**Rathfriland Community Centre 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) – target 250 members
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%

Resistance 30%

Free weights 20%

Rig area/ functional 15%

Stretch 5%

**Total Floor Area = 100%**

**Staff Consultation Feedback - Specific Requirements for Rathfriland CC**

The following equipment should be included in the proposal for Rathfriland 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 2
* Rowers - minimum 2
* Stair Master - minimum 1
* Curved Treadmill - minimum 1
* Assault Bike - minimum 1

**Resistance Equipment**

* 1x 45-degree angle leg press-plate loaded
* 1x leg curl/extension combo
* 1 x lat pull down
* 1 x shoulder press
* 1x seated chest press
* 1x seated row

**Free weights Equipment**

* 1x Heavy duty power cage- with high and low pulley + ATTACHMENTS- with height adjustable dip bars
* 1x bench press- adjustable incline/ flat/ decline
* 2x adjustable benches - incline/ flat/ decline
* Dumbbells from 3kg- 50kg + rack
* Plates – 8 x 25kg—8x 20kg---8x 15kg—8x 10kg—8 x5kg—8x2.5kg—6x1.25kg+ stands/racks
* 3x 20kg Olympic barbells
* 2x EZ Bars
* 1x Hex bar
* 1x tricep bar
* 8 pairs of ‘quick release’ Olympic bar clips

**Functional Equipment**

* 1x muscle up bar
* 1x Olympic rings
* Med balls- 1x 5kg- 1x 7kg- 1x 10kg- 1x 12kg-1x15kg +small stand
* 1x 50mm- 15m battle rope
* 1x 38mm- 15m battle rope
* 1x 3 in 1 foam plyo box- 20”/24”/ 30”
* 1x weighted vest- weight adjustable to 20kg
* 1x heavy punch bag
* 1x folding punch bag wall bracket 90-degree fold

**Associated Requirement for Specific Requirements for Rathfriland Community Centre Gym Area - 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 – Service Providers 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.