

**ASSOCIATED STUDENTS  
CALIFORNIA STATE UNIVERSITY FULLERTON, INC.**

<b>Programs &amp; Services Committee MINUTES September 13<sup>th</sup>, 2017</b>
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**CALL TO ORDER** Rebecca Hesgard, Chair, called the meeting to order at 2:31p.m.

**ROLL CALL** Members Present: Achatz, Barillas, Evans, Hesgard, Hill, Jakel, Stocks

Members Absent: None

Officers Present: Tapper

Officers Absent: Allen

\*Indicates that the member was in attendance prior to the start of Unfinished Business, but left before the scheduled ending of the meeting. [According to the by-laws, a member of the board who does not remain until the scheduled ending for the meeting (3:30 p.m.) is considered not to be in attendance.]

\*\*Indicates that the member was in attendance for a portion of the meeting, but not in attendance prior to the announcement of Unfinished Business. [According to the by-laws, a member of the board who is not in attendance prior to the announcement of Unfinished Business is considered not to be in attendance.]

**APPROVAL OF AGENDA** The agenda was approved as presented. (Jakel-m/Hill-s)

**APPROVAL OF MINUTES** The minutes for the August 30, 2017 meeting were approved as presented (Jakel-m/Barillas-s)

**PUBLIC SPEAKERS** None.

**UNFINISHED BUSINESS** None.

**REPORTS**

**a. Chair** Hesgard reported the following:

1)Hesgard introduced Raechel Stocks to the committee. Stocks is the RSA President Designee.

2) There is a lot that she is working on moving into the next couple of weeks and today the committee will be considering one of the proposals she has been working on.

3) Hesgard had her one on one meeting with Barillas. Hesgard hopes to meet with each committee member soon to set up their one on one meetings.

**b. Director, Titan Recreation** Tapper reported the following:

1) SRC experienced some pool issues this weekend but the pool will be reopening today.

2) Martial Arts room has been finished and it looks great with a lot of open space.

3) Flooring for the Cardio Studio will be shipped soon.

4) Please come out to the All Day ASI After Party on 9/28/2017 at the SRC. There will be tabling, a photo booth as well as demos for its fitness classes.

## NEW BUSINESS

- a. **Action: Proposal to add the F45 Training Program to the SRC** **PSC 001 17/18** (Evans-m/Achatz-s) On a motion duly made and seconded, the Programs & Services Committee approved sending a recommendation to the Board for the approval to add the F45 Training Program to the SRC.

Hesgard stated to the committee that Tapper would be presenting on this item. Hesgard yielded to Tapper.

Tapper shared that one of his goals is to keep current with the trends in the recreation and fitness world. The SRC has been under a lot of renovations and updates because the building is 10 years old and equipment is wearing out. Not only equipment needs to be updated, but the fitness classes we offer also deserve some attention. The F45 is a high intensity circuit training program that would be a great addition to the SRC. This program is currently being offered at UCI and USC.

Tapper showed three videos to help explain what the program is. The F45 is a high intensity interval training 45 minutes program. The program helps users work out while also providing the opportunity to interact with others and create a deeper community.

Tapper stated that if the contract/agreement is signed, F45 will equip the full room with about \$50,000 worth of equipment. The first year is free and the following year will cost \$2,000 per month. F45 will also help brand the program using the school colors. The idea is to allow everyone to be able to participate in the program and to offer it five times a day to start. In regards to certified instructors, F45 will come and train our own staff.

If approved, the plan would be to implement the program during Intersession and start offering it in the Spring 2018. For the first year, there will be no need to increase the budget for Titan Recreation, but if we decide to move forward with year two of the program, then there is a possibility of requesting a budget increase. The program location will be the old Cardio Studio that has been recently converted to a more functional space.

Tapper asked the committee if they had any questions.

