

## Re: letter to the board

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From: Shannon Loecher (sloecher02@yahoo.com)

To: board@fallsandpinnacle.org; jeremy@bicycletheory.com

Cc: hoa.mkaehler@gmail.com; cherelle3133@gmail.com; face@fallsandpinnacle.org; jonathan.penn@fsresidential.com; jeremy.larson@fsresidential.com; eric.lewis@fsresidential.com; jdcberg77@gmail.com; deejrekstad@gmail.com; marshall.h.hoa@gmail.com; cwdc1991@gmail.com; finance@fallsandpinnacle.org

Date: Thursday, May 29, 2025 at 06:22 AM CDT

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Thank you Jeremy.

Since the FCTF was dismissed and not allowed to give our full monthly report, we request that the items attached and below also be submitted in the minutes for May 28, 2025.

The FCTF supports and agrees with our neighbors on the FACE committee, as this has been the most disrespectful, unprofessional experience any of us have ever had. **Since August 2023**, this task force has spent thousands of hours engaging residents and consulting experts to design a space that increases the building and individual condo value, all while facing constant pushback and receiving no support from this board.

To address the inaccuracies made in board comments on 5/28/25:

- Email exchanges with the board and the FCTF on May 20 and May 28 clearly stated we had slides and information to share at the 5/28 meeting
- While the name of the task force refers to "refresh", both "refresh" and "renovation" are referred to in the reserve study
- Regardless of language, the FCTF put forth a recommendation in Aug 2024 that achieved both objectives while staying 8% under budget; on May 28 2025 we again submitted a recommendation that FSR agrees will still allow for both objectives to be achieved
- In response to the claim that we submitted a recommendation that was over \$500K in August 24, that is simply not true.
  - The FCTF was told by the board and FSR that there was significant water damage in the rooms that needed to be mitigated. That project has to be completed prior to any other work taking place in the space.
  - The FCTF submitted one recommendation for the Fitness Room spaces that was consistent with the budget allocated in the reserve study. The FCTF submitted a second recommendation for water damage mitigation that CLEARLY pointed out the funds should come from the Maintenance Budget. Attached again for reference.
- The FCTF does not want or need additional time with the board. The board has had the full recommendation and written responses to their concerns for the last 9 months. They received updated pricing and additional detail on May 28, both of which provide them with more than enough information.

As outlined on slide 10, a decision must be made no later than June 20 in order to move the project forward with the pricing proposed. While the Theater Refresh Task Force received approval and an increased budget without issue and the Falls Refresh Task Force received approval and funding without finalizing the light design, we expect the same consideration for the Fitness Center Task Force, as our recommendation holds no surprises.

Please let any of us know if questions remain.

Shannon Loecher

On Wednesday, May 28, 2025 at 07:58:30 PM CDT, Jeremy Burgeson  
<jeremy@bicycletheory.com> wrote:

Hello Falls & Pinnacle Board (and Residents included in this conversation thus far) –

Attached is a copy of the FACE Committee's statement, joining others who have raised concerns, read at tonight's board meeting. We are submitting this letter to the board secretary and requesting that it be included in the official minutes.

Thank you,

FACE Committee

# FALLS AND PINNACLE

Fitness Center Refresh Task Force  
RECOMMENDATIONS

~~August 2024~~

May 2025

# GOALS

## OVERALL

Incorporate **resident feedback** and **subject matter expertise** into space designs that will enhance the value of individual units and **remain appealing for multiple decades** *(until they are again included in a reserve study)*.

## FITNESS CENTER

Create a **modern, functional** fitness space that is **customized** to the Falls and Pinnacle residences and includes equipment that can be used by residents and guests of **all ages and fitness levels**.

## LOCKER ROOMS (coordinated by FSR)

Create modern, yet timeless spaces that will **elevate both rooms** to a level that is on par with other Falls and Pinnacle community spaces.

# STRATEGIES

1. **Combine form and function** that will last for decades (in anticipation of reserve funds not being allocated to the spaces again)
2. **Base decisions on facts** - not on assumptions, opinions or observations – that incorporate resident feedback but are **determined by subject matter experts** in the fitness, design and contracting industries
3. **Solicit multiple vendors** for designs and contracting, in order to evaluate various price points and ensure that we are **achieving maximum value**
4. **Complete the full project refresh under budget** (\$310,000 currently allocated in reserve study)

# Gym

The most recommended fitness tools  
that should be in every well-equipped weight room

- ✓ Adjustable Bench (Flat/Incline/Decline)
- ✓ Barbells
- ✓ Battle Ropes / Sled / Conditioning Tools
- ✓ Cable Machine / Functional Trainer
- ✓ Ab Wheel / Core Trainer
- ✓ Dumbbells (Light to Heavy)
- ✓ Foam Roller
- ✓ Kettlebells
- Landmine Attachment
- ✓ Medicine Balls / Slam Balls
- ✓ Plyo Boxes
- ✓ Power Rack / Squat Rack
- ✓ Pull-Up Bar
- ✓ Resistance Bands (Light to Heavy)
- ✓ Smith Machine
- Trap Bar (Hex Bar)
- ✓ Weight Plates (Bumper)

