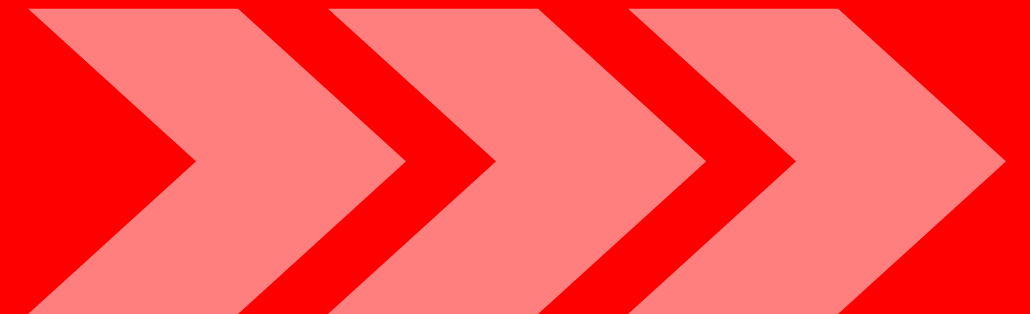




FITNESS CENTRE PROPOSAL

Woodman Middle School is excited to present a proposal for the revitalization of our fitness centre. This proposal will focus on creating an engaging environment that fosters well-being, promotes physical fitness, and encourages lifelong habits of health.

JANUARY, 16TH 2024





KEY INFORMATION

01

Student Engagement: The Fitness Center caters to a variety of student groups, including various athletic teams, providing a space for strength and agility training to enhance their competitive edge.

02

Class Activities: TES classes, comprising of two grade 8 classes, two grade 9 classes, and two grade 7 classes, actively engage in a range of activities within the fitness center.

03

PE Class: PE classes also utilize the Fitness Center, offering students opportunities for workout classes, yoga, HIIT, and dance, thereby enhancing the overall fitness and wellness. Over the year every student at Woodman will use the space to explore being active.

04

Independent Student Access: The Fitness Center occasionally opens during lunch hours, allowing students to independently use the space to be active, promoting self-directed fitness and well-being.





