

FALLS AND PINNACLE

Fitness Center Refresh Task Force
RECOMMENDATIONS
August 2024

Presentation Ground Rules:

1. The meeting is being recorded and will be posted to the resident portal for future viewing.
2. Please be respectful of the task force and other residents.
3. As details are shared, please remember that this is a project for the entire community and cannot be tailored to individual preferences.
4. Please hold questions until the end: many will be answered later in the presentation.
5. If there are questions, they must pertain to the content of the presentation only, so we can stay focused on providing clarity related to the project.

Project Overview

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

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)

DEFINITIONS

Refresh: making equipment upgrades and cosmetic upgrades to finishes (i.e. paint, floor, lights) that don't require demolition

Remodel/Renovation: any modification that would change the structure of the spaces i.e. raising or dropping ceilings, covering skylights, removing ceiling beam, converting sauna/steam room, replacing and repairing walls due to water damage) **(NOT PART OF REFRESH)**

Information provided to FCTF

Reserve study allocates **\$310,000** for:

- The purchase of new cardio and strength equipment
- Refresh in gym (FCTF defined as improvements to lights, paint and floor)
- Refresh in studio (FCTF defined as improvements to lights, paint, floor)
- Improvements to the men's and women's locker rooms (FCTF kept basic)

Refresh line items in the reserve study allocate **\$0** for:

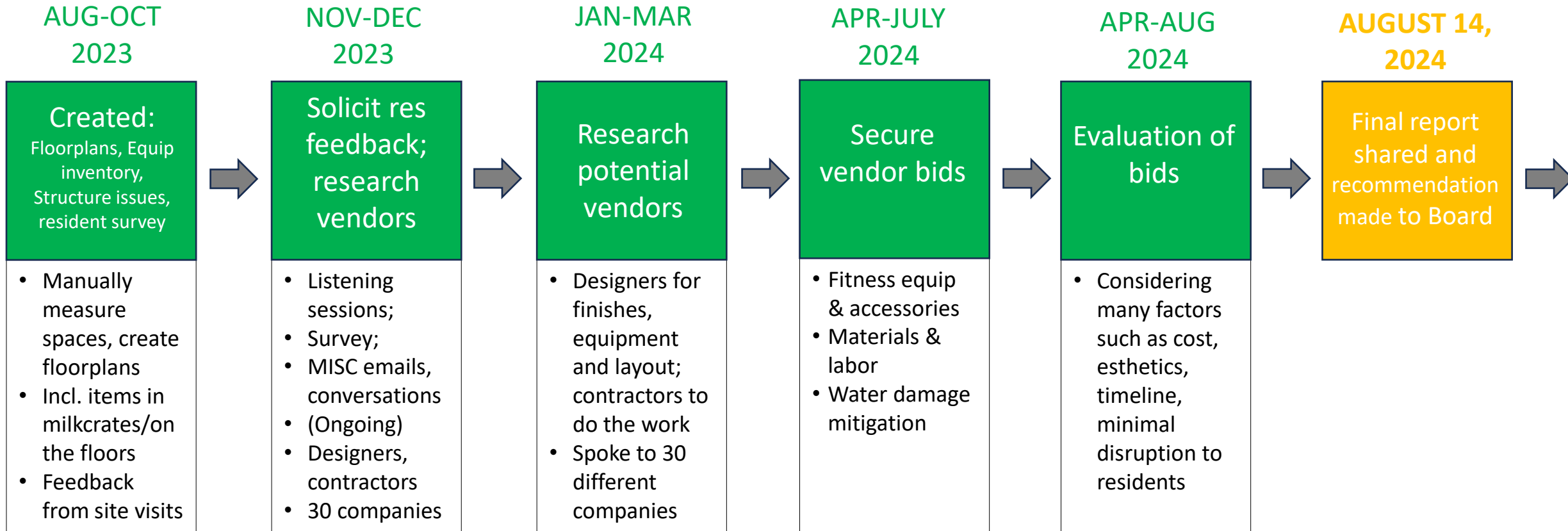
- Improvements to the vestibule (drinking fountain area),
- Structural repairs, electric/plumbing updates, bringing up to code if needed
- Logistical expenses (design, storing/removing/recycling equip, TV install)

