



**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](mailto:lsheppard@glencoeParkDistrict.com)



FITNESS ROOM REMODELING  
Glencoe Community Center

SCHEMATIC DESIGN SUMMARY  
04-13-2017



# AGENDA

April 13, 2017, 7:00 PM

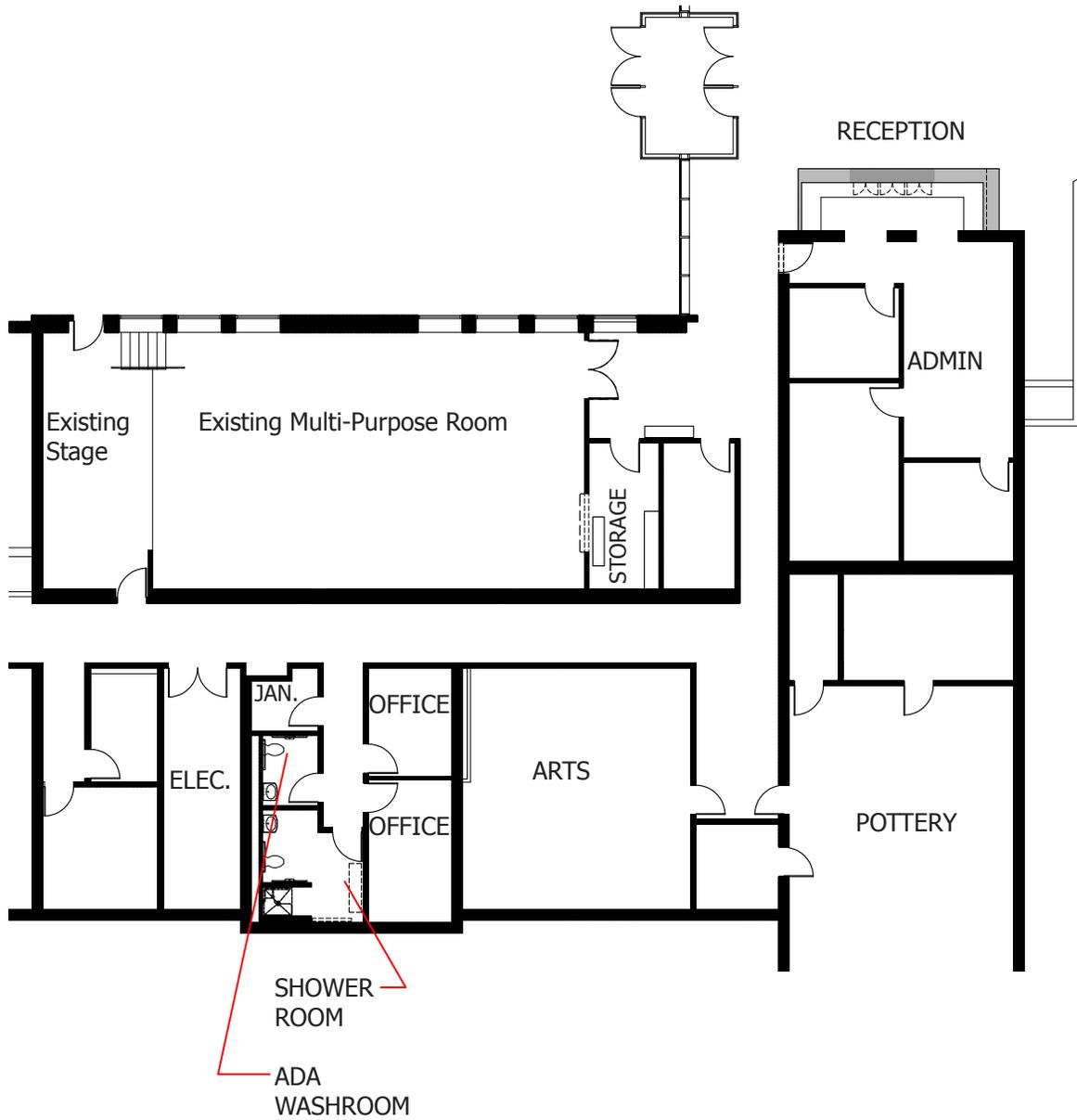
1. Introduction: Teams
2. Existing Conditions and ADA Non-compliance
3. Scope of Work and New Construction
4. Upgraded Shower Room Facility
5. Proposed Finishes
6. Proposed Speciality Equipment



