



Welcome to the &Fitness Centre at The Ampersand, which is located on the +15 level, next to the &Conference Center. We are excited to invite you to become a member of Aspen Club to enjoy our fitness facility.

Membership

All tenants are eligible for membership to the fitness facility. However, building amenities are private facilities for the exclusive use of Aspen Properties tenants. For liability and safety reasons, no spouses, children, friends, or outside personal trainers are permitted to use the facility at any time.

To request your company for access, the link can be found on our website at: www.aspenproperties.ca/club.

You will need to indicate which Property you are located in, which is the building (North, East or West) where your company's suite is located within The Ampersand. Please ensure to use your company email address when signing up for the Aspen App. Once approved by your company, you will need to complete the waiver.

Any change in personal information (name, address, health status) must be reported to Aspen Properties when the change occurs.

Access

To access the Amenities, you will need to set up your Mobile Door Access on your smartphone. Once you have logged into the Aspen Club, please go to the far left 'home' tab on the phone App and click the button 'Door Access'.

You will then hold your phone flat against the MDA/Kisi Reader near the door of the amenities and wait for the reader to turn green, after which you may enter the amenity

Please be advised that there is no free parking access associated with a membership to the fitness facility at any property.

If you require any troubleshooting, please reach out to Christine Dickson at cdickson@aspenproperties.ca or 403.264.0151.

ASPENPROPERTIES.CA

1300, 112 4 Avenue SW, Calgary, Alberta, T2P 0H3

Hours

The fitness facility is open 24/7; however, please note the hours of HVAC operation are as follows:

Monday – Friday:	6:00 a.m. – 9:00 p.m.
Saturdays & Sundays:	9:00 a.m. – 5:00 p.m.
Statutory Holidays:	OFF

Fees

There is no charge for membership. Full use of the facility is available for all members at any time. Only classes and personal training will be fee based. Fees for classes are as follows:

- Single drop-in classes are \$9.00 + GST
- 10 Class punch card is \$60.00 + GST
- 20 Class punch card is \$114.00 + GST

For more information regarding the classes and their charges, visit the Aspen App home page for the building updates for The Ampersand and Fitness Classes. Alternatively, you are welcome to visit the front desk of the Fitness Center and speak to one of the Heavens Fitness Centre Managers for more information.

Management

The Fitness Centre will be managed and operated by Heavens/The Academy Fitness.

Classes

To sign up for classes, you will need to set up an online account for class registration. Once you have signed up on the Aspen App, you will be eligible to access to Mind Body with the &Fitness Centre.

Please speak to a Heavens Fitness representative at ampersandfitness@aspenproperties.ca or at the front desk. Once set up, please go to "MY PROFILE" and complete any missing or pertinent information to help us serve you better.

If you were previously provided with access to Mind Body, you may use the same login credentials to access your account. If you have forgotten your password, you can reset easily from the Mind Body site.



Please note that as the Mind Body site for &Fitness is a private site, you will not have access to the Mind Body App. You will; however, be able to access your account through the internet on your phone or desktop.

Remember to write down your new username & password and keep it in a safe place!

Equipment

Cardio Equipment: Includes Treadmills, Elliptical Trainers, Upright Bikes, Recumbent Bikes, Step Machine and Rowing Machine. Most of the cardio equipment is supplemented with individual television monitors.

Weight Training Equipment: Includes a variety of sectorized (pin adjustable) weight equipment, dumbbells ranging in weight from 5lb. – 100lb., squat rack, Olympic bars, kettle bells, adjustable benches, free weights, and supplemental training equipment. **Please do not drop weights as there are tenants located below.**

Studios

There are two studios and one stretch room in the facility. One studio is a dedicated spin studio where scheduled classes will be held, and the other studio will hold all other types of scheduled classes and serve as a private workout area when there are no classes scheduled.

The dedicated stretch room is equipped with mats, foam rollers and stability balls to assist in relaxation and stretching activities.

Changerooms

Each change room is equipped with lockers that are available for day use while using the fitness facility. Those who occupy a locker for more than 24 hours will have their items removed from the locker and placed in the Lost and Found . Lost and Found items not claimed within 30 days will be donated. Members may secure their belongings in a locker. All lockers are equipped with a digital lock.

The change rooms are equipped with a garment steamer, and hair dryers. The women's change room also include a curling iron and hair straightener. The shower facilities have body wash, shampoo and conditioner for your use. Complimentary towel service is provided for all fitness facility users.

Within each change room there is a serenity room. This room is meant for quiet reflection and is available to all facility members. Stay tuned as we may be offering massage services within our serenity rooms in the near future.



Reception Lounge

Located just inside the main entrance to the fitness facility is a lounge area with soft seating, phone chargers, 2 televisions and a small galley kitchen with water, kettles, coffee tea and cooled scented hand towels, to allow for a quick break before getting back to work or heading home.

Safety & Emergency Procedures

- In the case of severe injury or medical emergency, phone 911 immediately and notify our 24 hour Security team at 403.781.8500.
- Please wear clean exercise attire, free of holes, odours, or tears.
- Closed toe indoor shoes must be worn when using exercise equipment – **no exceptions.**
- Cameras are located in the facility, with exception of the locker rooms, for the safety and security of all participants.
- Do not bring large amounts of money or valuables to the facility.
- Aspen Properties is not responsible for any lost or stolen items.

General Fitness Facility Etiquette

- **Scents** - In consideration of others with allergies or sensitivities to scents, please refrain from using scented products in the locker rooms including: lotions, powders, sprays, and perfumes.
- **Disinfectant Wipes** – Please use the disinfectant wipes provided to clean equipment seats, railings, machines, benches, and stretching mats after usage. Note: Disinfectant wipes are not to be flushed down the toilet.
- **Respect for Members** - Show respect for others by refraining from using foul language or shouting.
- **Equipment Etiquette** - If completing multiple sets on a machine, please be courteous and let others work in sets during your rest period. Return all equipment to the appropriate location, place all dumbbells on the appropriate racks and plates to the pegs when you are finished.
- **Food and Drink** - Food and beverages are not permitted in the gym, with the exception of plastic or metal water bottles.
- **Dress Code** – Indoor appropriate running/gym shoes are required at all times. No sandals or open toed shoes are permitted. Active wear must be clean and odour-free. No jeans or business wear to be worn while working out.
- **Mobile Phone Cameras** – Please refrain from taking photos while in the gym and/or change rooms.

