

Fitness Plan and Facilities for
**The American Revolutionary
War Living History Center
(ARWLHC) & Experience**

Martin CJ Mongiello © 2010

ARWLHC

OVERVIEW:

A semi-exclusive, private club style fitness center will be offered on a conditional basis to guests in a state of the art facility. Design stratagem is not massive - or tiny. Just below moderate level facility is desired.

QUALIFICATION:

1. Residents living next to the revolutionary war park and attraction (fee based one-time or annual) in King's Creek Settlement,
2. Guests staying at the Colonel Hambright Lodge and Inn for a night or several nights,
3. Employees of the ARWLHC as a benefit and perk – additional points will be awarded with gifts for those employees who work out (reduced fee based),
4. Tenants (fee based),
5. Crosswalk, a fellow friend and neighbor attraction employees (reduced fee based).

RAMNIFICATIONS:

In very rare instances - fitness centers at resorts actually get used or turn any kind of profit. This could be a waste of space and construction costs, as well as a financial drain. I believe the risk associated with collapse and failure of the fitness center - is great. It would not normally qualify for funding or a bank loan and many fitness centers recently have declared bankruptcy – or simply closed down.


On the positive side, the fitness center could change several lives and some guests would use it. The greatest opportunity for success will be with employees and the staff.

REPLACEMENT AND FEES:

Replacing equipment is inevitable - so a savings fund must be started the day the fitness center opens - to be ready to purchase new equipment in as soon as four years. Fees must be charged or the entire center will fall apart. Planning for the future is essential to being ready.

EQUIPMENT TO BE UTILIZED:

Name:	Elliptical machine
Manufacturer:	G Tech Fitness
Date put in Service:	TBD
Replacement date:	Four years

Replacement cost	\$7,000.00
Will machine still be available or eclipsed?	Not likely
	<p>Magnum's new commercial grade elliptical cross trainer.</p> <p>Key Features:</p> <ul style="list-style-type: none"> -Includes both upper and lower body for a complete aerobic workout. -Quiet belt drive with self-tensioning system for no maintenance -No external power is required; battery holds display for 30 seconds after exiting the unit. -Heart rate control via contact (hand grips) and cordless via Polar® Heart Rate Monitor capability standard. -All movement arms have sealed ball bearings. <p>Specifications:</p> <p>Programs: Workouts - Quick Start, Manual, Rolling Hills, Ride in the Park, Speed Intervals, Strength Train, Mountain Climb, Mountain Run, Isokinetic HRC Workouts - Fat Burn, Aerobic Custom Workouts - 2- User defined Workouts Fitness Tests - VO2 Max fitness test</p> <p>Console Data Readouts - Resistance level, time, distance, strides per minute, heart rate, calories Display - 16x24 center LED display, 16 character message center Keypad - Easy to reach membrane switch keypad including Quick Start C-safe - C-safe compatible</p> <p>Construction: Stride length - 19" Step-up Height - 8" Power type - Generator/ Eddy Current Brake Frame construction - 11 gauge tube and 1/4" plate, powder coated for ultimate durability</p> <p>Performance: Resistance - 8-160 levels of resistance depending on how you want to customize your unit Min RPM - 30 strides per minute (15 rpm) before battery power is required</p>

	<p>Warranty: -Three years parts -One year labor</p> <p>Technical: Weight - 225 lbs Max User Weight - 500 lbs Dimensions - 29" x 78" x 65"</p>
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Name:	Treadmill
Manufacturer:	G Tech Fitness with Motus
Date put in Service:	TBD
Replacement date:	Four years
Replacement cost	\$12,000.00
Will machine still be available or eclipsed?	Available



Motus cardio equipment delivers unsurpassed quality, performance and a beautiful design to boot. When looking for a quality cardio line that is easy on the eyes as it is to work out on, Motus is your brand!

1. Excellent Performance

- Installed high-quality AC motor and precise motor control.
- Achieved higher torque even in a low speed, decreased noise from in low to high speed, and minimized vibration.
- Prevent belts leaning.
- Formed highly hard frame structure.
- Large size LCD Monitor (M990TL, M995TL)
- Mounted 15" LCD monitor in display console.
- Allow user to enjoy exercise with watching TV, VCR, and DVD.
- Support headphone function.