Challenges

- **Architectural Blueprints:** No drawings or schematics of plumbing, electric, load bearing beams etc. exist
- **Budget and scope of project:** Budget number and locker rooms inclusion not provided to FCTF December 6, 2023
- **Contractor list:** Nothing was made available beyond the two “resident recommended” vendors, 30+ contractors were researched and contacted by FCTF
- **Contractor Availability:** most are scheduling into 2025
- **Equipment Evaluation:** Records of detailed fitness equip maintenance, warranties and reasons to replace are not available
- **Floor Plan:** No drawings or renderings of each of the spaces exist
- **Permitting:** Conflicting reports from vendors on permitting needs has led to large bid variances
- **Previous Work:** No records of any kind for work that has been completed on any of the spaces exist
- **Resident Skepticism:** Multiple instances of residents who are personally not in favor of the project exhibiting unprofessional, disruptive behavior towards FCTF members and other residents
- **Water Damage:** Discovered during window replacement in gym in summer 2023, FCTF not informed until March 2024; Locker room damage pointed out during contractor walk-throughs.

Process and Timeline

Timeline



Recommendations:

Gym, Studio, Locker Rooms, Vestibule (drinking fountain area between all rooms)

NOTE: pictures reflect upgraded designs; once the board approves recommendation or added enhancements, a final scope of work and design drawings will be created for each space and placed in the resident portal

Gym:

Resident requests

New equipment and accessories:

Air bike	Mats
Audio system	Medicine balls
Balance pad	Mini-trampoline
Ballet bar (yoga room)	Peloton
Battle ropes	Pilates Reformer
Bench press	Plyo boxes
Bike, recumbent (new)	Racks for various accessories
Bike, upright	Resistance bands
Bosu	Roman chair
Cable based machines	Rowing machine
Climbing wall	Rowing machine (water)
Clock/timer: in both rooms	Ski ERG
Cubbies for personal belongings	Smith machine
Dumb bells, heavy	Squat rack
Exercise balls, various sizes	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
Kettle bells	

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

Audio system

Balance pad

Ballet barre (yoga room)

Battle ropes

Benches (4)

Bike, recumbent (1)

Bike, upright (2)

Bosu ball

Cable based machines

Climbing wall

Clock/timer: in both rooms

Cubbies

Dumb bells, heavy

Exercise balls, various sizes

Filtered water station for water bottles

Foam roller

Free weights/plates/bars/hex bar

Golf Simulator

Kettle bells

Mats

Medicine balls

Mini-trampoline

Nordic curl

Peloton

Pilates Reformer

Plyo boxes

Racks for various accessories

Resistance bands

Rowing machine

Rowing machine (water)

Ski ERG

Smith machine

Squat rack

Stair stepper

Treadmill (3)

Treadmill, curved (1)

TRX bands

TVs

Training, in-person + virtual

Additional improvements:

- Lights on wall under skylights, replaced
- Update all light bulbs to LEDs
- TVs mounted on wall in front of cardio equip
- New Floor
- Graphics
- Opening Day Fitness Education and Clinics

Equipment to keep:

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



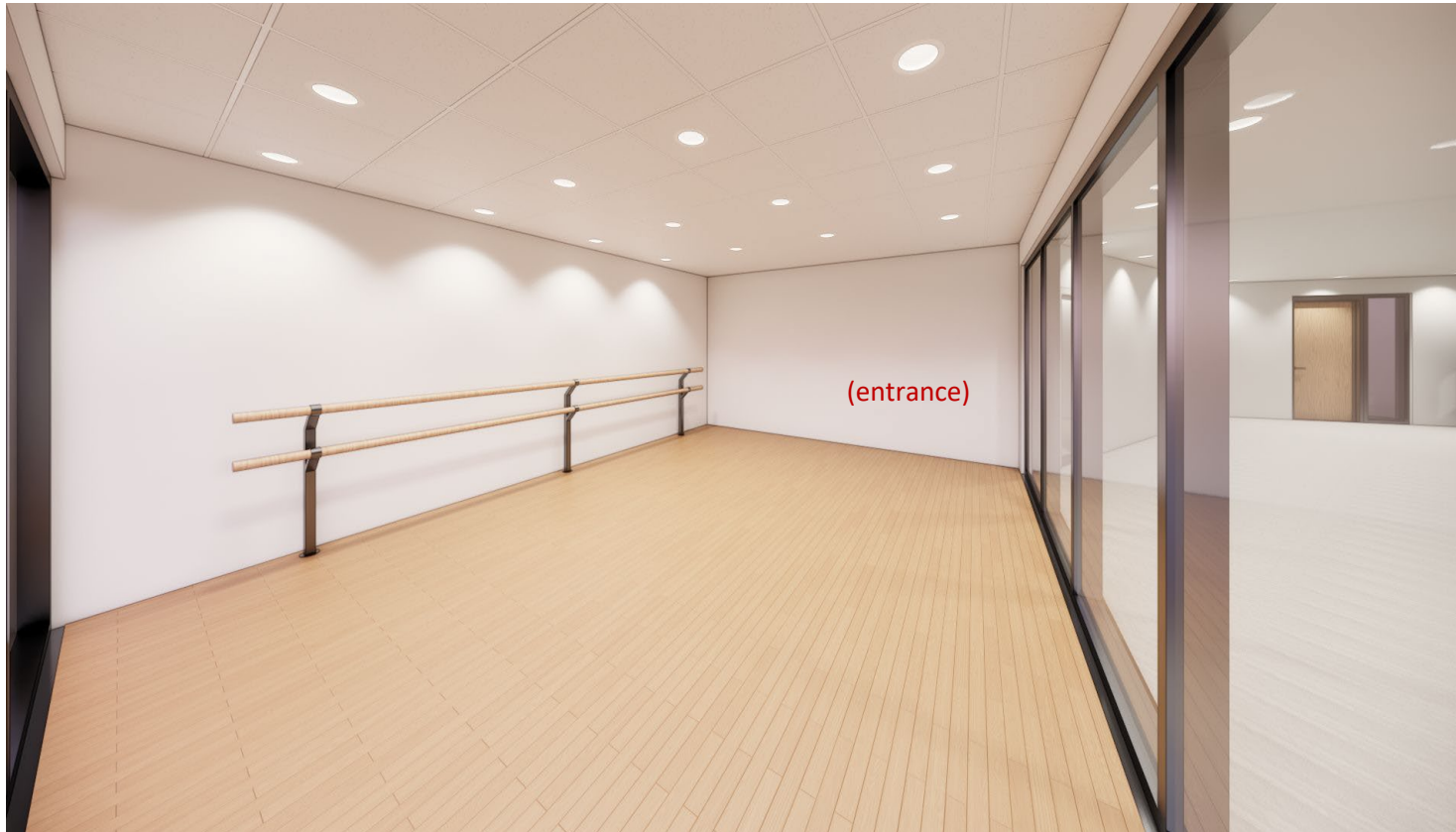
LAYOUT NOTES

- Picture features two color, upgraded gym floor
- Layout could be slightly modified at install
- Peloton will be in main gym, not the studio
- 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





Studio



NOTES

Existing TV will remain (board could add new TV)

HIGHLIGHTS

- Ballet barre
- Fresh paint
- New ceiling tiles
- New floor
- Partial privacy screen
- Upgraded light bulbs + dimmer switch

