



FITNESS SCHEDULE

Red Brick Lawn & Gym



WEEK: September 7- October 2

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	10:30 - 11:30am Cardio Dance @ Red Brick Gym (Drew) STARTS SEPT 15	10:00 - 11:00am Balance and Corrective Exercise @ Red Brick Lawn (Linda)		
12:00 - 1:00pm Body Weight Circuit Training @ Red Brick Lawn (Drew)	12:00 - 1:00pm Stretch @ Red Brick Lawn (Angela)	11:30 - 12:30pm BodyPump @ Red Brick Gym (Asia) START SEPT 9	12:00 - 1:00pm Stretch @ Red Brick Lawn (Angela)	11:30 - 12:30pm BodyPump @ Red Brick Gym (Asia) START SEPT 11
1:30 - 2:30pm BodyPump @ Red Brick Gym (Drew) STARTS SEPT 14		1:00 - 2:00pm BodyPump @ Red Brick Gym (Asia) START SEPT 9		1:00 - 2:00pm BodyPump @ Red Brick Gym (Asia) START SEPT 11
	5:30-6:45pm Yoga @ Red Brick Far West Lawn (Amy)		5:30-6:45pm Yoga @ Red Brick Far West Lawn (Amy)	

Classes are limited to 10 participants per class. NO DROP INS. Please pre register for classes on Sign Up Genius and purchase your COVID Punch Pass as all Aspen Recreation Memberships have been placed on hold. The links can be found on our website at www.aspenrecreation.com.



REVISED 9/4/2020

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 email desiree.whitehead@cityofaspen.com. 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 purchase the COVID-19 10 PUNCH PASS available for purchase online. All memberships are on hold at this time.

Instructors will take attendance, and given to recreation staff who will check in each participant to confirm payment.

COVID-19 10 Punch Pass: THIS MUST BE PURCHASED TO ATTEND CLASSES:

The COVID-19 - 10 Punch Pass is an interim membership we are pleased to offer during our facility closures which resulted from the COVID-19 pandemic. This 10 Punch Pass will only be offered while our facilities are closed and normal memberships are suspended.

Currently, this membership may be used for Fitness Classes, Master Swim, Lap Swim and Water Aerobics.

This membership is NON-REFUNDABLE and will only be valid to use while our facilities are closed. Once our facilities reopen, this membership will no longer be valid.

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.

