

**Request for Proposals  
Center for Health & Fitness – Fitness Equipment March 2026**

**Questions & Answers**

**Is the recommended equipment based on the current equipment product lines and layout recommended by a representative?**

Yes, the recommended equipment is based on the current equipment product lines and layout by a representative.

**What is the series of equipment recommended?**

Current Cardio equipment:

- Cardio equipment: Cybex R Series 70T for all bikes, arcs, and treadmills.
- Spin bikes we have Life Fitness ICG CX Ride.
- Recumbent Steppers and Upper Body Cranks: SCIFIT
- Rowers: Concept 2, Model E
- Stair Climber: Stairmaster 8 Series.

Current Strength equipment

- Matrix, with a few Cybex, Life Fitness, Technogym, and Freemotion

**Is there specific equipment in the Silvers area or is this group training space?**

The Silver room is a group exercise space. There will not be any cardio or strength equipment in that room.

**Have you looked into equipment that caters to the Active Aging Population?**

We would like to see our equipment cater to all ages; however, we are open to other options and suggestions.

**What is your plan for the current equipment? Are you looking to donate it, or do you need it to be included as an extraction?**

Please provide an optional separate service fee for extraction.

**Does CHF offer a fall prevention program?**

CHF offers balance classes for 15-25 people 3 times per week, all taught by personal trainers.

**Can we get an updated layout, including ceiling height, length of the walls and room dimensions?**

Yes, an updated layout with room dimensions has been posted. Ceiling height is estimated between 11'-0" to 11'-6". Lights and ceiling fans will be installed approximately 9'-0".

**Who is doing the flooring?**

Flooring will be in the scope of work for the general contractor.

**What is the budget for this project?**

The relocation and tenant improvement does not include a budget for equipment. CHF is looking to fundraise for any new strength and cardio equipment. These bids will help us refine our fundraising goal.

**Will BCHD require equipment anchoring? (Note: Your owner's manual will recommend/require a licensed contractor.)**

If the current equipment is not anchored, then no. If it is, then yes.

**Does BCHD want additional pricing and specs for the new free weights? (bars, barbells, dumbbells, Olympic plates)**

Yes, you may include additional pricing and specs for new free weights.

**For the 2 dumbbell racks recommended, do you want 5-50 lbs. or 5-75 lbs. included?**

Please include weights 5-75 lbs.