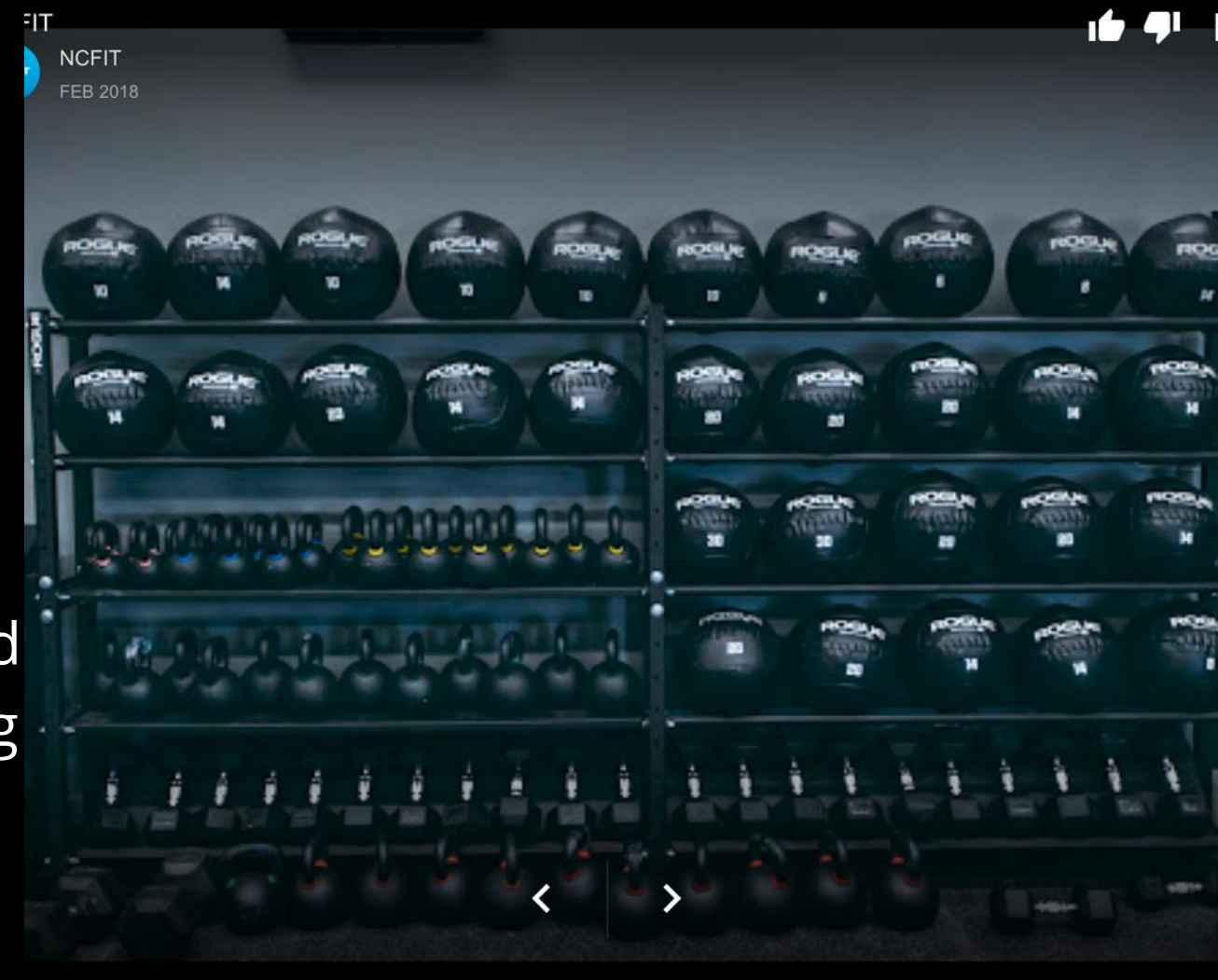
The Space

At the moment the equipment we are using is outdated. The space can offer a great layout to allow teachers to be versatile in the activities we introduce because of the openness of it. In past years we have done a fantastic job at purchasing smaller equipment that have allowed our students to explore activities focused on cardiovascular fitness and plyometrics. This is something we want to incorporate more and build on for the future.



The Vision

Our focus for this proposal is to purchase specific equipment that can be versatile in the exercises we want to offer, and also allow more students in class to be involved in activity during class time while still using vital equipment already purchased to further their fitness goals.



EQUIPMENT & COST



Power Rack

Fitness Depot..... \$599.98
Bells of Steel..... \$489.99
Flaman Fitness..... \$799.99
Apple Fitness..... **TBD**



Olympic Barbell & Weight Set (300lbs)

Fitness Depot..... \$319.00
Bells of Steel..... \$444.98
Flaman Fitness..... \$459.99
Apple Fitness..... **TBD**



Battle Rope

Fitness Depot..... \$70.00
Bells of Steel..... **N/A**
Flaman Fitness..... \$99.99
Apple Fitness..... **TBD**



Plyo Boxes

Fitness Depot..... \$399.98
Bells of Steel..... \$399.99
Flaman Fitness..... \$299.99
Apple Fitness..... **TBD**

EQUIPMENT & COST



Dumbbell Set (5lb - 35lb)

Fitness Depot..... \$184.80
Bells of Steel..... \$256.66
Flaman Fitness..... \$269.99
Apple Fitness..... **TBD**



Bench

Fitness Depot..... \$167.99
Bells of Steel..... \$149.99
Flaman Fitness..... \$199.99
Apple Fitness..... **TBD**



**Kettle Bell Set
(15,20,25lb)**

Fitness Depot..... \$90.00
Bells of Steel..... \$166.99
Flaman Fitness..... \$169.99
Apple Fitness..... **TBD**



Weight Room Storage

Fitness Depot..... \$179.88
Bells of Steel..... \$249.99
Flaman Fitness..... \$199.98
Apple Fitness..... **TBD**



OLYMPIC E-Z CURL BAR
250LB . 8.6KG
TESTED 19LB



OTHER ITEMS TO BE CONSIDERED



THANK YOU

All items listed are just a simplified estimate from each company. Each of the vendors listed will put together a detailed quote for our space and the equipment that we've listed and from there we will decide on which company will offer us the most competitive pricing.