Locker Rooms



NOTE

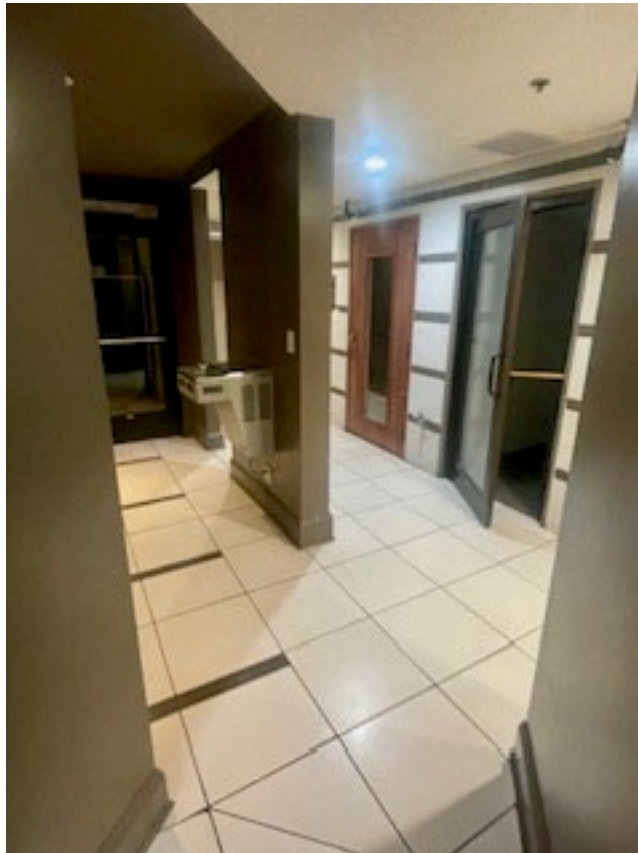
100% of contractors confirmed water damage in both showers; tile must be removed, walls repaired, new tile installed

- Bench in shower - foldable
- Luxury Vinyl Floor
- New mirrors
- New shower doors
- New Paint throughout
- New Plumbing fixtures (toilets, shower drains, shower components, undermount sinks, faucets, toilet paper rolls, paper towel holders)
- Removal of old lockers, install cubbies
- Re-tiled showers
- Sinks
- Upgraded lighting
- Vanities



Vestibule

(drinking fountain area between all rooms)



Remove tile

Same floor as in locker room

Fresh paint throughout

Upgraded light bulbs

New drinking fountain with water bottle filling station

Spaces: Gym, Studio, Vestibule refresh

Timing: Late fall, immediately following water damage mitigation

Spaces: Locker rooms refresh

Timing: TBD, immediately following water damage mitigation

Fitness Center Refresh Budget: \$310,000

Task Force Recommendation: \$284,000 (provides \$26K contingency)

RECOMMENDED VENDORS AND ESTIMATES		OTHER VENDOR ESTIMATES		
		GERTENWORKS	SPACETURTLE	MIDWESTFITNESS
RECOMMENDED: EQUIPMENT, FLOOR, TRAINING	\$ 140,500.00			\$147,163.00
Impact Fitness Consulting:				Does not include: Best brand in ea category Flooring or installation In-person training clinics In-person setup/install Graphics Ongoing resource
Equipment: Selection and Procurement				
Flooring and Installation				
Fitness Equipment Installation and Setup				
Graphics Design, and Installation				
Opening Day Fitness Education and Clinics				
Digital Fitness Consulting				
RECOMMENDED: GYM, STUDIO, LOCKER ROOM IMPROVEMENTS	\$118,000.00	\$310,113.00	\$212,608.00	
MetroRehabbers: materials, labor, inspections and permits as required			(locker rooms only)	
RECOMMENDED: MISC	\$ 20,000.00			
Radiant Sound Integrated (TVs): incl install, number TBD based on budget	\$ 13,450.00			
Exercise Equipment Installers: Equipment removal and recycling	\$ 5,500.00			
POD storage unit rental: Equipment storage (\$350 per month)	\$ 1,050.00			
RECOMMENDED: CONTINGENCY FUNDS	\$ 25,000.00			
PAID TO DATE	\$ 5,500.00			
Kariel Interiors, Impact Fitness: Design fees: gym and studio, finishes for all rooms				

Fitness Center Refresh Budget: \$310,000 (does not include water damage mitigation)

Task Force Recommendation: \$284,000 (provides \$26K contingency)

