



# FITNESS SCHEDULE

## Red Brick Lawn & Gym



**OCTOBER**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	10:30 - 11:30am <b>Cardio Dance</b> @ Red Brick Gym (Drew)	10:00 - 11:00am <b>Balance and Corrective Exercise</b> @ Red Brick Lawn (Linda)		
12:00 - 1:00pm <b>Ski Conditioning</b> @ Red Brick Lawn (Drew)	12:00 - 1:00pm <b>Stretch</b> @ Red Brick Lawn (Angela)	11:30 - 12:30pm <b>BodyPump</b> @ Red Brick Gym (Asia)	12:00 - 1:00pm <b>Stretch</b> @ Red Brick Lawn (Angela)	11:30 - 12:30pm <b>BodyPump</b> @ Red Brick Gym (Asia)
1:30 - 2:30pm <b>BodyPump</b> @ Red Brick Gym (Drew)		1:00 - 2:00pm <b>BodyPump</b> @ Red Brick Gym (Asia)		1:00 - 2:00pm <b>BodyPump</b> @ Red Brick Gym (Asia)
<b>AS WEATHER CHANGES WE WILL MOVE ALL CLASSES INDOORS!</b>				

Classes are limited to 10 participants per class. NO DROP INS. Please pre register for classes on Sign Up Genius and a valid Fun Pass are required to attend classes. The links can be found on our website at [www.aspenrecreation.com](http://www.aspenrecreation.com).



**REVISED 9/28/2020**

## FITNESS CLASS FACILITIES:

**Red Brick**

110 E. Hallam St. Suite 135

(970) 920-5140

## COVID PROTOCOL:

Classes will take place on the Red Brick Lawn or Gym.

Classes of up to 10 participants will only be allowed.

Participants would arrive at scheduled time and check in with staff.

Participants will not be allowed to congregate before or after class.

## Enrollment of classes:

Participants will be required to reserve a spot on the sign-up genius website site. Please check our website for the registration link.

If you need to cancel class registration please call 970-920-5140. If a spot is reserved and participant fails to cancel and no shows we will still take a punch off the pass, if this happens more than three times participant will not be allowed to reserve spots. With limited spots and classes please be respectful of others that may want to take the classes.

**NO CASH OR DROP IN** transactions will be allowed. Participants must have a valid pass in order to attend classes.

## Membership info:

- All memberships that were paused on March 13th will be reactivated on October 5th. For example, if you had 3 months left on your membership on March 13th, your pass will be extended to January 5th, 2021.
- COVID-19 punch passes are valid until 12/31/2020.
- 20-Punch Passes are available for purchase. Annual and 6-month passes are not available for purchase at this time.
- No daily admissions available at this time.

## Intensify cleaning and disinfection efforts:

Participants need to bring their own water bottles and yoga mat for yoga class, no direct use of facility and equipment will be allowed.

Classes will be no contact. Instructor would instruct from the 6 ft away with the assist of a microphone if needed.

Hand washing stations and hand sanitizer will be accessible to staff and participants.

Facemasks are required to be worn at all times for indoor classes and also outdoor since the Red Brick Building sits in the mask zone.

## Illness assessment and temperature:

Participants showing signs will not be allowed to participate in the class.