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
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

Innovation + Motivation = Results
Our Unique Approach

- Functional Training
- HIIT Workout
- Circuit Training
F45 DNA

Innovation + Motivation = Results
F45 Lionheart: Gamefication
F45 DNA

Innovation + Motivation = Results
Be on the cutting edge of the fitness industry

Foster Student Community Through Fitness

Best 45min workout in the world
F45 BIKE
Size: 1030 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
- Suitable for commercial usage
- Kurling on the base gives grip to the user to ensure it does not slip out during use.

MMA GLOVES (PAIR)
Synthetic MMA gloves - F4S branded

MMA SHIELD
Vinyl shield - F4S branded

EXTENSION BAND KITS
INCLUDED:
- 30 x bungee cords
- 15 x waist belts
- 15 x pair handles
- 30 x anchor straps

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 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