

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.