

MEMORANDUM M16-005

TO: Building and Grounds Committee
FROM: Dean Bostrom, Executive Director
Mike Kies, Director of Rec/Facilities
John Giacalone, Director of Parks & Risk Management
RE: Prairie Stone Sports and Wellness Center fitness equipment space
DATE: January 8, 2016

Background:

As planned within the 2015 operating budget, Prairie Stone Sports and Wellness Center (PSSWC) staff purchased a new piece of fitness equipment. The fitness equipment selected is a multi-functional piece called the Life Fitness SYNRGY 360 station piece. Life Fitness pioneered the SYNRGY360 concept to create inspirational fitness experiences for a diverse audience of exercisers.

Customizable and nearly limitless training options, built-in storage, optional attachments and dynamic training resources ensure that SYNRGY360 is more than a routine workout. The concept provides opportunities to enhance the fitness experience of our membership and to offer dynamic and exciting small group training.

Please see the link to <https://www.youtube.com/watch?v=x6xQFqCm2Kw> for additional information on this piece of equipment.

As part of this process staff is looking to maximize the current space in the east end of the exercise area located in the back portion of the PSS&WC facility. With this in mind the intention would be to open up the current Group Exercise Studio Room 2. This would involve removing the current wall located on the east side of the room facing out towards the large back exercise area. This would allow the new piece of SYNRGY360 to be housed in this space which would provide the members the opportunity to access the piece and space at any time during their exercise experience.

Implications:

Currently this space is being used for private Pilates training sessions. With the installation of the SYNRGY piece, the current Pilates training equipment will be moved to a massage therapy room, allowing on-going one on one Pilate's private training to take place in one of the previous massage rooms. This change would still leave one room open for massage therapy.

The Parks Maintenance team would take down the current Pilates studio room east wall exposing the space (as stated above) to provide the members the opportunity to utilize the SYNRGY360 piece as part of their regular exercise experience.

Because of the size of the project, staff has requested that W-T Engineering look at the specifications as it relates to the setup of the structural integrity of the wall to make sure that the process taken to secure the opening provides a safe and aesthetically pleasing configuration. Please see the attached drawing of the equipment layout in the room as well as photos and drawings of existing conditions and post construction.

Recommendation:

Staff recommends that the B&G Committee recommend to the full Board the approval for the request of the Park Maintenance team to remove the pre-existing wall between the group exercise room #2 and the main back fitness area to enhance visibility and use of the new Life Fitness SYNRGY 360 multi-functional fitness training equipment. This removal and installation of the new space would be based on the design and recommendation from W-T Engineering with a cost of engineering services, materials and supplies not to exceed \$10,000. This not-to-exceed cost does not include Parks Maintenance labor costs.