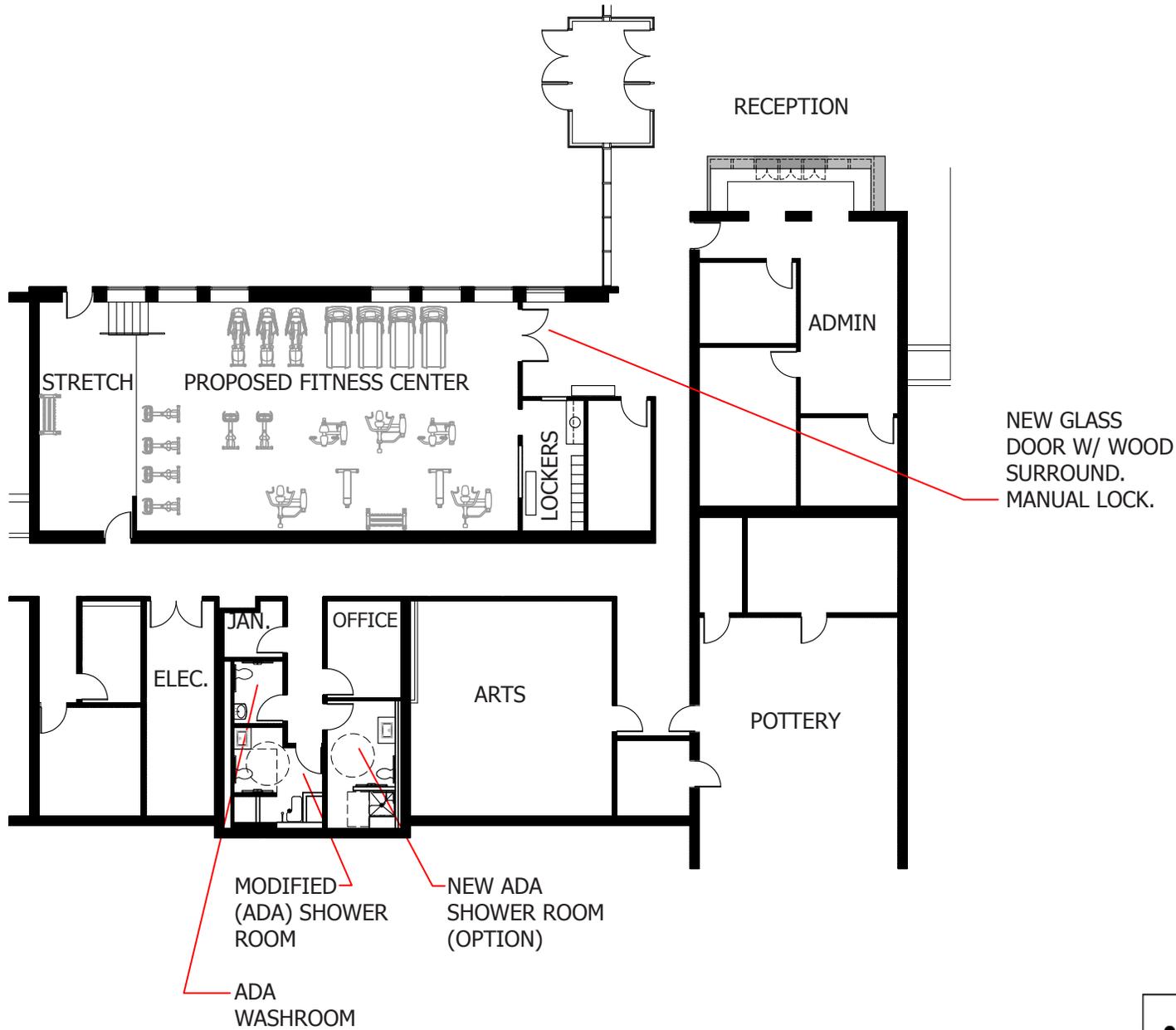
EXISTING PHOTOS



FLOOR PLAN:  
EXISTING

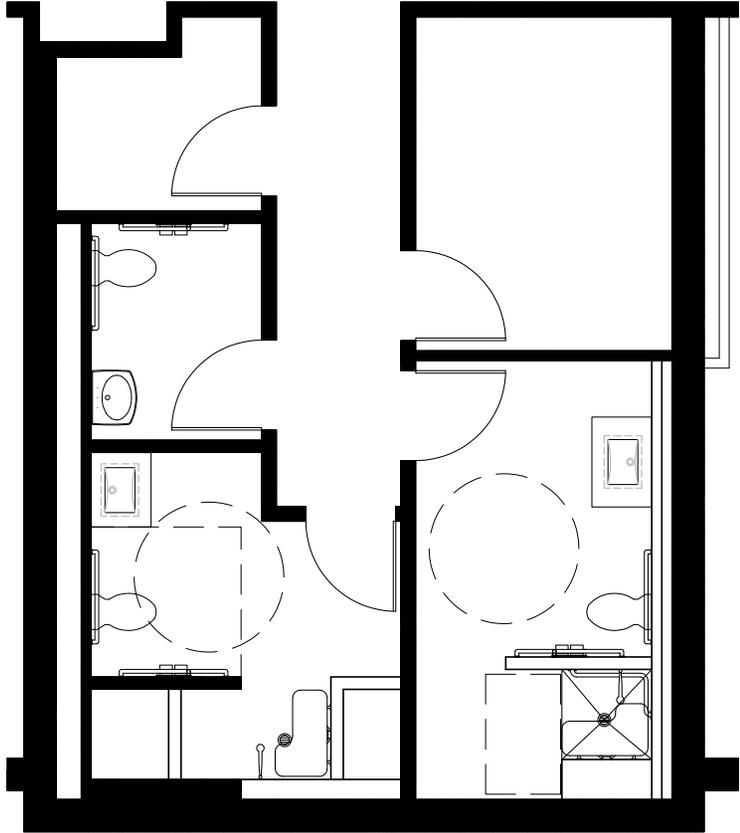


