



To: Dr. Charles Johns
Board of Education

From: Dr. Kim Ptak
Dr. R.J. Gravel

Date: Monday, December 09, 2019

Re: Approval of Fitness Center Bids

Recommendation

It is recommended that the Board of Education approve the bids for the replacement of fitness center equipment in the amount of \$227,644.60 as presented in Table 3.

Background

As part of the 2006 referendum work, fitness centers were constructed at Glenbrook North and Glenbrook South. The work was completed in the summer of 2008 at which time each space was furnished with weight equipment purchased by the Athletic Booster Clubs and 40 pieces of cardio equipment purchased through district funds. The cardio equipment originally purchased consists of treadmills, bikes and elliptical machines. Physical education classes consistently utilize this equipment through a rotation conducted each block of the day. The majority of classes are structured where 45 minutes of each 90 minute block incorporate cardio and strength training equipment within the fitness center. The remaining 45 minutes of the block are utilized for other physical activities outside of the fitness center.

The fitness center is typically utilized by an average of 120 students per block (2-4 class sections). In addition to high levels of use during the school day, the fitness center is used daily before and after school by students and staff. The current equipment is in its 11th year of service and is experiencing higher degrees of broken parts, service calls and overall downtime. Due to the age of the equipment, additional replacement parts are not readily available. As a result, a budget for the replacement of fitness center equipment was incorporated within the 2019-20 fiscal year budget.

Design Process

Prior to structuring a bid, a comprehensive needs assessment and space plan was facilitated by our Director of Instructional Innovation, Mr. Ryan Bretag, similar to the process he followed when designing classroom active learning spaces. This process started in the spring of 2019 and continued through the month of October. As part of the process, Mr. Bretag met with each group of stakeholders, including: teachers, students, teachers, coaches and building administration. The goal of these conversations was to identify and document the goals/objectives of each school's physical education program, fitness curriculum, learning space resources (e.g. fitness equipment) preferences, and workout styles. As part of this process, groups of teachers also toured various fitness centers across the region, to evaluate different cardio equipment and fitness center layouts through an interactive experience.

To support the information gathering through discussions and interactive experiences, time was spent understanding the shift in the overall use of the current spaces. An example of this shift is at Glenbrook South, where the function of the space has changed since the last equipment bid in 2008. When the

fitness centers were first constructed approximately half of the footprint was dedicated to traditional strength training and half to cardio. To further maximize the use of the space, several years ago a dedicated strength training/weight room was created at Glenbrook South. The existence of two distinct fitness spaces at Glenbrook South provides greater opportunities for the school to evaluate and change its model, creating more of a functional fitness center. Glenbrook North is incorporating components of a functional fitness center into areas such as it's newly renovated dance studio and upper gym shelf.

Development of Bid Specifications

As a result of the design thinking process facilitated by Mr. Bretag, each school identified a group of equipment that would assist in supporting the learning activities of each physical education program. Given the different spaces and curriculums at both schools, there are similarities and differences in the equipment and installation needs associated with each project. In an effort to provide an overview of the unique needs at each school, a summary statement has been prepared:

Glenbrook North

Since the majority of strength and cardio equipment used in the PE curriculum as well as all weight equipment used by athletics is housed together in the fitness center, the cardio equipment selected needs to offer a variety of workouts and interval training on the machine itself. The treadmills, elliptical cross trainers and bikes will have a touch screen console with 30 different workouts ranging from high-intensity boot camp training to 6-minute interval training to fit test workouts. All workouts can be tracked and shared with the teachers. A typical class will spend 30 minutes on a cardio machine followed by 15 minutes of strength and stretching. Functional fitness will be incorporated into the overall PE curriculum by equipping ares such as the newly renovated dance studio and upper gym shelf with the tools and resources of a functional fitness program including medballs, dumbbells, kettlebells, body bars, TXR straps and strength bands.

Glenbrook South


A functional fitness space will be created in the fitness center. This model has an emphasis on functional training, high intensity interval work, body weight movement and mixed modal fitness (combination of strength/endurance/functional). Students will participate in a variety of cardio, strength and endurance workouts by rotating through various equipment stations. Functional fitness strength training typically consists of free-standing equipment such as kettlebells, balance trainers, battle rope, slam balls and resistance bands. Functional cardio equipment tends to be a blend of self-powered rowers, bikes, ski machines, as well as more traditional treadmills, elliptical cross trainers and bikes.

