GLENCOE PARK DISTRICT
SPECIAL PROJECTS AND FACILITIES MEETING
Thursday, April 13, 2017 - 7:00 p.m.
Takiff Center

Consistent with the requirements of the Illinois Compiled Statutes 5 ILCS 120/1 through 120/6 (Open Meetings Act), notices of this meeting were posted.
Meeting Location: Takiff Center, 999 Green Bay Road, Glencoe, IL 60022

AGENDA

I. Call to Order

II. Roll Call

III. Matters from the Public

IV. Review of Architectural plans for Takiff Fitness Area (remodeling of existing Aiken Activity Room and restroom)

V. Review of Fitness Area Equipment Selection

VI. Naming of Fitness Area

VII. Other Business

VIII. Adjournment

The Glencoe Park District is subject to the requirements of the Americans with Disabilities Act of 1990. Individuals with disabilities who plan to attend this meeting and who require certain accommodations in order to allow them to observe and/or participate in this meeting, or who have questions regarding the accessibility of the meeting or facilities, are asked to contact the Park District at 847-835-3030.
Executive Director Email: lsheppard@glencoeparkdistrict.com
AGENDA

April 13, 2017, 7:00 PM

1. Introduction: Teams
2. Existing Conditions and ADA Non-compliance
3. Scope of Work and New Construction
4. Upgraded Shower Room Facility
5. Proposed Finishes
6. Proposed Speciality Equipment
FLOOR PLAN: PROPOSED

PROPOSED FITNESS CENTER

STRETCH

ARTS

POTTERY

OFFICE

JAN.

ELEC.

RECEPTION

ADMIN

LOCKERS

MODIFIED (ADA) SHOWER ROOM

NEW ADA SHOWER ROOM (OPTION)

ADA WASHROOM

NEW GLASS DOOR W/ WOOD SURROUND. MANUAL LOCK.
**PROPOSED FINISHES**

**Fitness Flooring***:
- Invision Kinetex
- Umbra Stripe
- 18” x 36” plank, Ashlar method

*includes stairs and platform

**Shower / Washrooms**:
- Crossville Shades / Cool Greys
- 1” x 3” mosaic: shower floors;
- 6” x 24”: washroom floor
- 12” x 24”: washroom walls

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![Fitness Flooring Sample](image1)

![Graphic Wall](image2)

![Shower/Washrooms Sample](image3)

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*Graphic Wall*

*Fitness Flooring*:
- Invision Kinetex
- Umbra Stripe
- 18” x 36” plank, Ashlar method

*includes stairs and platform

---

*Wight + Glencoe Park District*
Guardrail Systems

Ideal Lockers
2000 Series 2-high lockers with
1000 Series Cubbies
Wood Laminate Hasp lock

Vanity Sconce

PROPOSED SPECIALITY EQUIPMENT
PREPARED FOR:
Glencoe Parks & Rec
Takiff Center 999 Green Bay Rd.
Glencoe, IL 60022

PREPARED BY:
Mike Munson - Regional Sales Manager
(847) 691-3559
MMunson@DirectFitnessSolutions.com

Direct Fitness Solutions
600 Tower Road
Mundelein, IL 60060
DirectFitnessSolutions.com

NJPA
National Joint Powers Alliance®
How has Direct Fitness Solutions remained a leading fitness equipment distributor, since 1998?

Simple, we're equipped to offer our customers more.

**EQUIPMENT & FLOORING SALES**
- Leading, premium fitness equipment brands
- New & certified pre-owned equipment
- Numerous flooring materials and options

**FACILITY DESIGN**
- Outfitted and designed hundreds of fitness spaces varying in size, budget and market segment
- Ability to create complete visual floor plans with fitness product placement, electrical recommendations and ADA compliance
- 2D and 3D design services

**DELIVERY/INSTALL**
- Nationwide delivery and installation of equipment
- DFS team members are educated on safe and proper installation, including electrical and audio visual
- Move job services that move equipment both on and off site

**SERVICE**
- Fully staffed and certified in-house service department
- 48 hour service request response time
- Preventative maintenance plans

*Direct Fitness Solutions takes great pride in the relationships we have built within the parks and rec community and we welcome the opportunity to work with Glencoe Parks & Rec.*
**Sold To:**
Glencoe Parks and Rec
takiff Center 999 Green Bay
Road
Glencoe, Illinois 60022