FLOOR PLAN:  
PROPOSED



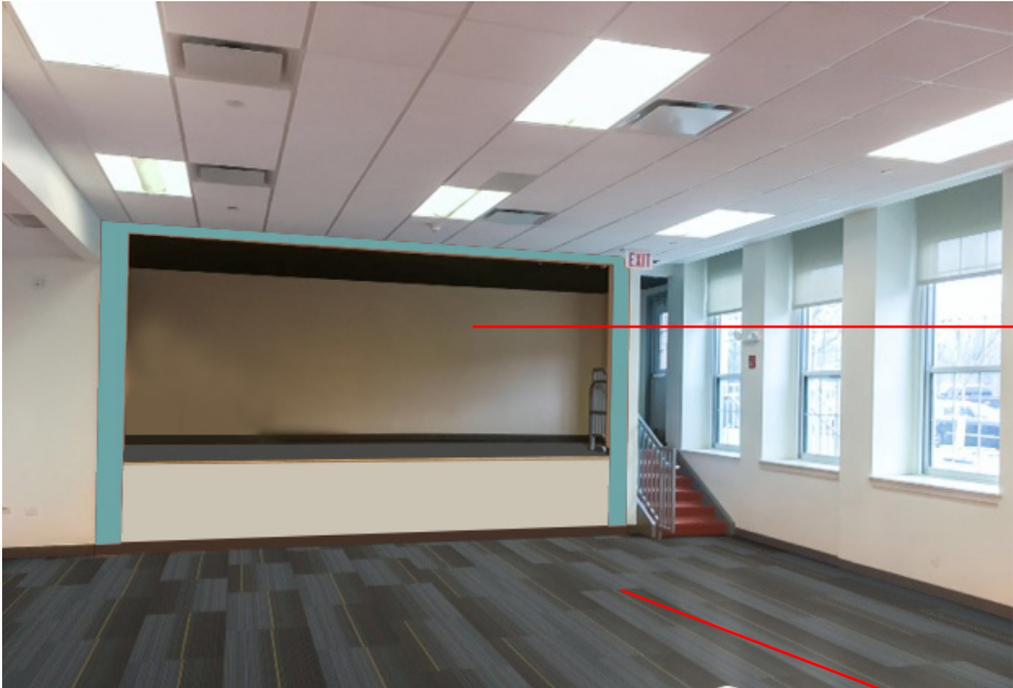
NEW GLASS  
DOOR W/ WOOD  
SURROUND.  
MANUAL LOCK.

