

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





Born in Australia

Team Training , Life Changing



Fastest growing fitness franchise

1 opening every day

45 min HIIT classes

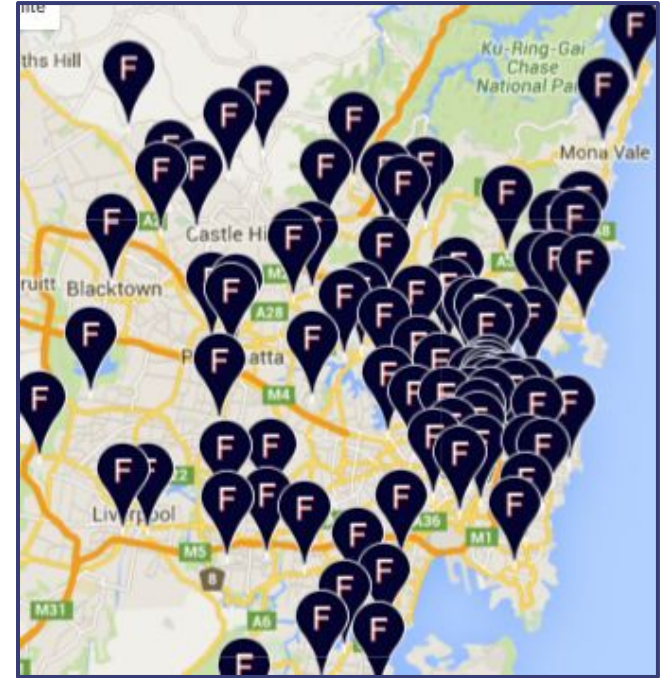
\$250K turn-key cost

27 people per class

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

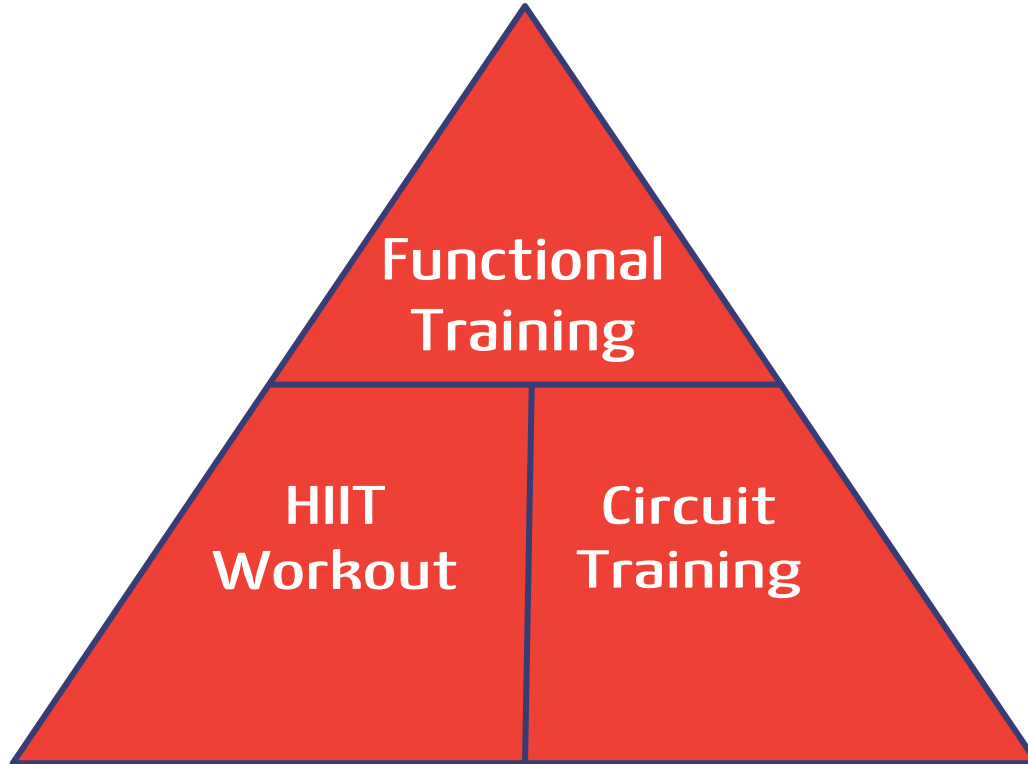


Studios in Sydney

F45 DNA




# Our Unique Approach





WORK




22


SETS TO GO

8


1



2



MOVE STATION




5


SETS TO GO

8


1




2



3




F45



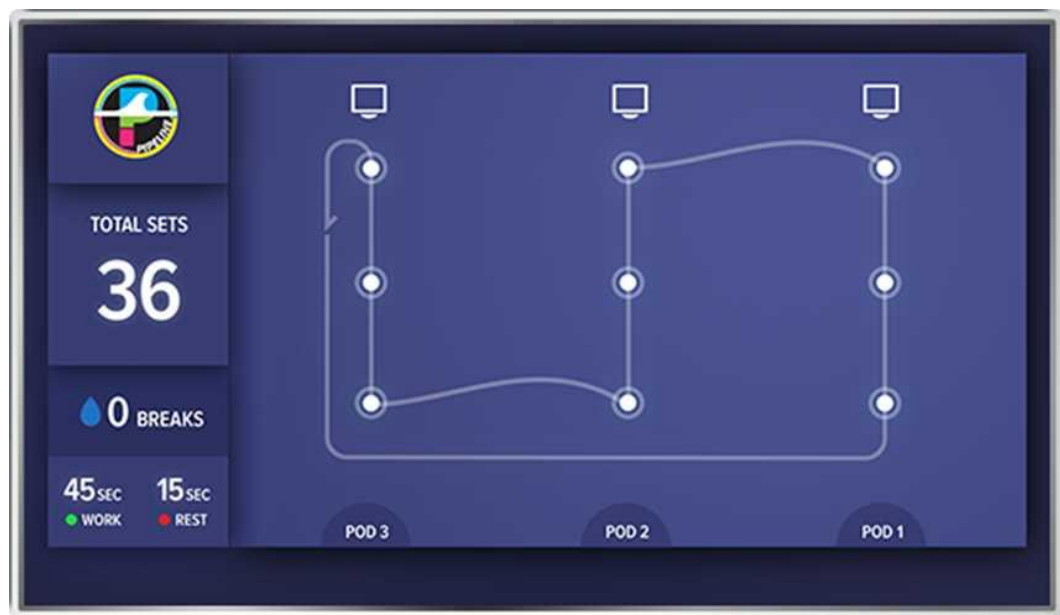
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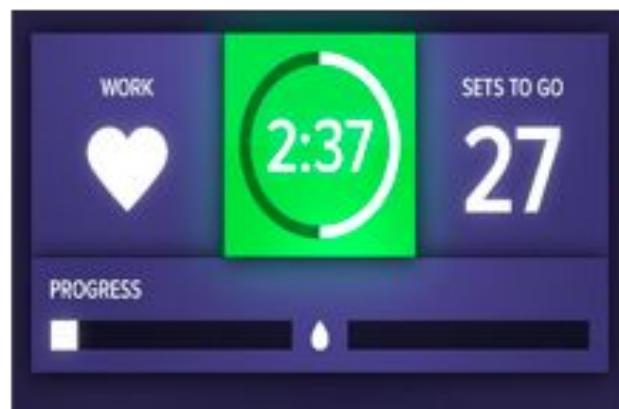
SETS TO GO

