



Welcome to the **&Fitness Centre at The Ampersand.**

MEMBERSHIP

The Fitness Centre is part of the amenities included in your Aspen Club Membership. All tenants may use the Fitness Centre. However, building amenities are private facilities for the exclusive use of Aspen Properties tenants. For liability and safety reasons, no spouses, children, or friends may use this facility. Any change in personal information (name, address, health status) must be reported to Aspen Properties when the change occurs in order to keep your Aspen Club membership current.

ACCESS

Once you have downloaded the [Aspen App](#) click "request membership", your office tenant contact will need to approve your access to the App. Once approved, you will be able to create your login then, will be required to complete the **Aspen Club Master Waiver** registration form to receive access to all amenities in the Aspen portfolio. You will find the Aspen App in the App Store or Google Play Store.

Once you have completed the above steps, access to The Ampersand amenities will be granted to you through our **Mobile Door Access (MDA)** system through the Aspen App. Please go to the home page on the App, click "Door Access" and touch your phone to the MDA reader and the door will unlock for you. Please be sure to scan the reader each time you visit the amenities, even if you are coming through an open door behind another person.

HOURS

The Fitness Centre is open 24/7 everyday of the week, no booking is required.

Please note the HVAC operation hours are as follows:

Monday – Friday:	6:00 a.m. – 8:00 p.m.
Saturdays & Sundays:	6:00 a.m. – 1:00 p.m.
Statutory Holidays:	HVAC is turned off

FEES

There is no charge for membership. Full use of the facility will be available for all Aspen Club members at any time. Only classes and personal training will be fee based. We are currently in the process of preparing an offering of classes for you. Fees for classes will be 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

MANAGEMENT

The Fitness Centre is managed and operated by Heavens/The Academy Fitness, on behalf of Aspen Properties and a representative of Heavens will be working in the Fitness Centre and be available to assist you from 6:00am to 6:00pm Monday to Friday.

CLASSES

Once the class schedule has been generated you will be able to sign up for those that are of interest to you.

To sign up for classes, you will need to set up an online account for class registration. Instructions for how to do this can be found at [2021 Online Account Setup](#) on our website at under Tenant Resources/The Ampersand/Online Class Account Setup Instructions.

You will also require a password to access the Corporate Login at the Heavens/The Academy website, which will be sent to you once you have completed your Aspen Club membership registration. You will then be able to go to the website www.heavensacademy.com to set up your account and register in the class(s) of your choice.

Payment for classes will be via credit card through this account.

EQUIPMENT

Cardio - 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 - Includes a variety of selectorized (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.

We just ask that you wipe down the equipment after use, with the spray bottles/towels provided and **please do not drop the weights**.



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 scheduled classes and serve as a private workout area when there are no classes scheduled.

The dedicated stretch room will be 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 "after hours" will have their lock removed and items from the locker placed in the Lost and Found at the concierge desk. Lost and Found items not claimed within 30 days will be donated. Members may secure their belongings in a locker. All lockers will be equipped with a digital lock.

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

Within each change room there is a wellness room. This room is meant for quiet reflection and is available to all facility members.

RECEPTION LOUNGE

Located just inside the main entrance to the fitness facility is a lounge area with soft seating, phone chargers, a television and a small galley kitchen with a Vivreau water system, 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 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 or use spray bottles/towels 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.