✓ = requested by Falls & Pinnacle Residents

## SOURCES

[BarBend](#)  
[Breaking Muscle](#)  
[Dmoose](#)  
[Forbes](#)  
[Foresight Health](#)  
[Gym Crafter](#)  
[GymDesk](#)  
[Healthline](#)  
[Legion Athletics](#)  
[RecWell](#)  
[RitKeeps](#)  
[TomsGuide](#)  
[VersaGrips](#)  
[WodGuru](#)

# Gym:

## Resident requests

### New equipment and accessories:

Air bike	Kettle Bells
Audio system	Mats
Balance pad	Medicine balls
Ballet bar (yoga room)	Mini-trampoline
Battle ropes	Peloton
Bench press	Pilates Reformer
Bike, recumbent (new)	Plyo boxes
Bike, upright	Racks for various accessories
Bosu	Resistance bands
Cable based machines	Roman chair
Climbing wall	Rowing machine
Clock/timer: in both rooms	Rowing machine (water)
Cubbies for personal belongings	Ski ERG
Dumb bells, heavy	Smith machine
Exercise balls, various sizes	Squat rack
Fans	Stair stepper
Filtered water station for water bottles	Treadmill, curved
Foam roller	TRX bands
Free weights/plates/bars/hex bar	TVs
Golf Simulator	Virtual training on machines

### Additional requests:

- Make it brighter, new paint and lights
- Do something about the TVs
- Improve the floor
- Provide some training and instruction
- Improve the air quality

# Gym:

Refresh budget will accommodate all of the items below

## New equipment and accessories:

Air bike	Kettle bells
Audio system	Mats
Balance pad	Medicine balls
Ballet barre (yoga room)	Mini-trampoline
Battle ropes	Nordic curl
Benches	Peloton
Bike, recumbent	Pilates Reformer
Bike, upright	Plyo boxes
Bosu ball	Racks for various accessories
Cable based machines	Resistance bands
Climbing wall	Rowing machine
Clock/timer: in both rooms	Rowing machine (water)
Cubbies	Ski ERG
Dumb bells, heavy	Smith machine/Squat rack
Exercise balls, various sizes	Stair stepper
Fans	Treadmill
Filtered water station for water bottles	Treadmill, curved
Foam roller	TRX bands
Free weights/plates/bars/hex bar	TVs
Golf Simulator	Training, in-person + virtual

## Additional improvements:

- TVs mounted on wall in front of cardio equip
- New Floor
- Graphics (“how-to”, tips, etiquette, etc.)
- Opening Day Fitness Education and Clinics

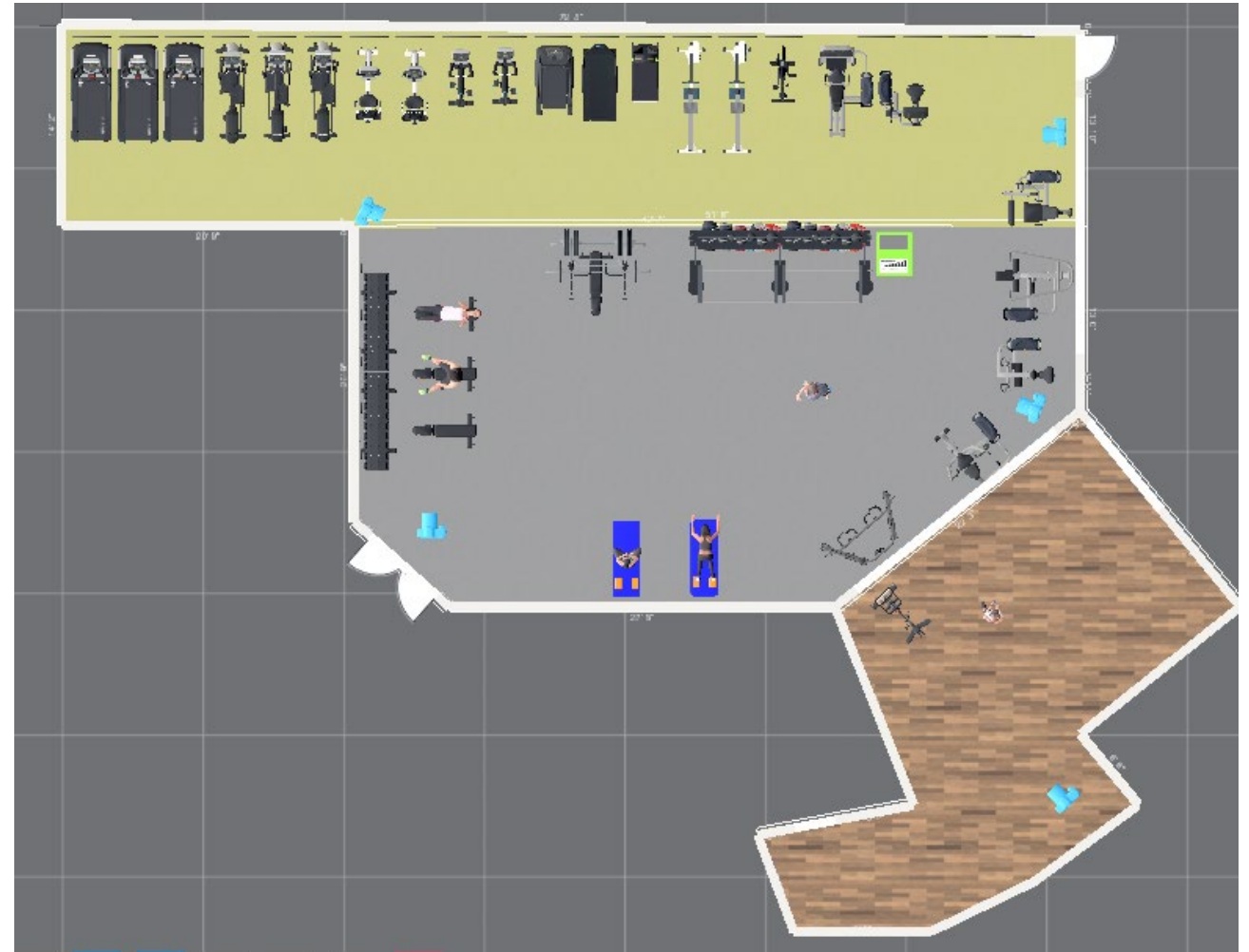
## Equipment to keep:

