

# Calendar House Fitness Center - Sub-Committee

## Fitness Equipment Recommendation

### **Objective:**

Develop a State-of-the-art fitness center appropriate for today's membership, as well as an appealing facility for future members.

### **Requirements for the facility:**

Proper power for equipment

Commercial grade equipment

Provision for proper training for using the equipment

### **Equipment Requirements:**

#### Accessibility

- Easy entry/exit

- Height adjustable

#### Safety and stability

- Wide footrests

- Comfortable seats

- Slow start treadmills

#### Features

- Low starting effort

- Self powered products (strength)

- Arm and leg handle adjustments

- Heart rate monitoring

#### Display

- Easy-to-read, easy-to-understand display

- Consistent brand

**Sub-Committee findings:**

*Fitness room (120) configuration.*

With Mirrored walls, Ballet bar and Storage closet for additional chairs; the room is better suited for exercise classes. Consequently, it was also wired for Cardio Equipment (homerun circuits for 3 Treadmill machines - Note 6) and (homerun and branch circuit wiring for elliptical and stationary trainers - Note 7). Construction drawings indicate in the notes (6,7) that the “field coordinate final location of outlets with equipment provider”.

*Cardio room (121) included desk for observer/attendant typically associated with fitness equipment.*

Consequently the room does not provide necessary electrical configuration for dedicated homerun circuits for equipment.

*Equipment requirements.*

Most facilities have a combination of cardio and resistance machines. The most observed brands were Precor, Cybex and NuStep for cardio, and Cybex for resistance machines.

**Sub-Committee Recommendation:**

*Equipment:*

*Cardio Equipment:*

Treadmill	2 machines
Recumbent Bike	2 machines
Elliptical	2 machines
NuStep	2 machines

*Resistance Equipment:*

Chest Press	1
Leg Press	1
Seated Row	1
Seated Leg Curl	1

*Miscellaneous Equipment:*

Dumbbells (free weights)	5 pair
Dumbbell Rack	1
Stretch Table	1 (4' X 7' X 18")
Maintenance Contract	

**Equipment Layout:**

*See attached drawing for potential layout options ---*

*Electric Power Requirements:*

Three (3) homerun circuits located on the north wall of room 120 to be moved to the south wall of room 121, and additional power outlets be provided on the south wall of room 121 based on the recommendation of the provider. Per the drawing notes, this should be done at no additional cost to the project.