2. Large size LCD Monitor

- Mounted 15.1" LCD monitor in display console.
- Allow user to enjoy exercise with watching TV, VCR, and DVD.
- Support headphone function.

3. Scientific and customized programs

- Preprogrammed various exercise programs (intensified cardiopulmonary programs, fat burn, and stamina promotion programs.


- Built-in goal-oriented programs.
- Built-in H/R program which is connected with H/R and adjusts incline automatically.


4. Consideration of users safety and convenience

- Belt near ground as soon as possible for users stability
- Multi-shock absorption system
- Nano-silver antimicrobial handle bar
- Touch sensitive switch (Switch brightness control is available.)
- Ergonomic design
- 2 kinds of emergency keys.
- Wide space for accessory tray

- Motor: 5.7H.P. AC, Continuous Duty
- Speed: 0.1-10 Mph (0.1 Mph Increments)
- Incline: 0~15%, 0.5% Increment
- LCD Display Console:
Size: 15.1" TFT LCD TV panel (by Samsung)
Control: Channel, Volume, LCD screen on/off
Communication System: NTSC(Domestic), PAL(International), SECAM (International)
Signal: Coaxial, RCA,S-Video
- Exercise Information Display:
-7-segment, FND Time, Remaining Time, Incline, Used Calorie per Hour, Distance, Used Calorie, Speed, PACE (min/km), H/R
- H/R System:
Contact: System 0
Wireless: System Optional
- Exercise Program:
Built-In 5
H/R 2
Custom 5
- Goal: Distance, Calorie, Time
- Communication Port: RS232C
- Accessory Tray: 2 (Water Bottle, MP3, Mobile, Keys, etc.)
- Headphone: Included
- Emergency Switch: Button(Push), Magnetic Key(Pull)
- Handle Bar: Side, Front
- Handle for Medical Use: Optional (extended handles on one side or both)

	<p>-Running Size: 20.5" x 63"</p> <p>-Lubrication: Manual</p> <p>-Power: Dedicated 110V AC, 50/60Hz (available in 220V)</p> <p>-Others: Touch Sensitive Key (Built-in Lamp), Aluminum Support and Side Platform, One Touch Speed Control and Incline</p> <p>-Manager Mode: Time, Maximum Exercise Time Limit, Display Unit, Pause Time, Accumulated Distance, Accumulated Time, Lubrication Amount, Error Display, S/W Version Display, Removal of Oil Refill</p> <p>-Maximum User Weight: 410 lbs.</p> <p>-Length X Width X Height: 85" x 35.5 x 60"</p>
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Name:	Bench Press with weights and dumbbell sets
Manufacturer:	G Tech Fitness
Date put in Service:	TBD
Replacement date:	20 years
Replacement cost	\$14,000.00
Will machine still be available or eclipsed?	Available
	Assorted benches and free weights.

Name:	Recumbent Bike
Manufacturer:	G Tech Fitness
Date put in Service:	TBD
Replacement date:	Four years
Replacement cost	
Will machine still be available or eclipsed?	Possibly
	<p>Specifications:</p> <p>-Power: 100~240VAC, 50/60Hz</p> <p>-Battery Charger: Yes</p> <p>-Workout Intensity: 25 Levels by PWM Control</p> <p>-Drive System: Poly-V belt / Generator</p> <p>-LCD Console Size: 10.4" TFT LCD TV panel</p> <p>-Control Buttons: Channel up/down, Volume up/down, Power on/off</p> <p>-Broad capabilities: NTSC, PAL, SECAM</p> <p>-Video signal connection: TV Co-axial connector, RCA</p>