Barillas asked if there would be a cost for students to participate. Tapper stated that there would be no cost during the first year. For year two of the program, there might be a fee but that would need to be discussed with the BOT. If there is a fee, it would be a low fee because the SRC would probably subsidize a portion of the cost. Barillas also asked what would happen to the equipment currently in the old cardio studio and if the program would only be offered during the weekdays. Tapper responded some of the equipment would stay in the old Cardio Studio and the equipment that will be removed to make space for F45 would be moved to the cardio floor. F45 would be offered every day but with a modified schedule on weekends.

Jakel asked Tapper how he learned about the program. Tapper responded he learned about it when looking at what other schools were doing. He actually saw the program at UCI. Evans asked if F45 had reached out to him. Tapper stated that he reached out to F45 after seeing the program at UCI.

Hill asked if he thought students would identify this brand and be excited about it. Tapper stated that some might recognize the brand but it will be our job to promote it heavily. F45 give us the resources to promote so we would have to teach people about it. Hill asked if the old Cardio Studio would still be available for student use. Tapper said yes because only a portion of the room would be occupied with F45 specific equipment.

Hill asked if the contract can be cancelled and who would be responsible for equipment repairs. Tapper stated it would be a five year contract with clauses but that cancellation was possible with notice. In regards to the repair of equipment, F45 would be responsible for the wear and tear but we would be responsible for negligence and floor repair.

Jakel asked about the risk for injury. Tapper said that just like other fitness classes, users would have to sign a waiver.

The committee had no further discussion or questions.

**PSC 001 17/18 MSC 6-0-0** The motion passed.

**b. Discussion: Possible Survey Questions**

Hesgard stated that she was interested in conducting a survey for the Irvine Campus Fitness Center and Lounge to see what it is they need. Hesgard read over the questions she had for the survey and asked the committee to provide her with feedback.

Barillas suggested adding a question about rating their overall experience at the SRC, TSU or whichever location and why.

Jakel suggested emailing a survey directly to SRC users on a monthly basis and asked Hesgard to think about what the goal of the survey is in order to ensure the questions she is asking will lead to that goal. Hesgard responded her goal is to see what is missing in order to give the committee some direction on where to start. Jakel responded it would be hard for students who don't know what is available to speak on those items so maybe surveying people on what they would like to see would be a better idea. Stocks agreed with Jakel.

Evans suggested asking Irvine Campus users why they take classes at the Irvine Campus. It could be because it is closer to home or because the class they need is only available there.

Tapper suggested doing paper surveys with the students actually using the programs and services in the TSU/SRC/Irvine Campus. For example, you can have SRC users fill out the survey in person at the SRC.

Hesgard asked if there should only be one survey for both main campus and Irvine campus users or separate ones. Jakel responded one survey and recommended working with Scott Martin from the Marketing department as he has experience creating surveys for different programs.

Barillas suggested providing incentives for students to actually take the survey like a chance to win a gift card or Titan Gear. Jakel agreed and added that any promotional item would also work as an incentive.

Hesgard thanked everyone for their feedback.

**c. Information: Writing a Proposal**

This item was tabled by chair's discretion, without objections, and will re-appear on next meeting's agenda as Unfinished Business.

Achatz	Y
Barillas	Y
Evans	Y
Hesgard	Chair
Hill	Y
Jakel	Y
Stocks	Y
<b>Results</b>	<b>6-0-0</b>

**ANNOUNCEMENTS/MEMBERS' PRIVILEGE**

Jakel announced that there are currently two vacancies in the ASI BOD for the College of Education. Jakel asked to please encourage interested students to apply.

**ADJOURNMENT**

The meeting adjourned at 3:25p.m.

  
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 Rebecca Hesgard, Chair

  
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 Deisy S. Hernandez, Recording Secretary

Request to add F45, a circuit training workout class, to the Student Recreation Center

**PRESENTED TO:** Titan Student Centers Board of Trustees

**MEETING DATE:** September 13, 2017

**PRESENTED BY:** Rebecca Hesgard  
Aaron Tapper

### **BACKGROUND**

Titan Recreation is always looking into the current fitness trends to make sure we are staying current with the programs we offer. Recently, we have installed a QueenX Precor functional training rack and feel the F45 program will help continue to keep Titan Recreation current with the fitness trends.

