

APPROVED

MINUTES OF APRIL 13, 2017 SPECIAL PROJECTS AND FACILITIES COMMITTEE
MEETING
GLENCOE PARK DISTRICT
999 GREEN BAY ROAD, GLENCOE, ILLINOIS 60022

The meeting was called to order at 7:01 p.m. and roll was called.

Committee Members present:

Steve Gaines, President

Lisa Brooks, Treasurer

Staff present:

Lisa Sheppard, Executive Director/Secretary

Chris Leiner, Director of Parks/Maintenance

Mike Lushniak, Director of Recreation/Facilities

Carol Mensinger, Director of Finance/HR

Paul Goedjen, Takiff Facility Manager

Committee Members absent:

Andre Lerman, Chair/Commissioner

Commissioners present:

Dudley Onderdonk, Commissioner

Members of the Public in attendance who signed in or spoke: Josh Lutton

Matters from the Public: There were no matters from the public.

Review of Architectural Plans for Takiff Fitness Area (remodeling of existing Aiken Activity room and Restroom): Wight Architects, Matthew Duggan and Eddie Munoz, gave a presentation reviewing the plans for Takiff Center's Fitness Area attached to these minutes and also located on our website in the meeting packet under transparency portal. Discussion ensued.

Committee Direction: President Gaines directed staff, based on discussion of the Committee present, to forward the architectural plans for Takiff Fitness Area and the second "shower room" to the Board for approval at the April 18 Regular Board meeting.

Review of Fitness Area Equipment Selection: Director Lushniak, Manager Goedjen, and Mike Munson from Direct Fitness gave a presentation on the proposed equipment selection. Discussion ensued.

Committee Direction: President Gaines directed staff, based on discussion of the Committee, to forward the equipment selections for Takiff Fitness Area, as presented, to the Board for approval at the April 18 Regular Board meeting.

Naming of Fitness Area: Executive Director Sheppard shared history of the naming of the Rod Aiken Activity Room and offered the opportunity to rename the room. Discussion ensued.

Other Business: Executive Director Sheppard would like to call a Special Projects and Facilities Committee meeting for May 16, 2017 at 6:00 p.m. to discuss the Takiff Parking Lot.

Adjourn: Commissioner Brooks moved to adjourn the meeting at 8:10 p.m. Commissioner Gaines seconded the motion, which passed by unanimous voice vote.

