**Dromore Community Centre Gym Equipment and Layout Specification**

**Staff Consultation Feedback**

Intended as a general guideline to Service Providers - Council is also open to proposals from Service Providers on the above.

Equipment and Layout Design should:

1. Maximise number of users at any one time (within reason)
2. Give users a sense of space (not a contradiction of 1.  above)
3. Appeal to age range of 12 – 90 and also to all abilities and genders
4. Appeal to latest trends (within reason)
5. Strike a good balance between CV, Resistance, Functional, Stretch and weights equipment
6. Give staff the ability to hold group exercise sessions in gym area.
7. Technology – give the user the ability to utilise entertainment
8. Technology – give staff the ability to understand usage etc. for retention and maximising membership numbers.
9. Technology – give the user the ability to track their performance and targets inside the gym facility
10. Technology - give the user the ability to track their performance and targets outside of the gym facility – use their own devices and apps.  interactively

**Staff Consultation Feedback -Suggested Floor Space Utilisation Main Gym Floor Area**

Intended as a general guideline to Service Providers - Council is also open to proposals from suppliers on the above.

Cardiovascular 30%

Resistance 18%

Free weights 15%

Artificial grass area 8%

Platforms 15%

Rig area/ functional 10%

Stretch 4%

**Total Floor Area = 100%**

**Staff Consultation Feedback - Specific Requirements for Dromore Community Centre Gym Area**

The following equipment should be included in the proposal for Dromore Centre gym area. (If Service Providers wish to suggest designs, which do not include any of these minimum requirements, then a clear rationale must be provided).

**Cardiovascular Equipment**

* Treadmills minimum 7
* Rowers minimum 4
* Jacob ladder minimum 2
* Cross trainer minimum 4
* Recumbent cycle minimum 1
* Zero runners minimum 2
* Power bikes minimum 5

**Resistance Equipment**

* Performance multi Racks/Cage to include wooden platform flooring and weights - minimum 3
* Functional Training Rig (uprights to be minimum of 200mm x 100mm and to include attachments adjustable dip attachment, step platform, pull up bar, wall ball target, punch bag arm, muscle up bar, storage incorporated for above attachments and10 shelves approx.)
* Functional Trainer - minimum 1 to be IFI Accredited)
* Leg Press - minimum 1
* Abb/adductor- minimum 1
* Leg extension - minimum 1
* Leg curl - minimum 1
* Chest press - minimum 1
* Shoulder press - minimum 1
* Lat pull down - minimum 1
* Preachers curl bench - minimum 1
* Hip thruster - minimum 1
* Leg /Chin up /Dip frame x 1
* Hyper extension bench - minimum 1
* Stomach bench - minimum 2

**Free weights Equipment – Minimum requirement;**

* Rubber Dumbbells with storage rack – 5kg to 17.5kg one set of each
* Rubber Dumbbells with storage rack - 20kg -60kg one set of each
* Rubber barbells 10 - 50kgs 10 x bars and A frame storage rack
* Adjustable benches - minimum 6

**Functional Equipment:**

* Trx Pro 4 suspension trainers - minimum 2
* 2 x in 1 soft plyo box offering heights 760mm, 610mm,510mm
* Rubber medicine balls 5,6,7,8,9 10 kg
* Double grip medicine balls 5,6,7,8,9 10kg
* Neoprene Kettlebells 8,10,12,14,16,18,20 kg x 1 pair of each
* Sandbags 10,15,20,25, 30kg - 1 of each with storage rack
* Olympic gym rings - minimum 2 pairs
* Powerbands sets 13mm, 22mm,32mm,44mm,64mm,83mm pair of each
* Slam balls 5kg,7kg,9kg,12kg,15kg - 1 of each
* Heavy duty commercial grade prowler sled - minimum 2
* 38mm battle rope x 15m in length
* 50mm battle rope x 15m in length
* Heavy duty leather grade 4 Punch bag –weight minimum 38kg
* Farmer walk with collars pair - minimum 2
* Gym timer six-digit display with sound for start /end of intervals – wall mounted with remote control - minimum 2

**Associated Requirements for Dromore CC - Flooring, Lighting and Wall Graphics**

**New Floor Coverings** in Gym area - Not required – new floor coverings will be in place via another contract.

**New Wall Graphics** in gym area – Essential (Council’s brand) to be supplied under this procurement exercise to enhance gym experience –

**Graphics on equipment** supplied – Required where applicable e.g., floor element of platforms should also be supplied with Council’s branding.

**Painting Walls** in gym area - Not required – newly painted walls will be in place via another contract.

Alterations to **Lighting** in gym area - Not required – new lighting will be in place via another contract.