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MOVE STATION





F45 DNA





22



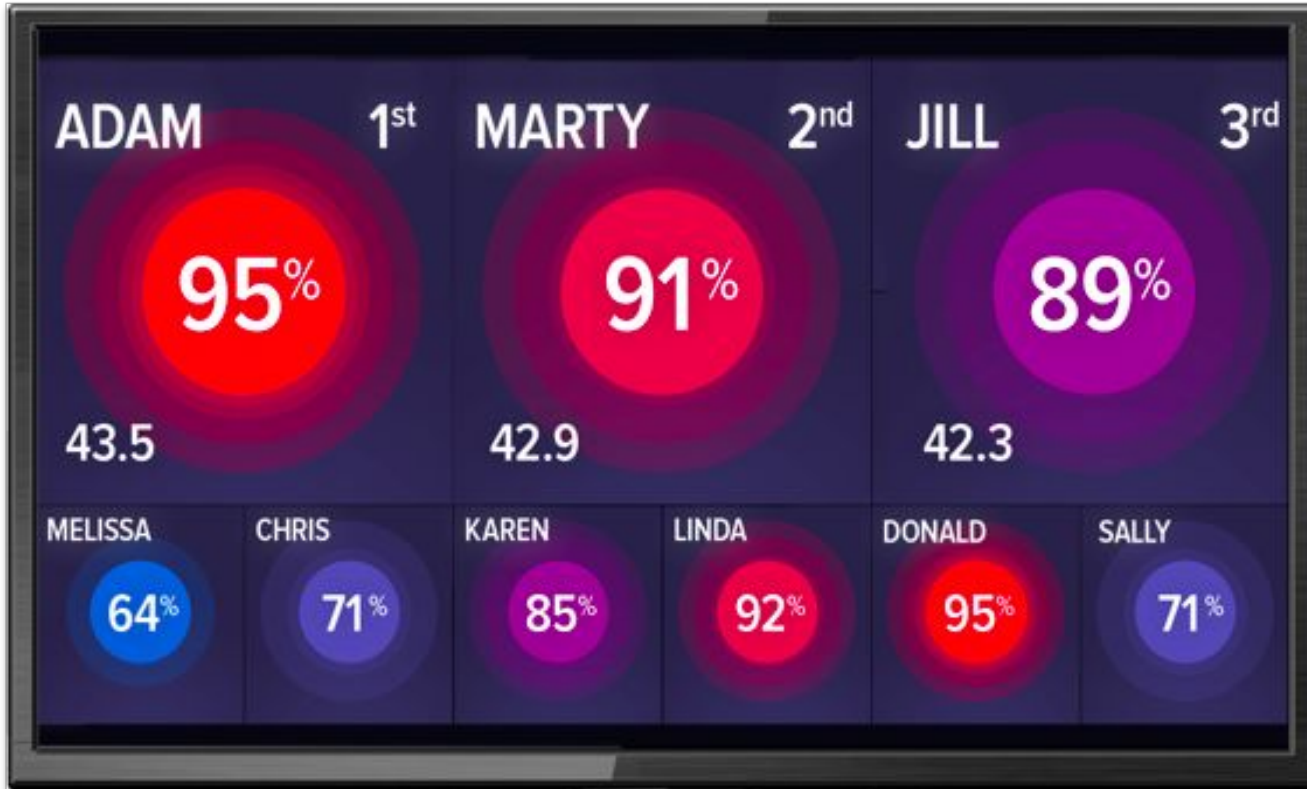
BROOKLYN







# 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











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](#)



## 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 inner 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 inner from the smaller bags that were not needed.....etc
- Adjust the weight with the bags provided



## 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





# STEPS

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



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