Respectfully submitted,

Lisa M. Sheppard
Secretary



FITNESS ROOM REMODELING
Glencoe Community Center

SCHEMATIC DESIGN SUMMARY
04-13-2017



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



+



EXISTING PHOTOS



+ wight

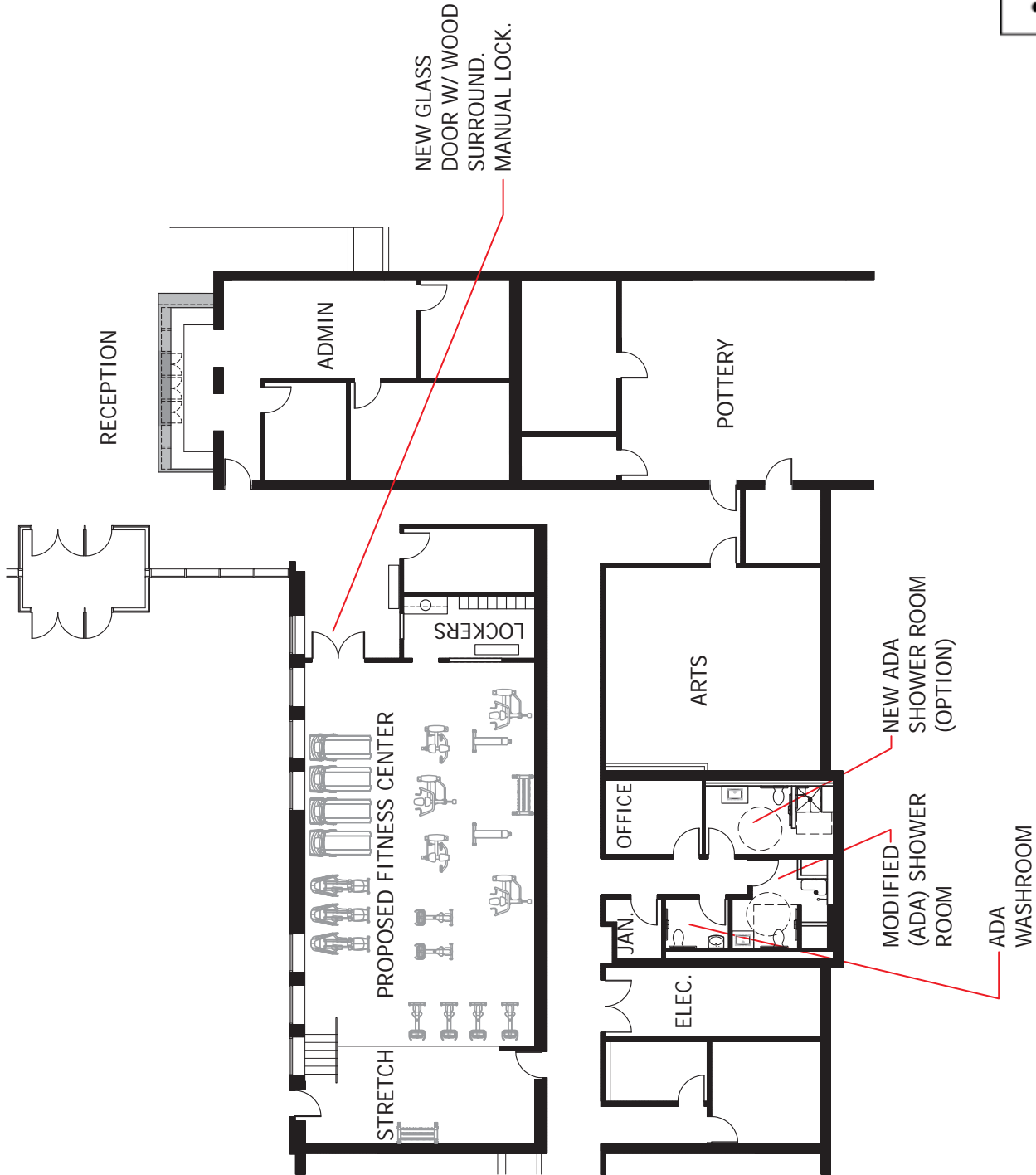
FLOOR PLAN:
EXISTING



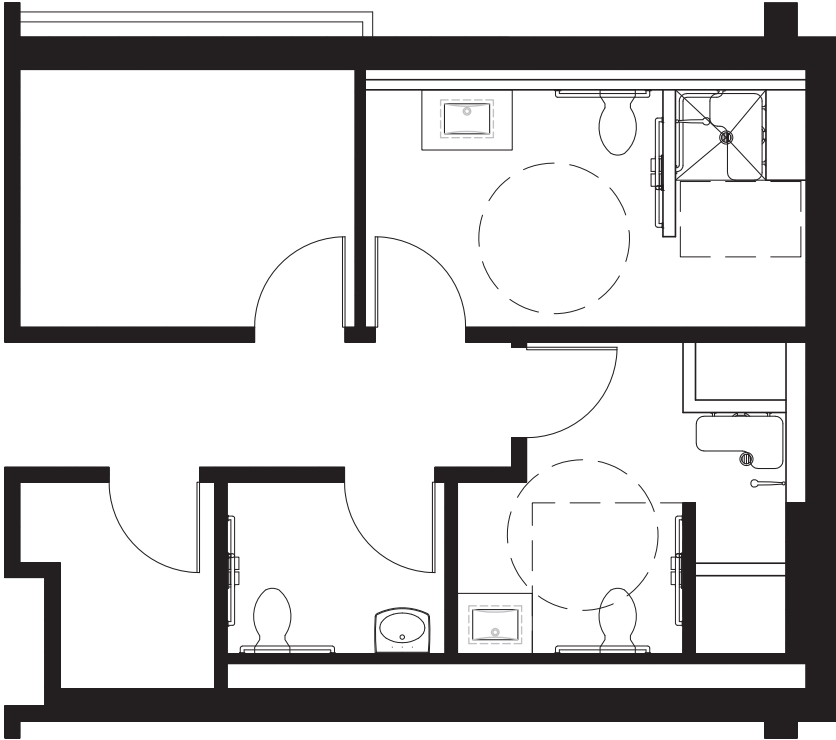
FLOOR PLAN:
PROPOSED



NEW GLASS
DOOR W/ WOOD
SURROUND.
MANUAL LOCK.