	<ul style="list-style-type: none"> -Display: 8x16 Dot matrix 2.4" x 4.8" Workout profile -FND: Elapsed time, remained time, workout level, distance, total calories burned, speed, watts, heart rate -Heart rate measurement Contact: Optional Wireless: Optional -Workouts Preprogrammed 10 Heart rate control Cardiovascular, Weight Loss Customized 5 Goal Distance, time, calories -Communication port: RS232C (Option) -Accessory Tray: 1 holder for water bottle and 1 holder for MP3 and mobile -Headphone: None -Seat: w/ Back Support -Seat Adjustment: Gas/Pneumatic Adjustment -Color: Dark gray with silver -Other Features: Buttons with lighting lamp, One-touch intensity control, Reading rack, Auto Tensioner, Transport wheels and adjustable foots for levelling -Physical dimensions: (L*H*W) 64.5"L x 51"H x 22.4"W -Maximum User Weight: 330lbs.
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Name:	
Manufacturer:	G Tech Fitness
Date put in Service:	TBD
Replacement date:	20 years
Replacement cost	\$4245.00
Will machine still be available or eclipsed?	Available



2024 - Cross Over

- Pulleys adjust from top to bottom into 16 positions with popper pin.
- Rope drive rather than cable is smoother, providing more comfortable movement patterns.
- (This unit is pictured with the optional SA-9 double pulley system on both stacks, allowing for a multitude of free motion movements.
- Supplemental weight stack fine tunes resistance in five pound increments with the ease of a pin.
- Comes with accessory holders on both ends of the cable crossover.

Stack Weight: 2 X 225lbs.

Dimensions: Width - 30" Depth - 156" Height - 92"

	Shipping Weight: 750 lbs. Unit Pictured: Frame Color: White
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Name:	Abdominal Crunch Machine
Manufacturer:	G Tech Fitness
Date put in Service:	TBD
Replacement date:	Eight years
Replacement cost	\$4350.00
Will machine still be available or eclipsed?	Available



- Dimensions: 38" x 40" x 60"
- Weight: 395 lbs.
- Weight Stack: 200 lbs.

Frame:

Fabricated solely from rugged 2"x2" and 2"x3" .120 structural rolled steel tubing that is milled and machined on our premises. The unique design, combined with quality craftsmanship ensures superior strength, and virtually eliminates joint failure as well as the need for extensive repairs. All frames carry a lifetime guarantee.

Powder Coat Paint Finish:

All components are initially treated in an ultramodern phosphate dipping tank to thoroughly clean and seal exterior and interior surfaces against corrosion. Afterwards, our skilled technicians apply the finest electrostatics powder coating available. Offered in a wide assortment of colors, powder coating is much more durable and resistant to unfavorable conditions - including weather, salt, humidity, and chipping. This technique also eliminates sags and drips while uniformly coating edges, corners, stamping and other projections.

Top Grade Vinyl Upholstery:

Seats, pads and benches are upholstered in luxurious prime-grade vinyl. Available in a wide variety of colors. All exterior seams are double box stitched. Plywood backing is completely covered, and anchoring staples neatly concealed with Hide-A-Trim edging. This design enables customers to easily repair or replace torn upholstery in the field whenever necessary.

	<p>Padding: Seats, pads and benches are fabricated from top-grade plywood. Maxicam upper surfaces are fully padded with 2 1/4" of high density resilient, comfortable polyfoam. Wood seat, pad and bench bases feature permanently attached T-nut metal receptacles and are securely bolted to frames with cadmium-plated bolts.</p> <p>Cables: 4,000 lbs. test, 3/16" mil-spec nylon-coated aircraft cable. Our unique cable retainer attachments, using allen head fasteners, enable users to easily repair or replace cables as needed. Cables are sleek black.</p> <p>Pulleys: 6" diameter, 30 degree "deep groove" fiberglass-reinforced nylon pulley wheels to ensure ideal cable support. Friction-free precision ball bearings provide years worth of worry-free whisper smooth operation.</p> <p>Handgrips: Special closed-cell foam handle grips. In addition to being extremely comfortable, they are virtually "wear-proof."</p> <p>Cosmetic Accessories: High-impact plastic end caps cover bolts and other projections. Strategically placed rubber stops reduce noise in both equipment and facilities.</p> <p>Case Hardened Guide Rods: Some Maxicam Free Weight equipment features case-hardened steel alloy guide rods which, in combination with special linear bearings provide ultra-smooth action and extremely minimal wear.</p>
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