

LC Fitness Expansion Proposed layout

Cardio

1. True 900 series Treadmill: $7\text{ft} (+ 4 \text{ ft. for space}) \times 3\text{ft} (+ 4 \text{ ft. for space}) = 77 \text{ sq. ft.} \times 10 \text{ units} = 770 \text{ sq. ft. for treadmill space}$
2. Woodway 4front treadmill: $6\text{ft} (+ 4\text{ft}) \times 3\text{ft} (+ 4\text{ft}) = 70\text{sq ft.} \times 5 \text{ units} = 350\text{sq ft. for Woodway treadmills}$
3. True 900 series rec bike/upright bike: $5\text{ft} (+4 \text{ ft. for space}) \times 2.5\text{ft} (+4\text{ft for space}) = 58.50 \times 10 \text{ units} = 585 \text{ sq. ft. for upright and recumbent bikes}$
4. True spectrum elliptical: $6.5\text{ft} (+ 4 \text{ ft. for space}) \times 3\text{ft} (+ 4\text{ft for space}) = 73.5\text{sq ft.} \times 5 \text{ units} = 367.50 \text{ sq. ft. for ellipticals}$
5. True 900 elliptical: $5.5 \text{ ft.} (+ 4\text{ft}) \times 3\text{ft} (+ 4 \text{ ft.}) = 66.5 \text{ sq. ft.} \times 5 \text{ units} = 332.5 \text{ sq. ft.}$
6. True Palisade Stair climbers: $5.1\text{ft} (+ 4\text{ft for space}) \times 3\text{ft} (+ 4\text{ft for space}) = 63.7\text{sq ft.} \times 4 \text{ units} = 254.80 \text{ sq. ft. for Stair Climbers}$

Strength

7. True XFW-8200 3-Way Press Bench with Plate Holders:
 $8.25\text{ft} \times 7.40\text{ft} = 61.05\text{sq ft.} \times 2 \text{ units} = 122.10 \text{ sq. ft.}$ for 3-way adjustable plate loaded benches

8. True XFW-6800 smith machine (squat rack and multi-use):
 $6\text{ft} \times 9.5 = 57\text{sq ft.} \times 2 \text{ units} = 114\text{sq ft.}$

9. True XFW-550 lever row (back row): $8.5\text{ft} \times 5.7\text{ft} = 48.45\text{sq ft.}$

10. True XFW-5000 Preacher curl (biceps curl): $5.6\text{ft} \times 4.8\text{ft} = 26.88\text{sq ft.}$

11. True XFW-6300 weight plate tree: $5.5\text{ft} \times 4.2 \text{ ft.} = 23.1\text{sq ft.}$

12. 500 sq. ft. for Dumbbell rack, 3 x adjustable True benches, stretch mat, mirror

Total square footage: 3,471.23sq ft. (without including contingencies such as monitor station, water fountains, AED, etc.)