- Chest Press
- Lat Pull Down
- Leg Extension
- Leg Curl
- Leg lift/Dip station
- Leg Press



## LAYOUT NOTES

- Picture features two color, upgraded gym floor
- Layout could be slightly modified at install
- Peloton will be in main gym, not the studio
- Peloton users will be responsible for setting up and paying for their own accounts
- Massage table will remain in main gym
- Location of wall mounted racks for mats, foam rollers, bands is TBD
- Cardio equipment will be moved away from the wall a bit and TVs will be mounted to the wall, eliminating the need for cable or internet enabled machines



## RESERVE STUDY LINE ITEMS 2024

### RESERVE STUDY LINE ITEM (2024)

	Amount
2.155 Exercise Equipment, Cardiovascular... 2024 -	\$46,575.00
2.165 Exercise Equipment, Strength Training... 2024 -	\$93,150.00
2.180 Fitness Room <b>Renovation</b> (Incl. Yoga Room)... 2024 -	\$87,975.00
2.185 Fitness Room, Locker Rooms, <b>Renovation</b> ... 2024	<u>\$82,800.00</u>
<b>TOTAL (basis for original FCTF recommendation):</b>	<b>\$310,500.00</b>

### EXPENSES NOT INCLUDED IN RESERVE STUDY

Existing equipment removal and recycling; Disassemble wrap and move exercise equipment into onsite storage

Move, reinstall and tune up product once project is completed

Storage unit rental

Design fees

UPDATED  
PRICING:  
VALID UNTIL  
JUNE 27, 2025

RESERVE STUDY LINE ITEM (2024)	AMOUNT IN RESERVE STUDY	TOTAL	LOW ESTIMATE	HIGH ESTIMATE	
2.155 Exercise Equipment, Cardiovascular... 2024	\$46,575				
2.165 Exercise Equipment, Strength Training... 2024	\$93,150				
		<b>\$139,725</b>			
Equipment: cardio, strength, <b>functional equip, storage</b> ; tax, shipping, delivery, assembly, install; <b>Education: graphics, in person (2), digital curriculum</b>			(\$128,500)	(\$128,500)	nothing else is needed
2.180 Fitness Room Renovation (Incl. Yoga Room)... 2024	\$87,975				
		<b>\$87,975</b>			
Flooring, gym and studio: delivery, install			(\$26,000)	(\$37,000)	
A/V: TVs, brackets, install			(\$15,000)	(\$22,000)	
2.185 Fitness Room, Locker Rooms, Renovation... 2024	\$82,800				
		<b>\$82,800</b>			
<b>EXPENSES NOT INCLUDED IN RESERVE STUDY</b>					
		<b>\$0</b>			
Existing equipment removal and recycling; Disassemble wrap and move exercise equipment into onsite storage				(\$9,520)	
Move, reinstall and tune up product once project is completed			(\$6,200)	(\$6,200)	
Storage unit rental (\$350 per month)				(\$1,050)	
<b>Design fees (already paid)</b>			(\$5,500)	(\$5,500)	<b>(actual)</b>
<b>TOTAL FUNDS FOR PROJECT IN RESERVE STUDY (2024)</b>		<b>\$310,500</b>			
<b>RANGE OF ESTIMATES FOR REFRESH</b>			(\$181,200)	(\$209,770)	
<b>BALANCE FOR RENOVATION</b>			<b>\$129,300</b>	<b>\$100,730</b>	

# DEADLINES:

June 20, 2025: Board approves FCTF recommendations OR provides updated budget

June 22, 2025: FCTF secures final details with vendors

June 22, 2025: payments made

June 27, 2025: orders placed, project details communicated to residents

TBD: work begins

TBD: work ends