



Fitness Schedule

MARCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
RED BRICK GYM					
	10:30 - 11:30am Cardio Dance (Drew)	10:00 - 11:00am Balance & Corrective Exercise (Linda)		10:00 - 11:00 am HIIT Hybrid (Amy)	
12:00 - 1:00pm Circuit Training (Drew)	12:00 - 1:00pm Stretch (Angela)	11:30 - 12:30pm BodyPump (Asia)	12:00 - 1:00pm Stretch (Angela)	11:30 - 12:30pm BodyPump (Asia)	
1:30 - 2:30pm BodyPump (Drew)		1:00 - 2:00pm BodyPump (Asia)		1:00 - 2:00pm BodyPump (Asia)	
ARC STUDIO, YOUTH CENTER, & POOL					
		7:15 - 8:00am Spin (Shelley)		7:15 - 8:00am Spin (Jeff)	
12:00 - 1:30pm Master Swim (Archie)	9:30 - 10:30am Water Aerobics (Dede)	12:00 - 1:30pm Master Swim (Archie)	9:30 - 10:30am Water Aerobics (Victoria)		
VIRTUAL FITNESS STUDIO					
		9:00 - 10:00 am Low Impact Cardio (Amy)			3:30 - 4:30 Aprre Strech & Mobility (Amy)
		6:00 - 7:00 pm Zumba (Michelle)	5:30 - 6:30 pm BUTI (Stephanie)		
 - Indicates classes held in Aquatics					
REVISED 02/23/2021					

FITNESS CLASS FACILITIES:

Red Brick		ARC
110 E. Hallam St. Suite 135		0861 Maroon Creek Rd.
(970) 920-5140		(970) 544-4100

COVID PROTOCOL:

Classes will take place in the Red Brick Gym or in the ARC Fitness Studio
Classes of up to 5 - 10 participants will only be allowed depending on the class
Participants arrive at scheduled time, check in with staff, and have temperatures taken.
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.
If a class is full, spots will be held up to 5 mins after class has started. After the 5 mins anyone on the waitlist will be allowed into the class.

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

Virtual classes require a membership

Membership info:

- Participants must have an active membership. See aspennrecreation.com for more details.

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 all classes.

Illness assessment and temperature:

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

|

|

|

|

|