Space:	Gym
Task:	Repair all water damaged areas including behind existing walls, install all new mold and cold resistance sheetrock where required, upgraded insulation throughout; tape, mud, sand, paint
Timing:	Early Sept: must be completed prior to floor install and equipment delivery/install

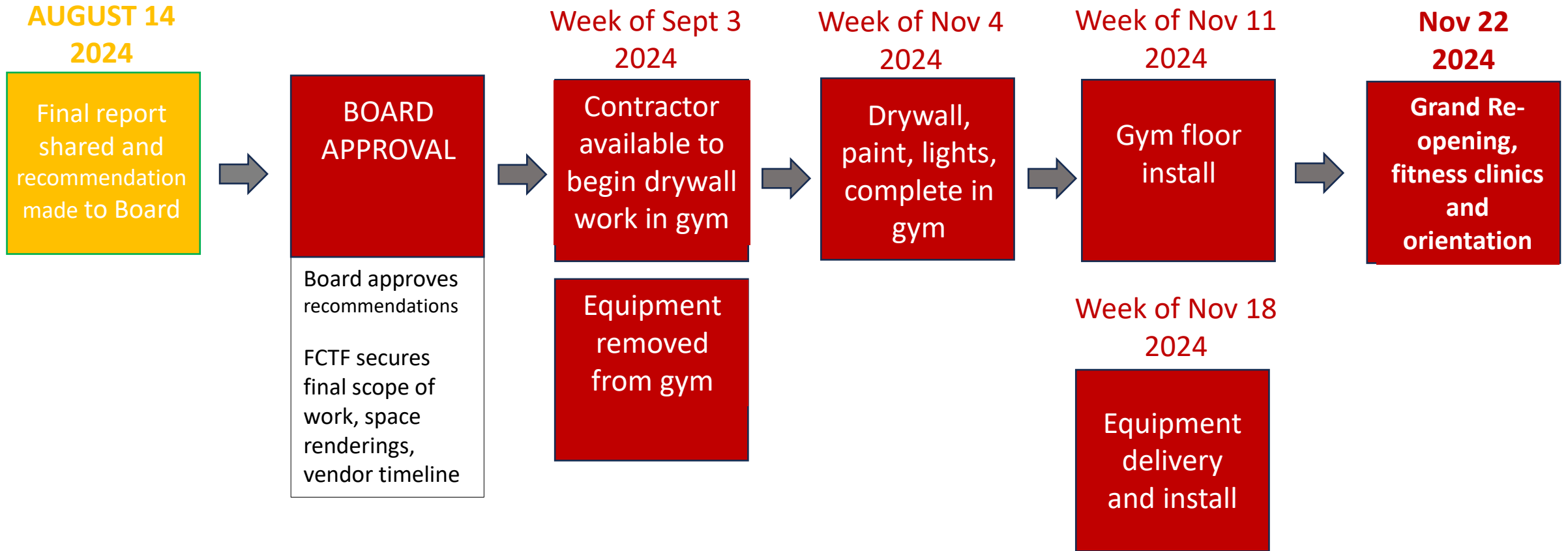
Space:	Locker rooms
Task:	Repair all water damaged areas including behind existing walls, install all new mold and cold resistance sheetrock where required, upgraded insulation throughout; tape, mud, sand, paint
Timing:	TBD

Water Damage Mitigation: Maintenance Budget
Task Force Recommendation: \$100,850 (estimate: +/- 15-20%)

RECOMMENDED VENDOR AND ESTIMATES		OTHER ESTIMATE
	METRO-REHABBERS	GERTENWORKS
RECOMMENDED: WATER DAMAGE MITIGATION	\$100,850.00	\$ 189,590.00
METROREHABBERS:		
Gym Drywall: remove floor trim and chair rail, repair all water damage (including water lines) areas behind existing walls and install all new sheetrock: mold resistant and cold resistant; includes insulation and inspection; taping, mudding, sanding, painting; lift and scaffold rental, set-up, removal		
Locker Rooms: remove wallpaper, repair all water damage, install/repair sheetrock, taping, mudding, sanding, painting		

