

Jackson's Gym

Offerings & Conditions



Welcome to the Jackson's Gym Fitness Facility! This wonderful amenity is for Aspen Properties tenants. We are thrilled to support the health and well-being of our tenants.

Aspen Properties would like to provide you with information that will address many of the common questions about Jackson's Gym.

Membership

A membership registration package including Membership Registration, Terms & Etiquette and a Waiver is required to be completed prior to gaining access to the fitness facility located on the 3rd floor of Bell Tower. The membership package can be found on our website at www.aspenproperties.ca and can be submitted to edmonton_reception@aspenproperties.ca.

Membership provides access to the facility and use of the change rooms which includes showers, lockers, towel service and the use of the weight training, cardio equipment and studio.

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

Hours of Operation

Monday - Sunday:	5:00 AM - 9:00 PM
tatutory Holidays:	5:00 AM - 9:00 PM

Card access into the Fitness Facility will cease at 7:00 p.m. Monday to Friday. Users must vacate by 8:00 pm to allow for afterhours maintenance and cleaning to be completed.

Access

Your building access card will be programmed to give you access to the Fitness Facility once you have completed a Fitness Facility membership registration package. Please swipe-in each time you visit the facility, even if you are coming through the open door behind another person.

Jackson's Gym is a private facility for the exclusive use of Aspen Properties Tenants. For liability & safety reasons, no spouses, children, friends or outside personal trainers are permitted to use the facility at any time.

Amenities

The fitness facility 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. The shower facility also has body wash, shampoo and conditioner for your use. Free towel service will be provided to all Jackson's Gym users.



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Lockers

Lockers are for day use while using the Fitness Facility. Those who occupy a locker "after hours" may have their lock removed and items placed in the Lost & Found at the Bell Tower security desk. Lost & Found items not claimed within 30 days will be donated. Members who wish to secure their belongings in a locker must provide their own lock.

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 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.

Please do not drop weights.

Studio

There is a studio in the gym equipped with mats, medicine balls, weights, and kettle bells. The studio is available for personal use; however, no classes or bookings will be available at this time. Watch this space for upcoming additions and notifications.

Safety & Emergency Procedures

- In the case of severe injury or medical emergency, phone 911 immediately and notify Bell Tower Security Desk at 780.493.7512 or by pushing one of the Emergency Call buttons. These can be found throughout the Jackson's Gym Fitness Facility.
- Please wear clean exercise attire free of holes or tears.
- Closed toe and 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 Fitness Centre. Aspen Properties is not responsible for lost or stolen items.

We look forward to assisting you with your health and wellness!