ENLARGED FLOOR PLAN:  
SHOWER ROOMS

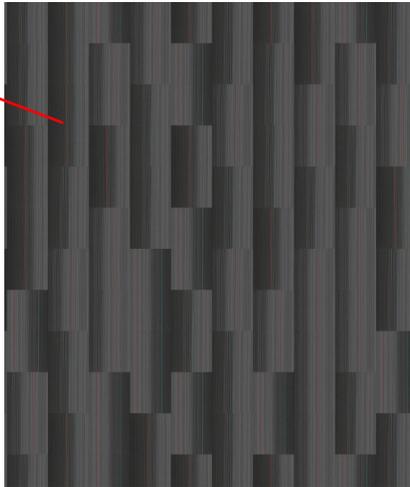
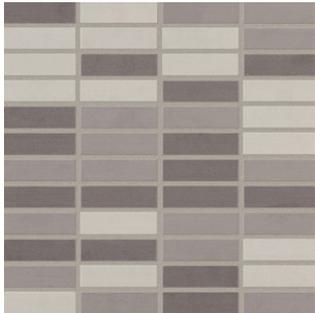


Inspirational Imagery

PROPOSED FINISHES



Graphic Wall



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



PROPOSED  
SPECIALITY  
EQUIPMENT



Guardrail  
Systems



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

Wood Laminate  
Hasp lock



Vanity  
Sconce

Wight +



**DIRECT**  **FITNESS**  
**SOLUTIONS**

EQUIPPED FOR FITNESS

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](mailto:MMunson@DirectFitnessSolutions.com)

**Direct Fitness Solutions**

600 Tower Road  
Mundelein, IL 60060

[DirectFitnessSolutions.com](http://DirectFitnessSolutions.com)

  
National Joint Powers Alliance®



**Customer Information**

**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

**Direct Fitness Sales Team:**

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

**Billing Point of Contact:**

Mike Lushniak  
Ph: (847) 835-7535  
mlushniak@glencoe parkdistrict.com

**Delivery Point of Contact:**

Mike Lushniak  
Ph:(847) 835-7535  
dfiggins@glencoe parkdistrict.com

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

**CARDIO**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
1.00	PRE AMT 865	PRECOR Adaptive Motion Trainer- Open Stride P62 with Preva 10" Touchscreen/TV, USB/Audio		\$ 11,395.00	\$ 6,815.00	\$ 6,815.00
4.00	PRE TRM 865	PRECOR Treadmill-P62 with Preva 10" Touchscreen/TV, USB/Audio		\$ 10,755.00	\$ 6,510.00	\$ 26,040.00
2.00	PRE EFX 865.V2	PRECOR EFX.V2 Converging Crossramp, Moving Arms; P62 with Preva 10" Touchscreen/TV, USB/Audio		\$ 9,495.00	\$ 5,825.00	\$ 11,650.00
2.00	EXPRESSO HD-U	EXPRESSO Upright HD Bike		\$ 7,499.00	\$ 5,355.00	\$ 10,710.00
1.00	PRE UBK 865	PRECOR Upright Cycle- P62 with Preva 10" Touchscreen/TV, USB/Audio		\$ 5,865.00	\$ 3,450.00	\$ 3,450.00
1.00	PRE RBK 865	PRECOR Recumbent Cycle- P62 with Preva 10" Touchscreen/TV, USB/Audio		\$ 6,175.00	\$ 3,690.00	\$ 3,690.00
2.00	NUSTEP T4R	NuStep T4R Recumbent Cross Trainer		\$ 3,995.00	\$ 3,995.00	\$ 7,990.00
1.00	PRE C240 STRETCH	PRECOR Stretch Trainer Experience Titanium		\$ 895.00	\$ 660.00	\$ 660.00