**Ship To:**
Glencoe Parks and Rec
999 Green Bay Road
Glencoe, Illinois 60022

**Billing Point of Contact:**
Mike Lushniak
Ph: (847) 835-7535
mlushniak@glencoeparkdistrict.com

**Delivery Point of Contact:**
Mike Lushniak
Ph: (847) 835-7535
dfiggins@glencoeparkdistrict.com

**Direct Fitness Sales Team:**
Mike Munson- Regional Sales Manager
Ph: (847) 691-3559
Fax: (847) 278-4588
mmunson@directfitnesssolutions.com

Holly Stirnichuk- Inside Sales
Ph: (224) 422-0102
Fax: (847) 278-4588
hollys@directfitnesssolutions.com

### CARDIO

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| SubTotal | $99,371.98 |
| Estimated Tax |
| Grand Total | $99,371.98 |

**Notes**

NJPA Contract # 120215-PCR
Terms & Conditions

PAYMENT TERMS:
PAYMENT IS DUE IN ADVANCE. Any other payment terms are subject to credit approval. Authorized purchase orders required for: Leases, Hospitals, Military, School Systems, Municipalities and Corporate Facilities. Proof of tax-exempt status required if applicable. Estimated sales tax - final tax will be billed at the time of shipment based on the prevailing rates.

ESTIMATED DELIVERY DATE:
4-6 Weeks from Receipt of Signed Proposal.

DISCLAIMER:
No representation or statements and no warranties, expressed or implied, other than Manufacturers Warranty, Arises apart from this quote concerning the above items except as stated in writing on this quote. All quotes are valid for 30 days.

TERMS AND CONDITIONS OF SALE:
Customer is responsible for the following on Entertainment, Cardio & Strength products: TV’s with fixed or variable analog audio output jack and speaker off functions (if digital audio output, a converter will need to be purchased). Live cable and dedicated electrical to each TV/Personal Viewing Screen location prior to installation. Installation is not included unless specified. XTV receivers require a CSafe port for power or 110 VAC outlet per piece Confirmation of treadmill electrical requirements (dedicated 20amp branch circuit to each treadmill).
Please note: Unless product is defective or the return is a direct result of a Direct Fitness Solutions error, a 10% restocking fee for all orders and a 20% restocking fee on all custom orders will be charged. All shipping and installation costs are nonrefundable.

Quote Acceptance:
These prices, specifications and conditions are satisfactory and are hereby accepted.
Payment Terms:

Account Name: Glencoe Parks and Rec
Print Name:
Signature:
Title:
Date:

Company Name:
Print Name:
Signature:
Title:
Date:

Email or Fax Signed Proposal To:
Holly Strinichuk
Inside Sales
Phone: (224) 422-0102
Fax: (847) 278-4588
hollys@directfitnesssolutions.com
**Please include all applicable purchasing documents. If tax exempt please include exemption certificate.
TAKIFF CENTER FITNESS

EQUIPMENT OVERVIEW AND SELECTION PROCESS
• Popular piece of cardio equipment that simulates walking, running, or jogging.

• Provides versatility from a brisk walk to an uphill sprint. This machine offers a wide range of options in terms of speed, incline, and multiple training programs.

• Treadmills keep it simple by emulating the familiar movements associated with running or walking.

• Burns calories at a high rate as substantial effort is required to propel body weight.

• Running and walking can strengthen bones and muscles to improve posture and stability as we age.

• Positioned by the windows so people can look outside or at touchscreen while using.

• 4 treadmills are in the current room layout and quote
ELLiptical

- Low impact cardio machine that is very popular among many different demographics of people.
- Simulates running without the joint impact of a treadmill.
- Movable handles allow for simultaneous upper and lower body workouts.
- Allows for a reverse stride that activates different muscle groups and offers adjustable variety mid-workout.
- Gliding motion provides the perception of low exertion while still burning substantial calories.
- Positioned along window so people are able to look outside or at touchscreen while using the machine.
- 2 ellipticals are in the current room layout and quote
**SPIN BIKE**

- Indoor spin bike – popular with cyclists
- Low impact exercise. Requires less overall body exertion than a treadmill or elliptical trainer, and allows for longer workout sessions.
- Adjustable distance, time or resistance that simulates riding on the road.
- Positioned in front of the stage along with the other types of bikes
- 2 spin bikes are in the current room layout and quote
- Added to first equipment quote based on committee feedback
- Mirrors the “Peloton” residential spin bike.
The (AMT) is a combination of an elliptical machine, treadmill and a stepper. It adjusts to your preferred body motion so that style of leg movement can change at any time during your workout.