Bid Specifications

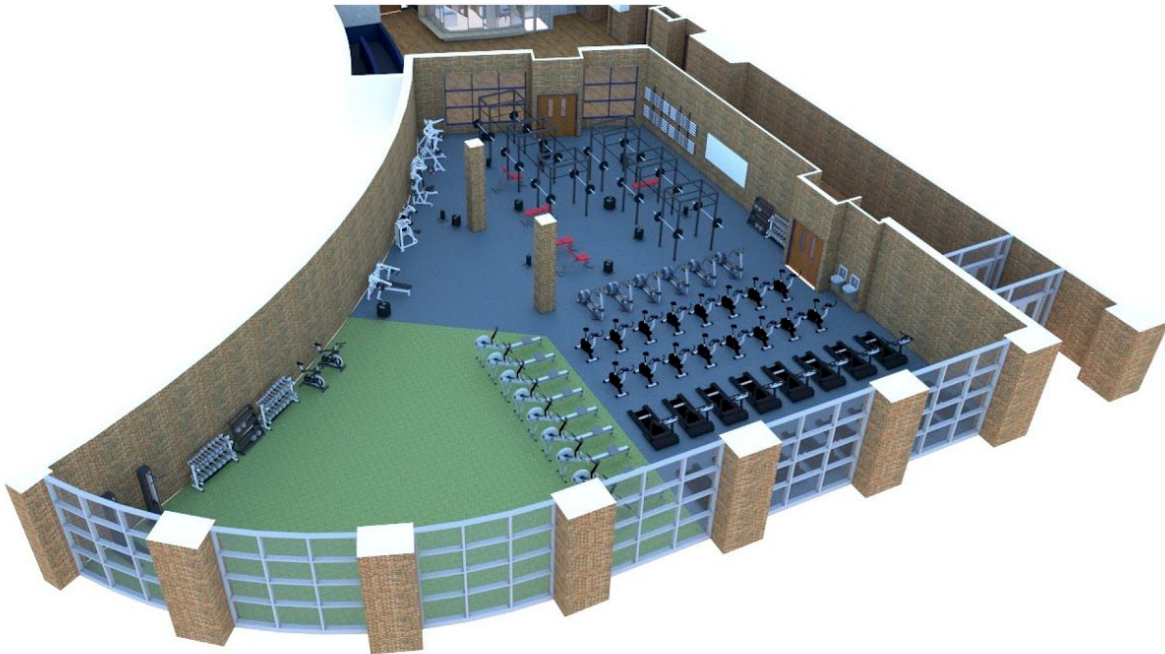
Between both schools, there are a total of 93 pieces of cardio equipment needed for the updating of our fitness centers. Each type of equipment is identified, as well as the specific quantity needed for each school in Table 1.

Table 1
Cardio Equipment Included within Bid

Equipment Type	Quantity		Image of Unit
	Glenbrook North	Glenbrook South	
Treadmill	12	16	
Elliptical Cross-Trainer	12		
Recumbent Bike	2		
Upright Bike	12	8	
Upper Body	2	0	
Rower	3	16	
Bike Erg		8	

Ski Erg		2	
Total	43	50	

In addition to the cardio equipment outlined in Table 1, enhancements to the Glenbrook South fitness center will also require the installation of turf carpet (1,800 s.f.) and other functional strength equipment (kettlebells, medballs, dumbbells). A rendering of the Glenbrook South fitness center with the repurposing of space for the turf carpet and functional fitness post-enhancement is presented below.



Bid Process

Bid specifications were distributed to seven bidders. The original documents specified LifeFitness, Precor and Concept 2 branded equipment, in order to establish the quality expectation. After receiving inquiries from potential bidders, the specifications were revised to also accept alternative, comparable equipment. All bidders were given the option of bidding on all equipment or a subsection. The specifications also asked bidders to submit a trade-in cost for the equipment currently owned by the district.

Five bids were received and are presented in Table 2.

Table 2
Bid Results

Bidder	Treadmill, Elliptical, Bikes, Upper Body w/Trade-In	Rower, Bike Erg, Ski Erg
Direct Fitness	\$246,804.00	\$30,000
Fitness Connection	\$208,410.00	n/a
Heartline Fitness	\$228,230.00	\$29,680
LifeFitness	\$197,964.60	n/a
Promaxima	\$234,850.00	\$31,347.00

In reviewing the bid responses, LifeFitness is the lowest bidder for the treadmills, elliptical cross-trainers, recumbent bikes, upright bikes and upper body equipment. Heartline Fitness is the lowest bidder for the rowers, bike ergs and ski ergs.

The LifeFitness equipment has a two-year warranty on all parts and a one year warranty on associated labor. The equipment provided by Heartline Fitness has a two-year parts and labor warranty and a limited 5-year warranty on non-moving parts and associated labor.

Table 3
Lowest Responsible Bidders

Vendor	Equipment Type	Bid Amount	Trade-in for Existing Equipment	Net Cost
LifeTime Fitness	Treadmills, Bikes, Elliptical, Upper Body Machines	\$230,964.60	(\$33,000)	\$197,964.60
Heartline Fitness	Rowers, Bike Erg, Ski Erg	\$29,680.00	n/a	\$29,680.00

Total \$227,644.60

Funding

As part of the 2019-20 fiscal year budget, the business services department allocated \$100,000 in capital equipment expense to support this project. The remaining \$127,644.60 will be supported through budgeted capital equipment expenses that are part of the school operating budget allocations.

Table 4
Timeline

Date	Action
Tuesday, November 12, 2019	BOE Meeting Discussion
Monday, December 9, 2019	BOE Meeting Approval
Tuesday, January 14 - Friday, January 17, 2020 - finals week	Equipment Installed