Water Damage Mitigation: Maintenance Budget
Task Force Recommendation: \$100,850 (estimate: +/- 15-20%)

Possible Timeline: Gym, Studio, Vestibule



Enhancements

To be determined by the Board:

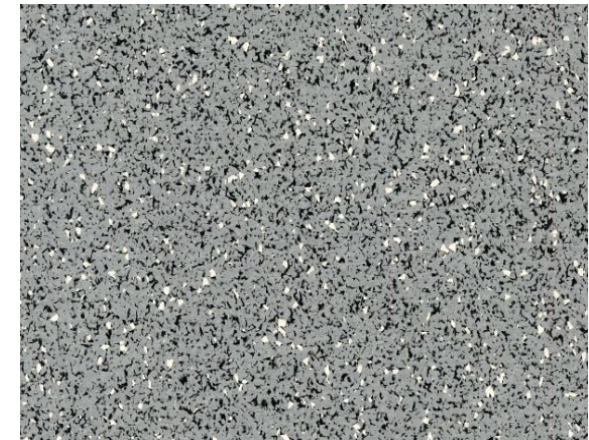
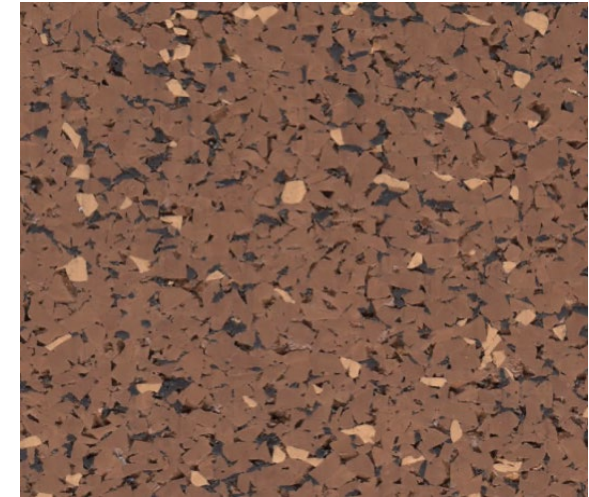
- Gym: replace existing ellipticals (\$4,500.00 each)
 - Gym: accent wall (\$16,800.00)
 - Gym: paint ceiling and skylights (\$18,560.00)
 - Gym: two different floor colors (\$15-20,000.00)
 - Locker rooms: add lockers (vs. cubbies) (\$3,000.00)
 - Locker rooms: new tile in toilet rooms (vs. paint)
 - Locker rooms: new tile on locker room floors (vs. luxury vinyl)
 - Vestibule: new tile on floor (vs. luxury vinyl)
 - Vestibule: new tile on walls (vs. paint)
 - Studio or Gym: Additional TVs (or replace existing TV in studio) (\$3,500.00)
- (\$11,300)

Enhancements

Sample colors:



Two-color floor to distinguish zones, improve overall aesthetic



Enhancements



ACCENT WALL
(basic floor color included is black)



CUBBIES (included, lockers shown on renderings)