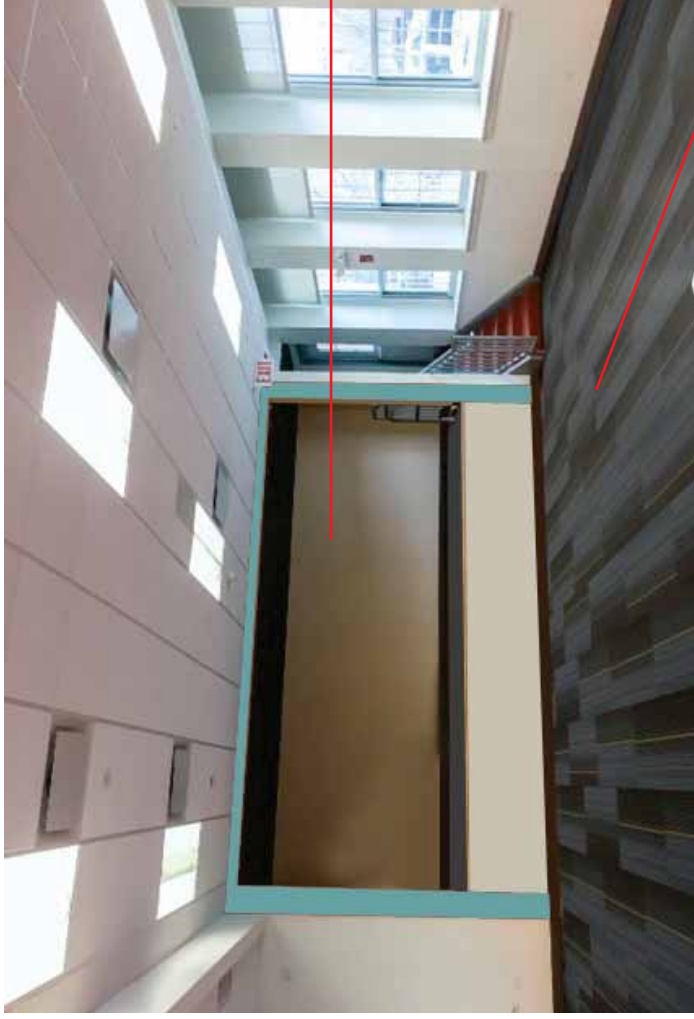
ENLARGED FLOOR PLAN:
SHOWER ROOMS



Inspirational Imagery



PROPOSED FINISHES



Graphic Wall



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



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

*includes stairs and platform





Guardrail
Systems



PROPOSED
SPECIALITY
EQUIPMENT



Ideal Lockers
2000 Series 2-high
lockers with
1000 Series Cubbies

Wood Laminate
Hasp lock



Vanity
Sconce





TAKIFF CENTER FITNESS

EQUIPMENT OVERVIEW AND SELECTION PROCESS



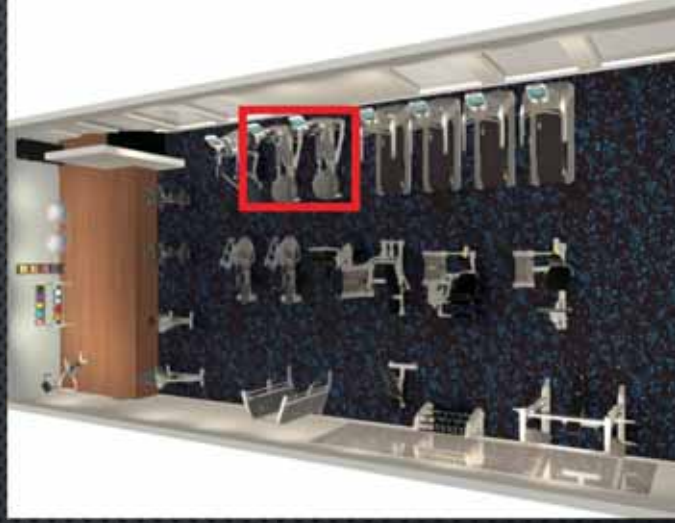
TREADMILLS



- Popular piece of cardio equipment that simulates walking, running, or jogging.
- Provides versatility from a brisk walk to an uphill sprint. This machine offer 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