### **PROPOSAL**

Request to offer the F45 circuit training program in the Student Recreation Center.

### **RATIONALE**

F45 is a newer developed program that offers High Intensity, Circuit Training work-outs that will be extremely beneficial to CSUF students and members. The work outs are offered in class settings that will be offered 5 times per day, each day of the week.

### **IMPACT**

There won't be much of an impact on students or members as we have already transformed some of the room to accommodate the QueenX training rack. We would need to relocate some of the machines from the room onto the cardio floor.

### **BUDGET IMPACT**

All of the equipment and programming is free for the first 12 months. After 12 months, there is a \$2,000 per month fee to continue offering the programs. The additional cost will be the hiring of class instructors who will teach each class which will be about \$15,000 per year. In this current budget, we can afford to pay for the instructors to teach the classes but would look at an increase in next fiscal year's budget.

### **IMPLEMENTATION TIMELINE**

Plan would be for installation of equipment in December 2017 and using the intersession break to train the class instructors and have the program fully available for the spring 2018 semester.

Click on any picture to watch the F45 training videos



Intro to F45 Training



F45 Collegiate Video



Stanford Recreation and Wellness Video

45



Born in Australia

Team Training , Life Changing





Fastest growing fitness franchise

45 min HIIT classes

27 people per class

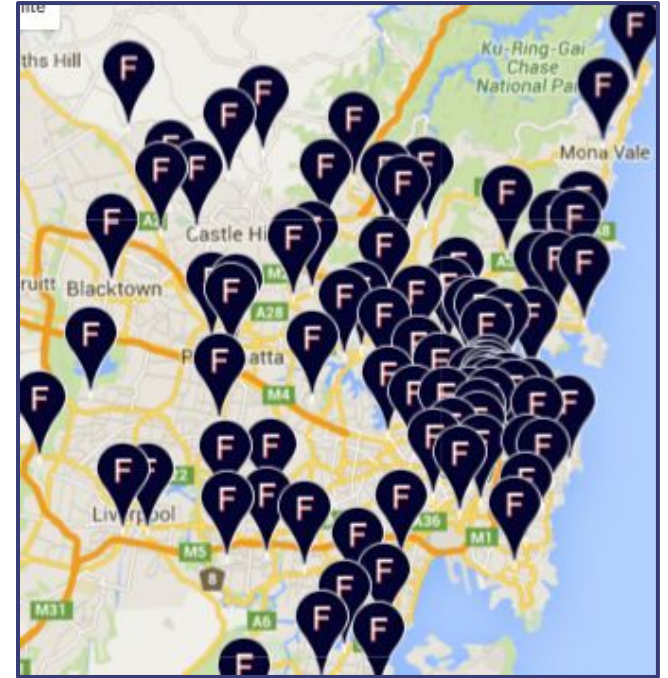
1 opening every day

\$250K turn-key cost

Franchisees earn \$400k P.A.

## Rapid growth - 750+ franchises in 22 countries

- Started with one studio in Sydney.
- Franchise roll out started in early 2014
- Sydney highest gyms per capita/hardest market penetration
- Australia has more F45's than Starbucks and 7-Elevens
- 750 franchises sold in 2 years in 22 countries
- Currently partnered with 5 colleges