Enhancements



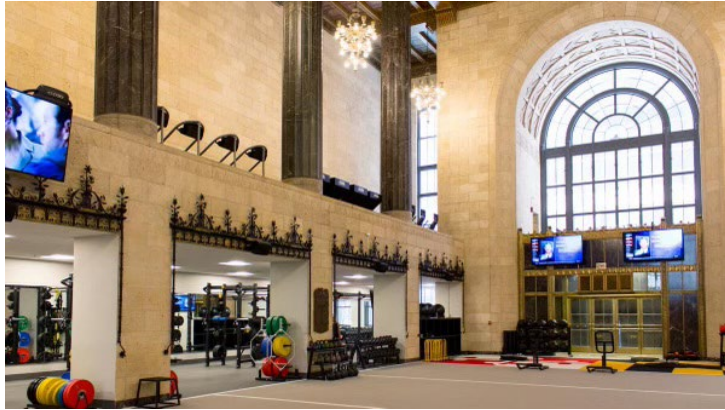
PAINT CEILING AND SKYLIGHTS

Recommendations: Vendors

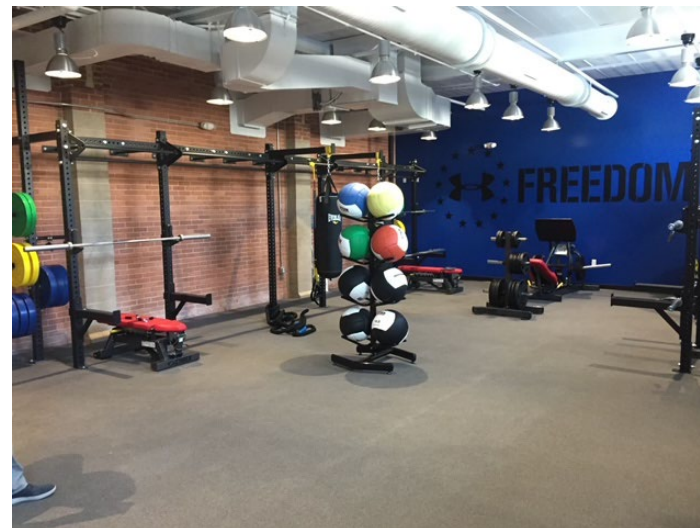
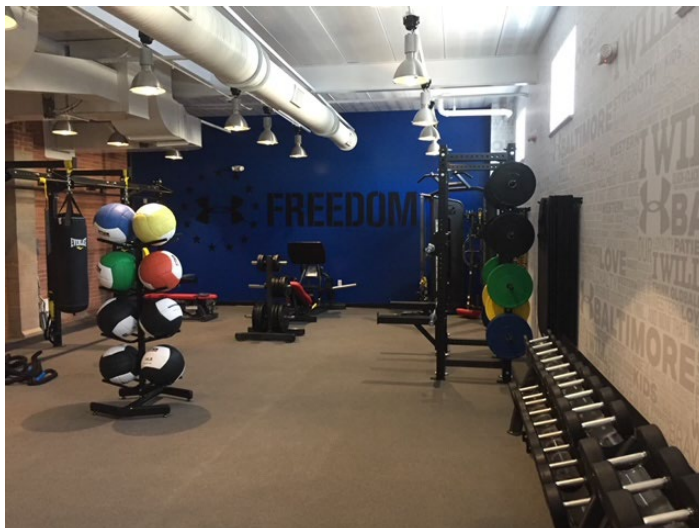


IMPACT FITNESS CONSULTING

AFFILIATED WITH EQUIPMENT MANUFACTURER: NO, has access to all brands
CERTIFIED PERSONAL TRAINER: YES



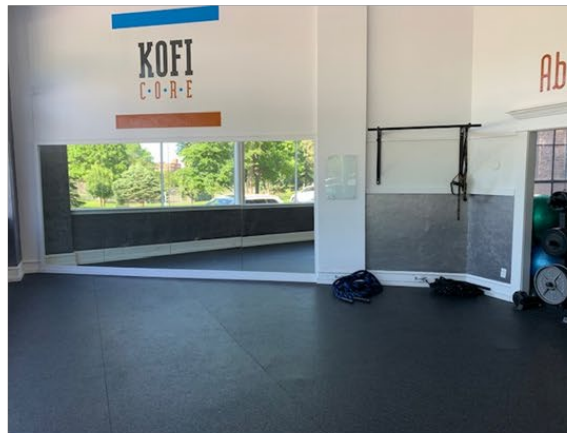
**PUBLIC FITNESS
CENTER
(CONVERTED
BANK)**