**AUDIO**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
1.00	EXPRESSO WL-ROUTER	EXPRESSO Wireless Router		\$ 200.00	\$ 195.00	\$ 195.00

**STRENGTH**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
1.00	PRE PWSRL24NR9919EN	PRECOR C024ES Vitality S-Line Multi Press		\$ 3,500.00	\$ 2,295.00	\$ 2,295.00
1.00	PRE PWSRL10NR9919EN	PRECOR C010ES Vitality S-Line Leg Press/Calf Extension		\$ 3,800.00	\$ 2,495.00	\$ 2,495.00
1.00	PRE PWSRL27NR9919EN	PRECOR C027ES Vitality S-Line Leg Extension/ Curl		\$ 3,500.00	\$ 2,295.00	\$ 2,295.00
1.00	PRE PWSRL25NR9919EN	PRECOR C025ES Vitality S-Line Bicep/Tricep		\$ 3,500.00	\$ 2,295.00	\$ 2,295.00
1.00	PRE PWDPL0802	PRECOR DPL0802 Discovery Plate Loaded Smith Machine		\$ 4,200.00	\$ 2,885.00	\$ 2,885.00
1.00	PRE PWSFTSGNR9919EN	PRECOR FTS Glide Functional Strength Trainer		\$ 3,895.00	\$ 2,450.00	\$ 2,450.00
1.00	TAG RCK-HDR	TAG FITNESS 3 Tier Horizontal Dumbbell Rack		\$ 658.00	\$ 475.00	\$ 475.00
2.00	TAG BNCH-FID	TAG FITNESS Flat Incline Decline Bench		\$ 498.00	\$ 355.00	\$ 710.00

**ACCESS**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
1.00	SPRI 07-71018	SPRI Wall Mounted Mat Rack		\$ 29.98	\$ 29.98	\$ 29.98
1.00	TAG HEX 5-50 SET	TAG FITNESS 5-50 lb Rubber HEX Dumbbell Set (10 Pair)		\$ 1,100.00	\$ 750.00	\$ 750.00
4.00	TAG RBR-25	TAG FITNESS 25 lb Rubber Olympic Plate		\$ 50.00	\$ 50.00	\$ 200.00
6.00	TAG RBR-45	TAG FITNESS 45 lb Rubber Olympic Plate		\$ 90.00	\$ 90.00	\$ 540.00
4.00	TAG RBR-5	TAG FITNESS 5 lb Rubber Olympic Plate		\$ 10.00	\$ 10.00	\$ 40.00
4.00	TAG RBR-10	TAG FITNESS 10 lb Rubber Olympic Plate		\$ 20.00	\$ 20.00	\$ 80.00
2.00	TAG RBR-2.5	TAG FITNESS 2.5 lb Rubber Olympic Plate		\$ 5.00	\$ 5.00	\$ 10.00
1.00	TAG MEDBL SET	TAG FITNESS 4 lb-30 lb Deluxe Medicine Ball Set		\$ 792.00	\$ 650.00	\$ 650.00
1.00	TAG	TAG FITNESS 55 cm Fitness Ball		\$ 28.00	\$ 25.00	\$ 25.00

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
	ACC-55cm					
1.00	TAG ACC-65cm	TAG FITNESS 65 cm Fitness Ball		\$ 30.00	\$ 28.00	\$ 28.00
4.00	TAG ACC-EML	TAG FITNESS Deluxe Eyelet Mat Black 3/8 in x 23 in x 69 in		\$ 50.00	\$ 39.00	\$ 156.00

**WARRANTY**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
2.00	EXPRESSO EL-3 HD	EXPRESSO HD Live Services 3yrs		\$ 499.00	\$ 399.00	\$ 798.00