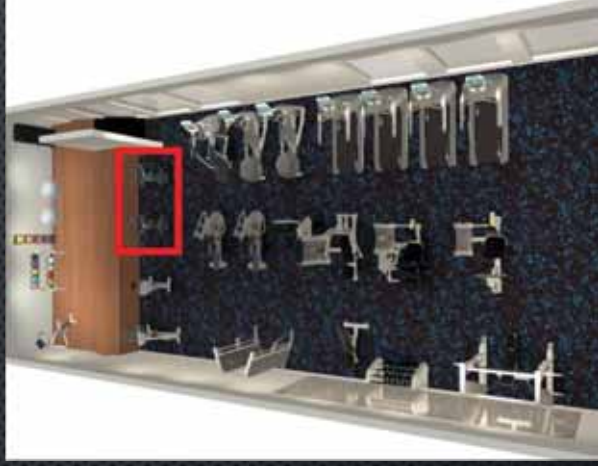
ELLIPTICAL



- 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



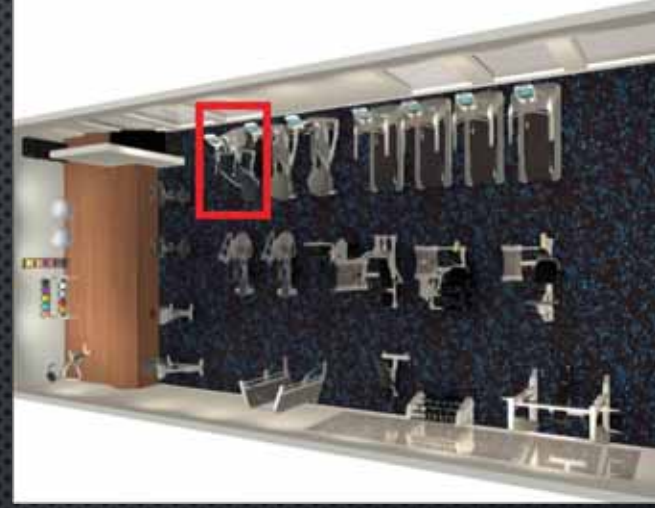
SPIN BIKE



- 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.



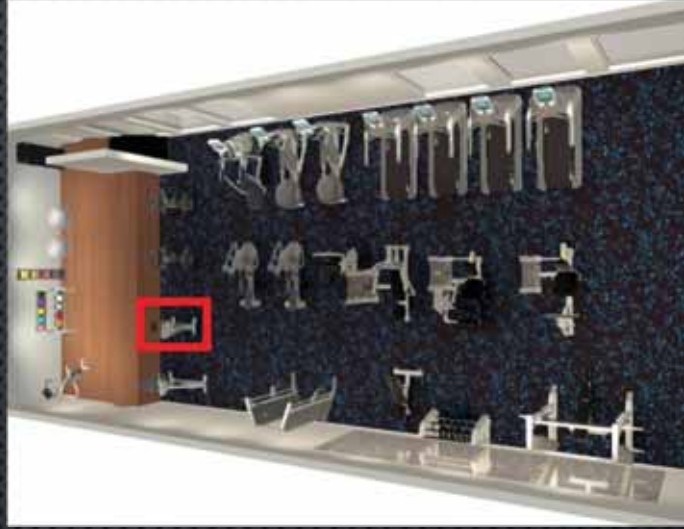
ADAPTIVE MOTION TRAINER (AMT)



- 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 petals 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