**EXECUTIVE
FITNESS
CENTER**

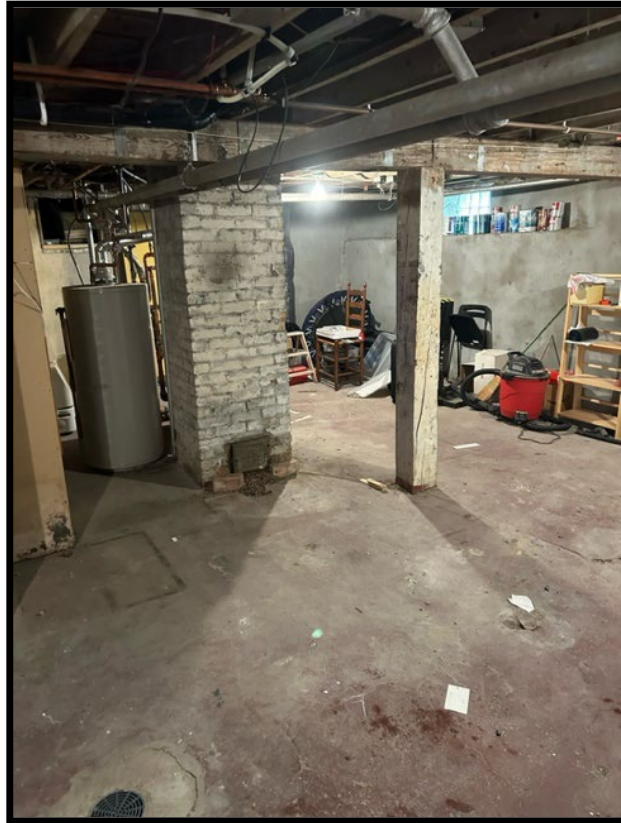
METROREHABBERS LLC

certified personal trainer, have remodeled multiple fitness spaces

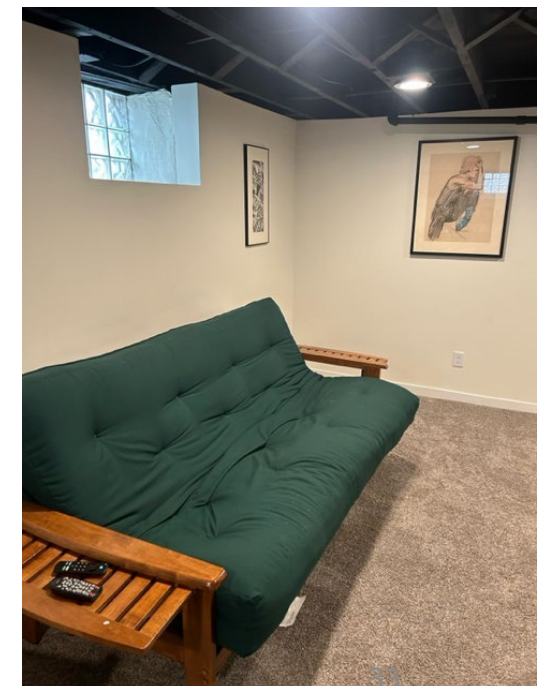
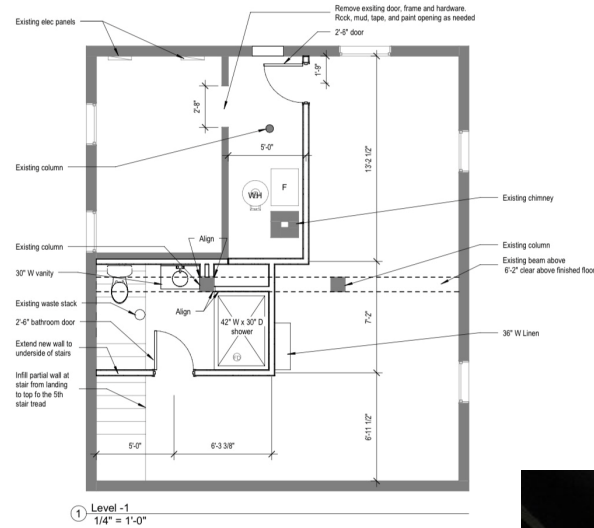


Fitness Studio

METROREHABBERS LLC



Residential
basement +
bathroom



NEXT STEPS:

1. Board approves FCTF recommendations, decides on enhancements.
2. FCTF secures final scope of work, space renderings, vendor timeline.
3. Project details communicated to residents.