**FREIGHT**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
1.00	FREIGHT	Freight		\$ 0.00	\$ 4,990.00	\$ 4,990.00

**INSTALL**

Quantity	Product Code	Product Description	Line Item Description	List Price	Sales Price	Total Price
1.00	INSTALLATION	Product Installation		\$ 0.00	\$ 3,975.00	\$ 3,975.00

<b>SubTotal</b>	\$ 99,371.98
<b>Estimated Tax</b>	
<b>Grand Total</b>	\$ 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 Stirnichuk  
 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

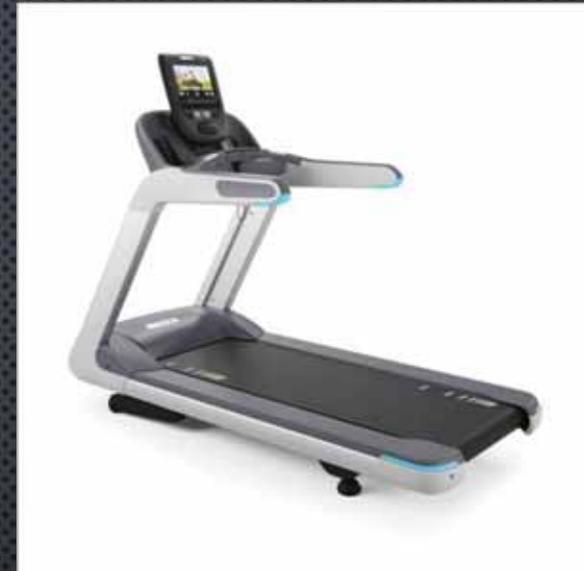
EQUIPMENT OVERVIEW AND SELECTION PROCESS



# 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



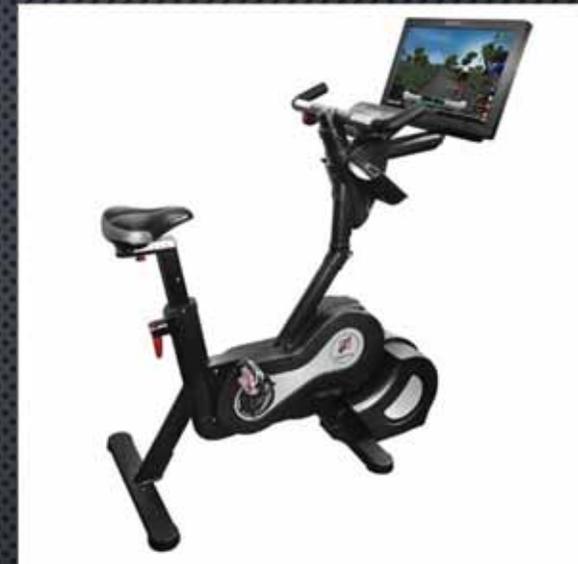
- Low impact cardio machine that is very popular among many different demographics of people.
- Simulates running without the joint impact of a treadmill.
- Movable handles allow for simultaneous upper and lower body workouts.
- Allows for a reverse stride that activates different muscle groups and offers 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.



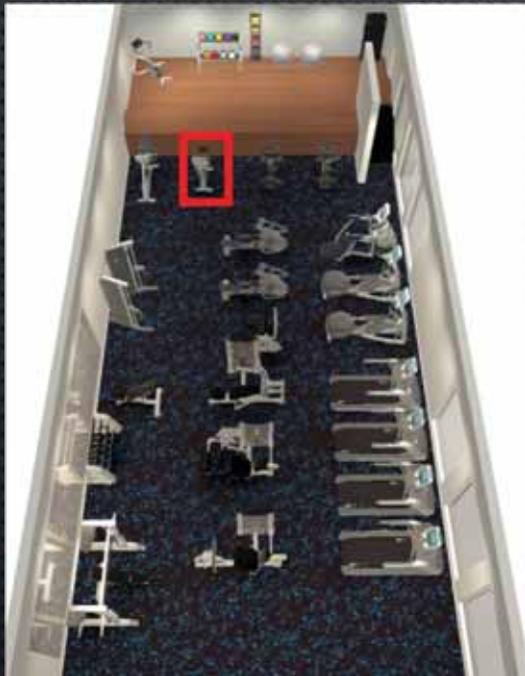
# ADAPTIVE MOTION TRAINER (AMT)



