**Gilford Community Gym Equipment and Layout Specification**

**Staff Consultation Feedback - Design**

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. Technology – give the user the ability to track their performance and targets inside the gym facility
7. Technology - give the user the ability to track their performance and targets outside of the gym facility – use their own devices and apps.  interactively
8. Technology – give the user the ability to utilise entertainment
9. Technology – give staff the ability to understand usage etc. for retention and maximising membership numbers.

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

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

Cardiovascular 30%

Platform 10%

Resistance 20%

Free weights 20%

Functional Area 15%

Stretch 5%

**Total Floor Area = 100%**

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

The following equipment should be included in the proposal for Gilford Community 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 3
* Rowers –Minimum 2
* Jacob ladder –Minimum 1
* Cross trainer –Minimum 2
* Recumbent cycle –Minimum 1
* Power bikes –Minimum 2

**Resistance Equipment**

* Performance multi Racks/Cage to include wooden platform flooring and weights - minimum 1
* Functional Trainer – Minimum 1 (To be IFI Accredited)
* Leg extension –Minimum 1
* Leg curl –Minimum 1
* Lat pull down –Minimum 1
* Leg /Chin up /Dip frame x 1
* Hyper extension bench –Minimum 1
* Stomach bench –Minimum 1

**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 3
* Adjustable benches –Minimum 3

**Functional Equipment**

* 1set of 3 soft plyo box offering heights 760mm, 610mm,510mm
* Double grip medicine balls
* Neoprene Kettlebells 8,10,12,14,16,18,20 kg x 1 pair of each with storage
* Sandbags 10,15,20,25, 30 1 of each with storage rack

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

**New Floor Coverings** in gym area – Essential – new floor covering to be supplied under this procurement exercise to enhance gym experience.

**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 – supplier will be expected to paint walls prior to installation of new graphics

Alterations to **Lighting** in gym area - Not required – existing lighting will be used after installation of new gym equipment etc.