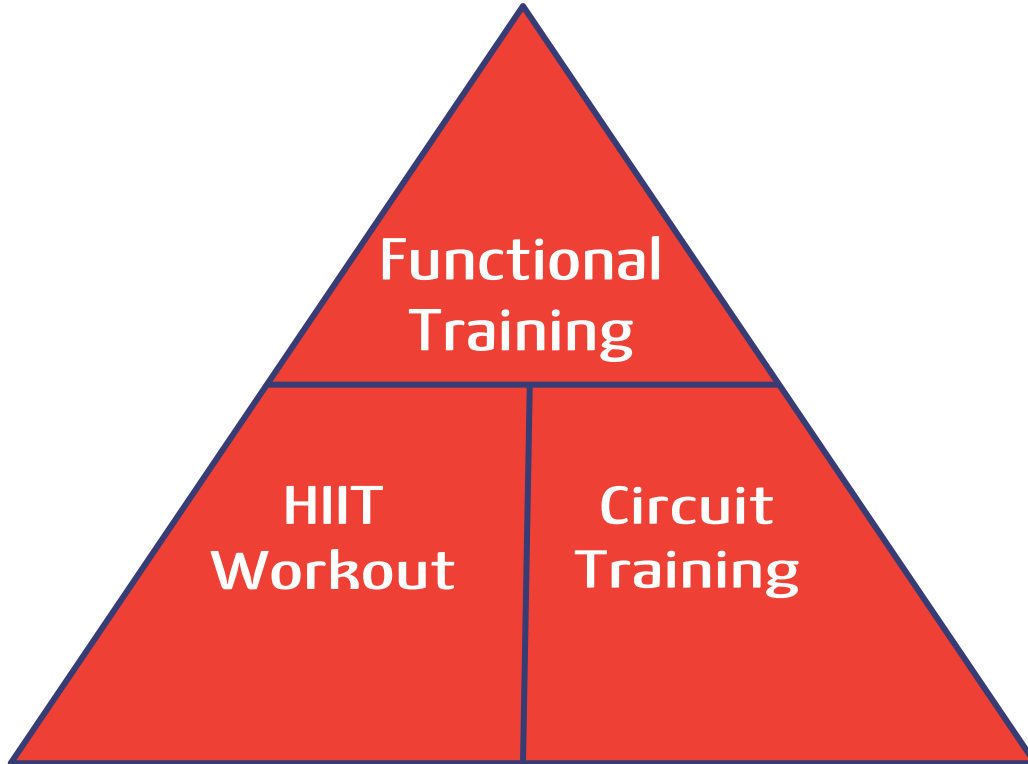


Studios in Sydney

F45 DNA



# Our Unique Approach



WORK



22

SETS TO GO

8

1



2



MOVE STATION



5

SETS TO GO

8

1



2



3



F45



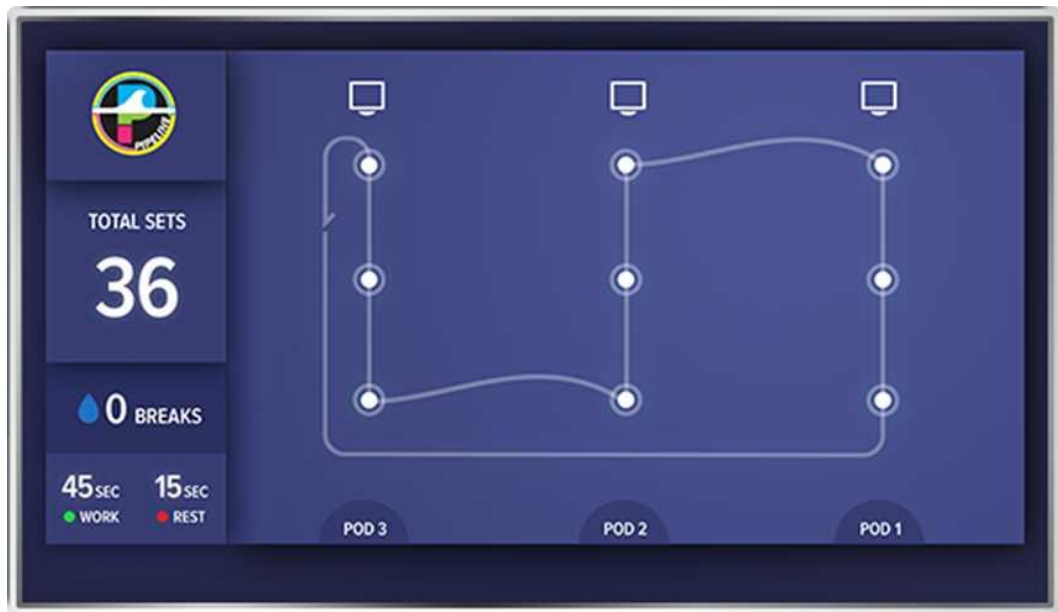
7

SETS TO GO

8



MOVE STATION



**NEXT CLASS IN** 6:47:11 **FIRESTORM**

19 	20 
21 	22 
23 	24 
25 	26 
27 	<b>FIRESTORM</b>

**F45tv**




**WORK** **SETS TO GO**

2:37

**27**

**PROGRESS**



**LUKE'S CHALLENGE**

Progress Mode

Today's needs Latest Blog Posts Latest Videos & Seminars

**Weekly Goals**

45 points in the next 7 days. Take your weekly challenge. Only working for a maximum of 60 points per day.

