



Hello Fit Family,

FIT by Hyland Hills is once again having to navigate and adjust to the new mandates from the Health Department after its most recent announcement to move Adams County to "Level Red" on the COVID-19 Dial. This announcement requires FIT by Hyland Hills to adjust capacity restrictions to a maximum of ten (10) people per room. With that being said, we will go back to our reservation-based time-slot format. This is similar to our Phase 1 re-opening earlier this year.

IMPORTANT NOTICE

- **We will be closing at 5pm Friday night November 20th due to the new mandate restrictions.**
- **Phone reservations will begin on Friday 11/20/20 at 12:00 noon for reservations slots that are available the week of November 21st-29th**
- **Phone Reservations will be first come first serve**
- **Effective Saturday, November 21, 2020 no "drop-in" fitness will be allowed until further notice.**

Here is what to expect starting this Saturday November 21, 2020. New adjusted hours (shown below) detail the time slots that will be available for reservations. Members will be allowed 1 reservation per person per day.

Monday – Friday Booking Schedule: (WEEKDAY HOURS 5:15AM - 8PM)

- **5:15AM – 6:30AM** CLOSED 6:30AM – 6:45AM
- **6:45AM – 8:15AM** CLOSED 8:15AM – 8:30AM
- **8:30AM – 10:00AM** CLOSED 10:00AM – 10:15AM
- **10:15AM – 11:45AM** CLOSED 11:45AM – 12:00PM
- **12:00PM – 1:30PM** CLOSED 1:30PM – 1:45PM
- **1:45PM – 3:15PM** CLOSED 3:15PM – 3:30PM
- **3:30PM – 5:00PM** CLOSED 5:00PM – 5:15PM
- **5:15PM – 6:45PM** CLOSED 6:45PM – 7:00PM
- **7:00PM – 8:00PM** CLOSED 8:00PM

Saturday – Sunday hourly schedule: (WEEKEND HOURS 6AM - 1PM)

- **6:00AM – 7:30AM** CLOSED 7:30AM – 7:45AM
- **7:45AM – 9:15AM** CLOSED 9:15AM – 9:30AM
- **9:30AM – 11:00AM** CLOSED 11AM – 11:15AM
- **11:15AM – 1:00PM** CLOSED 1:00PM

How do I book my time slot?

1. We ask that all members call into the facility 303-643-5699 to book their slots for the week. Please be patient if you do not get through right away, we will be expecting higher than normal call volumes.
2. Members will only be able to book out 1 week at a time.
3. Members will only be able to book 1 time slot per day.
4. Members will be able to start booking slots 1 week in advance, beginning Friday November 20th.
5. Members can show up at any time during their time slot and use what time is remaining, without losing their dedicated time slot.
6. Members will need to book a specific room that is available for that time slots use.
7. Members will receive a specifically colored chip that will allow entry to the designated room for use when they arrive at facility.
8. Members must stay in designated room for the entirety of their workout stay. ***The ONLY exception will be for locker room use.***
9. Members will have access to lockers, showers and 2 people allowed in Sauna at one time.
10. Members will enter through the front door entrance and exit out the same door when their time has expired.

Q: Will classes still be running?

Yes, we will have many of the classes running. Please visit our website to see class date and times. <https://fithylandhills.com/group-fit/>

NOTE: Some class times may have been changed or moved into a different room to help with space and comply with social distancing. Members will need to book all classes online as usual. Maximum attendee's per class will be 10 members.

Q: Will I still be able to train with my personal trainer?

Yes, you will be able to train with your trainer, provided you book the area and time slot that you are wanting to train in. Should there be no space in the desired area you wish to train, the staff at FIT has put together a personal training "studio" in the back kids-zone area for training sessions.

Important membership account information

If your account was frozen, then it will remain frozen for the time requested. All memberships that are active will remain active and continue to bill.

FIT by Hyland Hills greatly appreciates your ongoing patience and understanding with these constant adaptations. We are all doing our part to stay healthy and keep within guidelines mandated. We want everyone to stay FIT and healthy!

Please call the club or email dwagner@fithylandhills.com with any questions you have and we look forward to seeing you all soon!

David Wagner | Fitness Manager

FIT by Hyland Hills | 303.463.5699