compliance with wearing a face mask while working out.

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.



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WHAT TO BRING WITH YOU.

In addition to your own Member Card / Resort Room Card, water bottle, mat, and headphones, please bring your own face covering. Should an Athlete mistakenly forget their face mask, disposable masks are available at the Fitness Desk.

LOCKER ROOMS.

As of this date, STRATA Fit locker rooms are open – with limited amenities and limited number of occupants at a time. Signage is posted. Locker room vanities, restrooms, showers, changing spaces, and lockers are available for use; wet steam rooms and the hot tub remain closed per state guidelines.

The number of Athletes permitted per locker room is a maximum of (3) athletes at one time.

The Garden Room restrooms, including additional vanities and toilets, remain available for use also.

CONTACT US.

STRATA Fit and fitness reservation appointments can be made via phone at 719-329-4009.

Voicemails and emails (sent to fitness@gardenofthegodsresort.com) 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 remaining fit and strong.

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 shine bright.

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

Wishing you wellness,

Grant Jones
Vice President of Wellness

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





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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](#) 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](#).

STRATA INTEGRATED WELLNESS AND SPA'S 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 balanced, achieve your health and wellness goals, and live each day more well. Discover the best in concierge modern medicine, multidisciplinary clinical expertise, and transformative integrated wellness experiences.

WITHIN STRATA WELLNESS INTEGRATED WELLNESS AND SPA:

- **All Wellness Departments:**
 - Masks, temperature checks, and symptom checks are required; Team Members 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](#), Monday through Friday, 9:00AM – 5:00PM, and Saturday, 9:00AM – 3:00PM or by emailing 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 for retail product. Locker Rooms and the Relaxation Lounge are open with physical distancing mandates. Per state guidelines, certain 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](#), Monday through Saturday, 9:00AM – 7:00PM and Sunday, 9:00AM – 5:00PM or by emailing 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, fitness coaching, and for retail product. 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, certain 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](#), Monday through Sunday, 6:00AM – 7:00PM, or by emailing fitness@gardenofthegodsresort.com.

