Swimming Pool – Fitness Center

Located on the north end of the second floor – there is a door that accesses the swimming pool (guest room key card required). As you enter the there is a path (on the east side of the pool that is on your left) of travel that goes to the north end of the swimming pool to a set of double doors that accesses the Fitness Center (guest card not required). Along the east wall are chairs and there is a set of shelves with towels. From the door, turn left (west) and the path of travel (pool on your right) will take you to a double set of doors that go out to the Flatirons Terrace. The west side of the pool area is a glass wall. On the west side of the pool (now on your right) there is an extension of the pool that has steps going down into the pool. There are also chairs on the west side. On the north end of the pool (on your left) there is a double set of doors that also lead to the Flatirons Terrace.

At the south end of the pool, the depth is 3.0 feet and 4 ½ feet at the north end.

Men’s Locker Room and Sauna

Located on the east wall, the Men’s room is the first door on the left coming from the Fitness Center. As you enter, turn left (north) and on the right is a vanity wall and on the left (west) wall are lockers with a bench. Past the lockers on the north end are showers (2) on the left with the same water control units as in the guest rooms. On the wall opposite of the showers is the entrance to the sauna (no pets/service animals allowed) and advisable to go with someone as the controls are not accessible.

On the east side across from the lockers is a urinal (auto flush) and toilet (manual flush) to the right (south) on the other side of the vanity wall. On the north side are sinks (2) with soap dispensers on the sidewalls, paper towels in a basket between the sinks and the trash disposal to the right (east) on the wall.

Women’s Locker Room and Sauna

Located on the east wall, the women’s room is the second door on the left coming from the Fitness Center or the first door on the right past the shelf with towels. As you enter, turn right (south) and on the left is a vanity wall and on the right (west) wall are lockers with a bench. Past the lockers on the north end are showers (2) on the right with the same water control units as in the guest rooms. On the wall opposite of the showers is the entrance to the sauna (no pets/service animals allowed) and advisable to go with someone as the controls are not accessible.

On the east side across from the lockers two toilets (manual flush) to the left (north) on the other side of the vanity wall. Opposite the toilets on the south side are sinks (2) with soap dispensers on the sidewalls, paper towels in a basket between the sinks and the trash disposal to the right (east) on the wall.

Fitness Center

There are two entrances to the Fitness Center. One is through the Swimming Pool at the north end or as you travel north on the second floor and come to the entrance to the pool, turn right (east) and at the end of the wall, the hall turns left (north) and at the end of the hall on the right is the door to the Fitness Center. Guest room key card is required to enter.

As you enter (going west) there is a hallway with a table and magazines on the left (south) and on the right side (north) is a door for massages (check with guest services) and then shelves with towels on the top shelves with disposal beneath, and a water bottle (cool water is right spigot). Directly opposite the towel area are the doors to the swimming pool with water fountains on the east wall.

Going past the towels the room extends to the left (south) and right (north). Around the corner to the right from the towels on the east wall are free weights. On the north wall are resistance machines and from the east to west are seated push ups (push above the head), seated abduction (pull toward the center of the body) a seated curls (pull up to the chest.) On the west wall from north to south are 3 elliptical, 2 treadmills, 2 stationary bicycles, 2 treadmills.

South wall, has the entrance to the swimming pool.