Independent foot pedals allow the user to adjust stride length and step height to mimic different movements during the workout to simulate different activities such as stepping, walking, jogging, and running.

Positioned along window so people are able to look outside or at touchscreen while using the machine.

1 AMT is in the current room layout and quote - this piece of equipment is new to the market.
UPRIGHT BIKE

- Easy to use cardio bike that can be used by many demographics
- Low impact workout with adjustable user-friendly settings that allow the user to adjust distance, time, and resistance.
- Provides a comfortable and efficient experience with a seat that is more comfortable for some than a spin bike.
- Positioned in front of the stage along with the other types of cardio bikes
- 1 upright bike is in the current room layout and quote
• Easy to use cardio bike that is very popular for people seeking low impact fitness

• Recommended for beginners or those with lower-body injuries as this equipment requires less overall body exertion than a treadmill or elliptical trainer and allows for longer workout sessions.

• Positioned in front of the stage along with the other types of cardio bikes

• 1 recumbent bike is in the current room layout and quote
NUSTEP

• Easy to use recumbent cross trainer that is very popular with people seeking low impact exercise.

• Provides a smooth and natural motion that delivers a low impact, inclusive, total-body cardiovascular and strengthening workout for virtually all users.

• Positioned in the middle of the room for easy access to the machine

• 2 Nusteps are in the current room layout and quote
**STRETCH TRAINER**

- Simple easy to use stretch trainer for pre and post workout stretching
- Improves flexibility and range of motion to improve physical performance and reduce the risk of injury.
- Positioned on the stage along with other stretching and flexibility equipment
- 1 stretch trainer is in the current room layout and quote
MULTI PRESS

• This strength machine is three machines in one – bench press, incline press, and should press

• Works out chest, arms, and shoulders.

• Positioned in the middle of the room along with the other strength machines

• 1 multi press is in the current room layout and quote
This strength machine allows the user to use for both leg press and calf extension exercises to work out quadriceps, glutes, and lower legs.

- Positioned in the middle of the room along with the other strength machines

- 1 leg press / calf extension machine is in the current room layout and quote
LEG EXTENSION/CURL

- This strength machine allows the user to exercise quadriceps, calves, and hamstrings.
- Positioned in the middle of the room along with the other strength machines.
- 1 leg extension/curl machine is in the current room layout and quote.
This strength machine allows the user to exercise wrists, biceps, triceps, lats, and forearms.

Positioned in the middle of the room along with the other strength machines.

1 bicep curl / triceps extension machine is in the current room layout and quote
• Smith machine allows the user to do a variety of different bar/plate weighted exercises from squats to bench press for a total body workout
• Positioned along the wall with other free weights
• 1 smith machine is in the current room layout and quote
The functional strength trainer allows for the user to complete a variety of resistance exercises to exercise almost any muscle group.

- Positioned along the wall with the free weights and smith machine.

- 1 functional strength trainer is in the current room layout and quote
3 TIER DUMBBELL RACK AND WEIGHTS

- Dumbbells up to fifty pounds for a multitude of upper body exercises
- Positioned along the wall with the smith machine and functional strength trainer
- 1 dumbbell rack and weight set is in the current room layout and quote
ADDITIONAL EQUIPMENT

- 2 Flat / Incline / Decline benches
- 5lb – 25lb Weight plates
- 4lb – 30lb Medicine ball set
- 2 Fitness balls
- 4 Fitness mats
- 1 Wall mounted mat rack
SUMMARY

• High quantity of cardio equipment provides for versatility and variety in aerobic exercise.

• Strength equipment provides the ability for a total body workout.

• Stretching area provides for space for exercises that do not use equipment.

• Overall focus of layout
  • Efficient use of space
  • Unintimidating environment
  • Flexibility for future changes