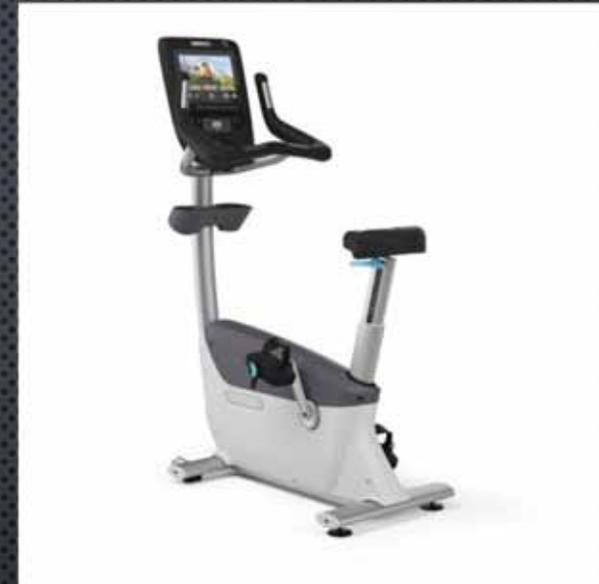
- The (AMT) is a combination of an elliptical machine, treadmill and a stepper. It adjusts to your preferred body motion so that style of leg movement can change at any time during your workout.
- Independent foot pedals allow the user to adjust stride length and step height to mimic different movements 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



# 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



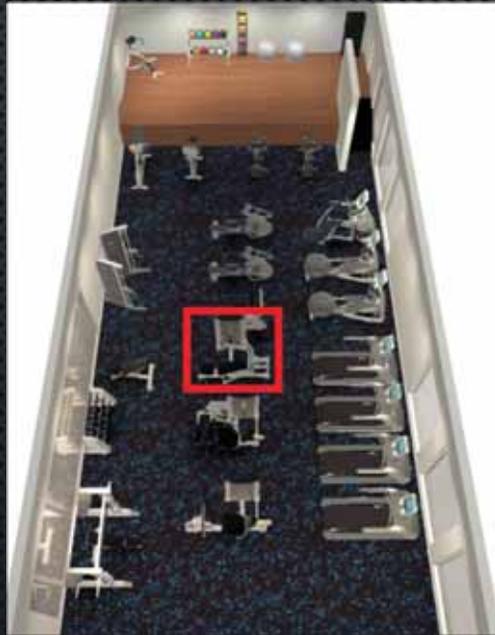
# STRETCH TRAINER



- 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



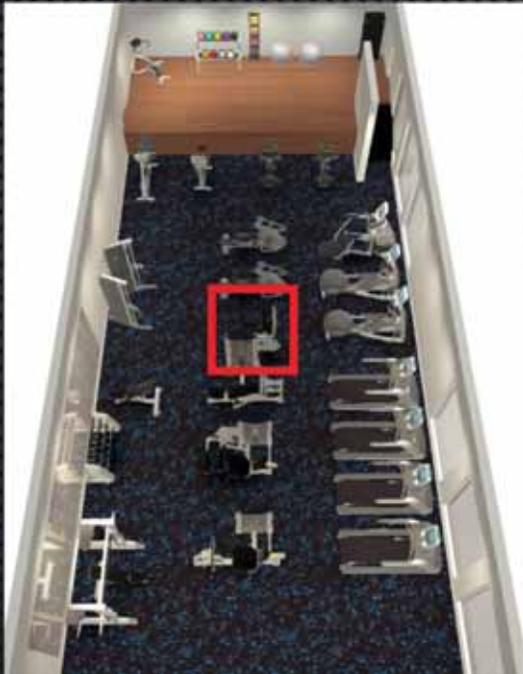
# LEG EXTENSION/CURL



- 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