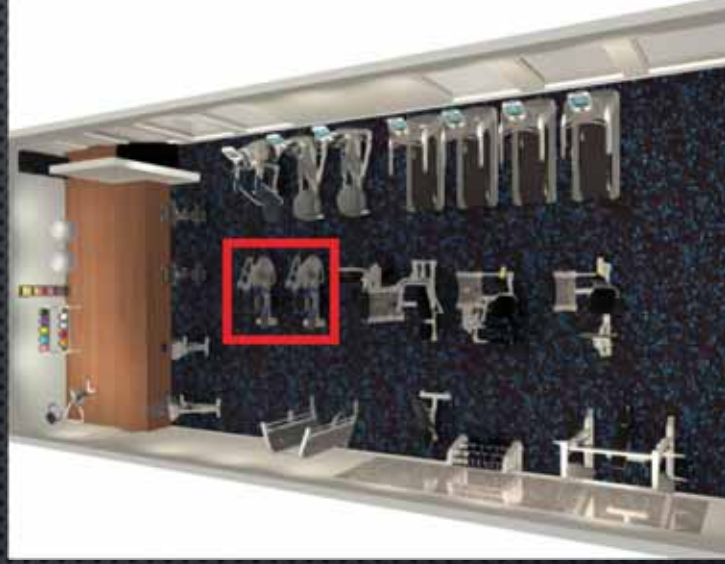
RECUMBENT BIKE



- 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



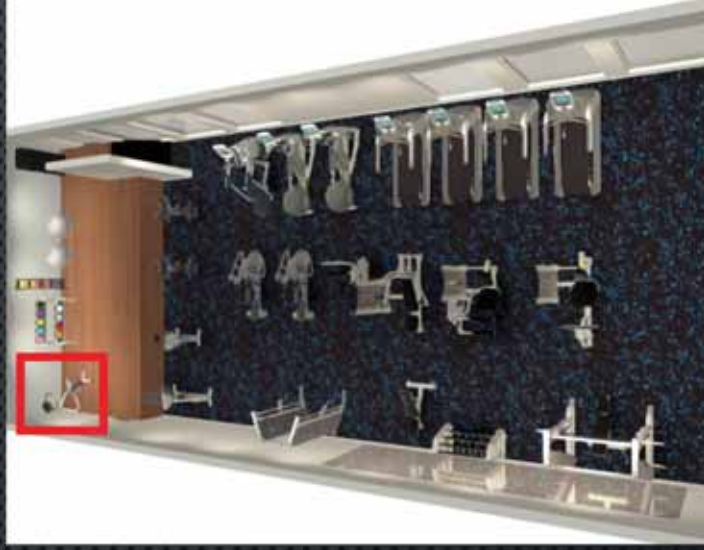
NUSTEP



- 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



LEG PRESS / CALF EXTENSION



- 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



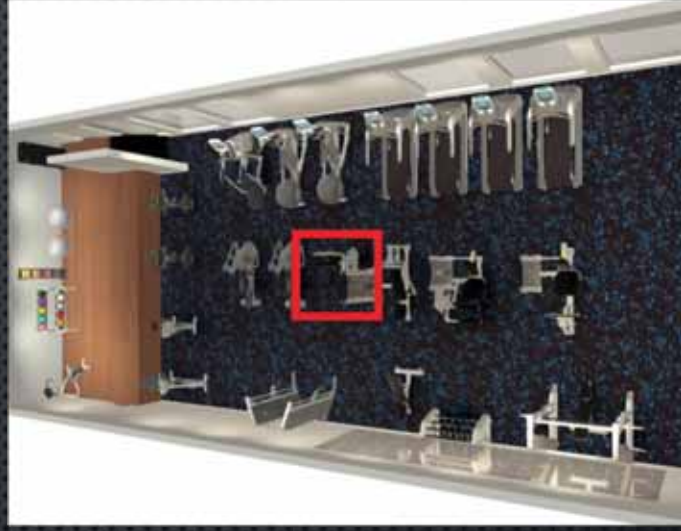
LEG EXTENSION/CURL



- 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



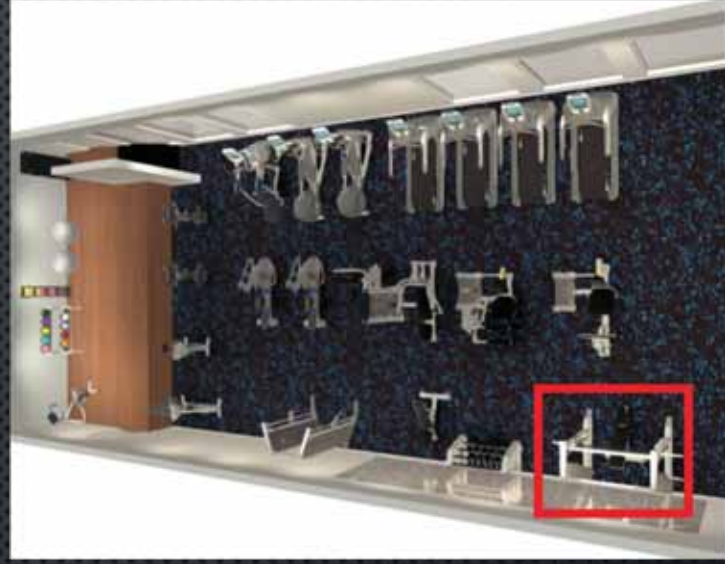
BICEP CURL / TRICEPS EXTENSION



- 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



- 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



FUNCTIONAL STRENGTH TRAINER



- 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