**F45 Activity Report**

Panthers 6:30pm 12 Mar 2018

175kcal

45.6% 364% 37:23



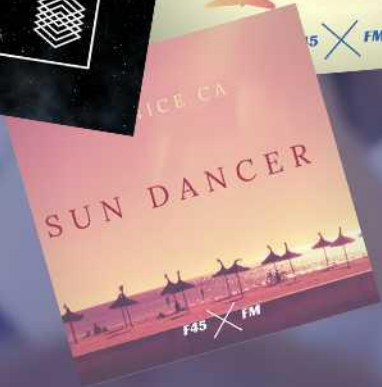
F45 DNA



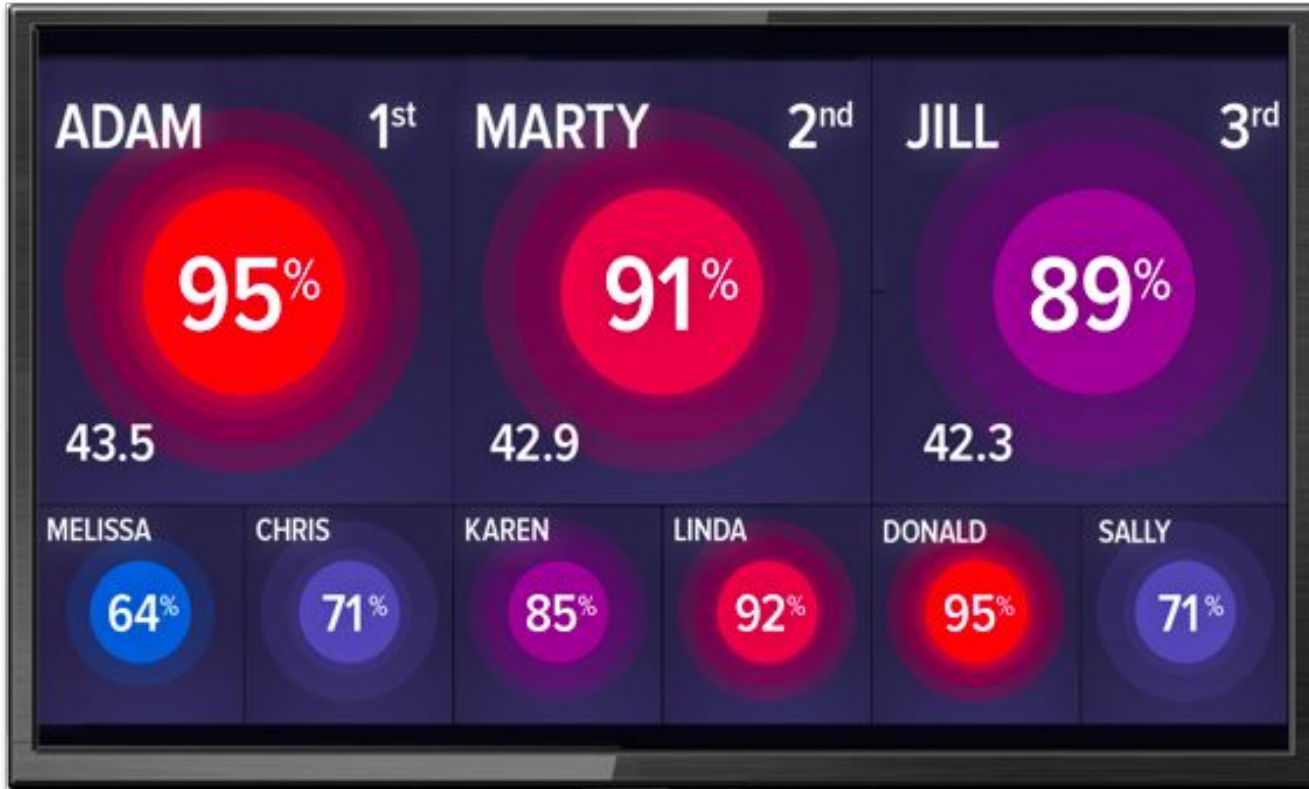


# WORLD SUPER SERIES F45





# F45 Lionheart: Gamification



F45 DNA





Be on the cutting edge of the fitness industry

Foster Student Community Through Fitness

Best 45min workout in the world



TEAM TRAINING \* LIFE CHANGING

TEAM TRAINING \* LIFE CHANGING



TEAM TRAINING \* LIFE CHANGING



USC



15	18	75	30	15
15	85	25	25	15
15	85	50	25	15
15	85	50	25	15
15	85	50	25	15
15	85	50	25	15
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15	85	50	25	15
15	85	50	25	15





Temp	Humid	Wind	Cloud	Pressure	Visibility
75°	33%	18%	90%	1013	9%
33°	85%	30%	28%	1013	20%
5°	89%	100%	22%	1013	100%





UCI  
COURTESY



LIFE CHANGING

TEAM TRAINING

LIFE CHANGING

UCI  
UCI  
UCI

UCI  
UCI







TEAM TRAINING \* LIFE CHANGING

TEAM TRAINING \* LIFE CHANGING



STANFORD





TEAM  
TRAINING







## F45 BIKE

**Size** 1050 x 600 x 1150 (mm)

- Load capacity: 180kg
- Machine weight: 70kg
- Flywheel weight: 24kg
- Stuffing: PU foam with synthetic leather
- [Warranty on page 56](#)



## MMA GLOVES (PAIR)

Synthetic MMA gloves - F45 branded.



## MMA SHIELD

Vinyl shield - F45 branded



## EXTENSION BAND KITS

### INCLUDED:

- 30 x bungee cords
- 15 x waist belts
- 15 x pair handles
- 30 x anchor straps



## SLEDGEHAMMERS

Steel welded sledgehammer. Handle is completely welded to the top section - will never come off.

- Solid one-piece design
- Suited for commercial usage
- Kurling on the base gives grip to the user to ensure it does not slip out during use.



**SLEDGEHAMMER 5kg**



**SLEDGEHAMMER 10kg**



**SLEDGEHAMMER 15kg**



## SANDBAGS

Manufactured with military spec 1000D Cordura - as tough as nails!

- Inside material has a DWR coating making the bags water resistant for easy cleaning
- Handles are provided for easy and multiple grip positions
- Sandbags come with 2 x inners and each inner can be filled with sand or pebble to the recommended weight. To increase the weight in the larger ones use one of the inners from the smaller bags that were not needed....etc
- Adjust the weight with the bags provided



# STEPS

1. F45 will donate a full F45 Studio to School: **\$250k value**
2. College to provide space for F45 studio



Adam Gilchrist - [adam@f45training.com](mailto:adam@f45training.com)

Scott Kinworthy - [skinworthy@f45training.com](mailto:skinworthy@f45training.com)

(213) 400-0737