

DISCUSSION ITEM

Presentation on Fitness Center Equipment –
Megan Shugart

ParkFairfax Fitness Center

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What residents want:

Based on the results of the Gym Survey, residents overwhelmingly favor modernization and space optimization.

The results reflect a clear consensus for:

- New, upgraded equipment
- A cleaner facility with a more open layout
- Refurbished and updated space

Secondary concerns were:

- Improved ventilation and temperature control
- Extended Gym hours

Focus Meeting:

Similar concerns from residents were brought up during the Gym Focus Meeting held by the Recreation Committee in February.

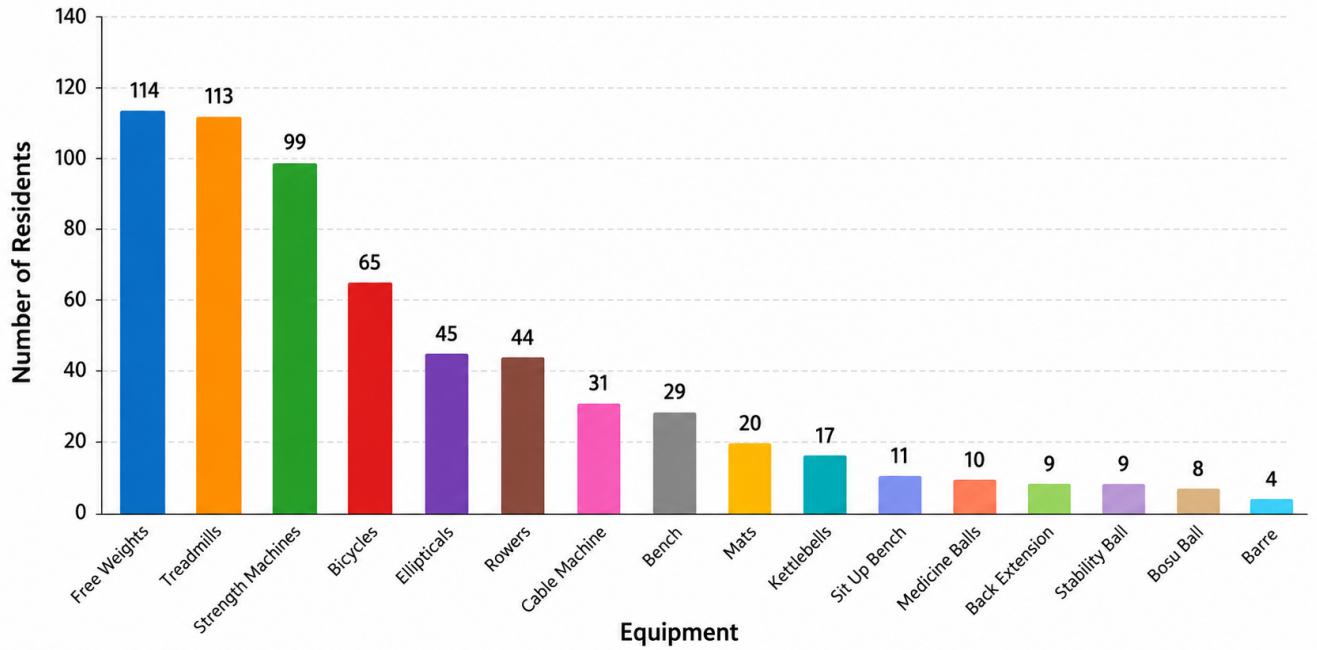
The recurring themes from the meeting were:

- All attendees want the gym updated and to have better working equipment
- Agreement that the layout could be better to more effectively utilize the space
- Many issues with the lights on timers and the safety of that, front door not locking properly, and not enough signage directing people to the gym
- People like the leg press machine, the variety of equipment we have, and the convenience
- Top priorities in a gym refresh were cleanliness and aesthetic, a working cable machine, more treadmills

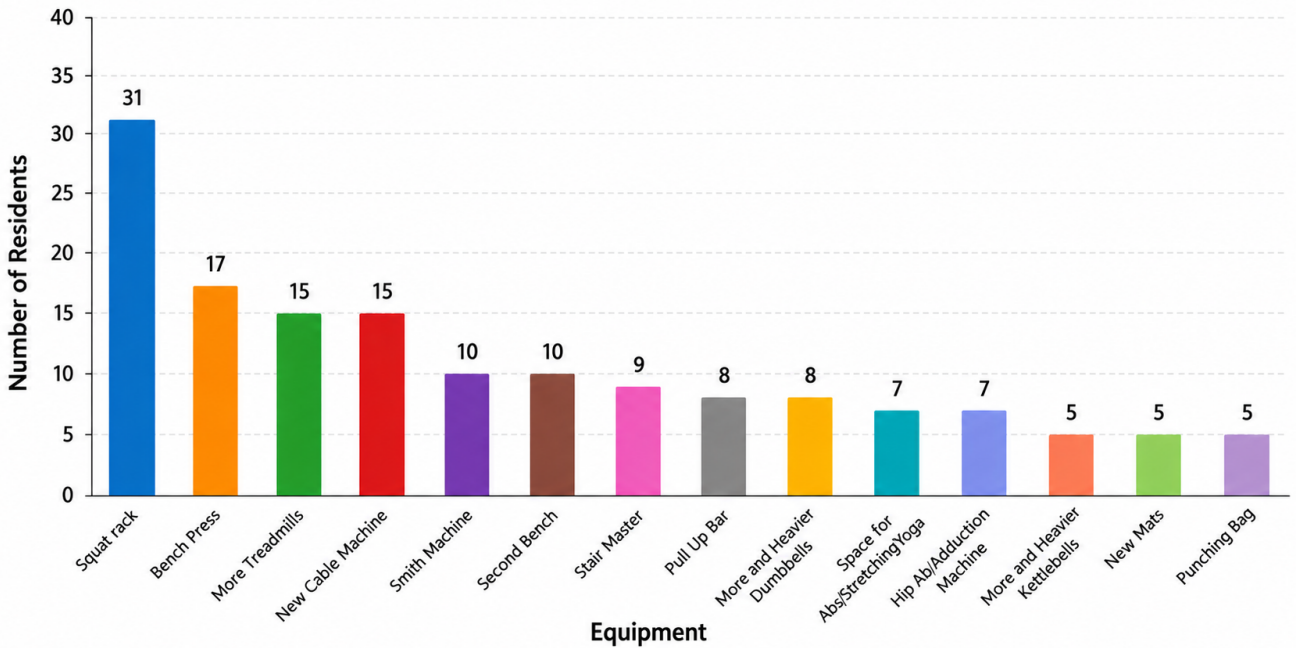
Based on the survey results, focus group, and ways we have witnessed the gym being used, the Recreation Committee recommends:

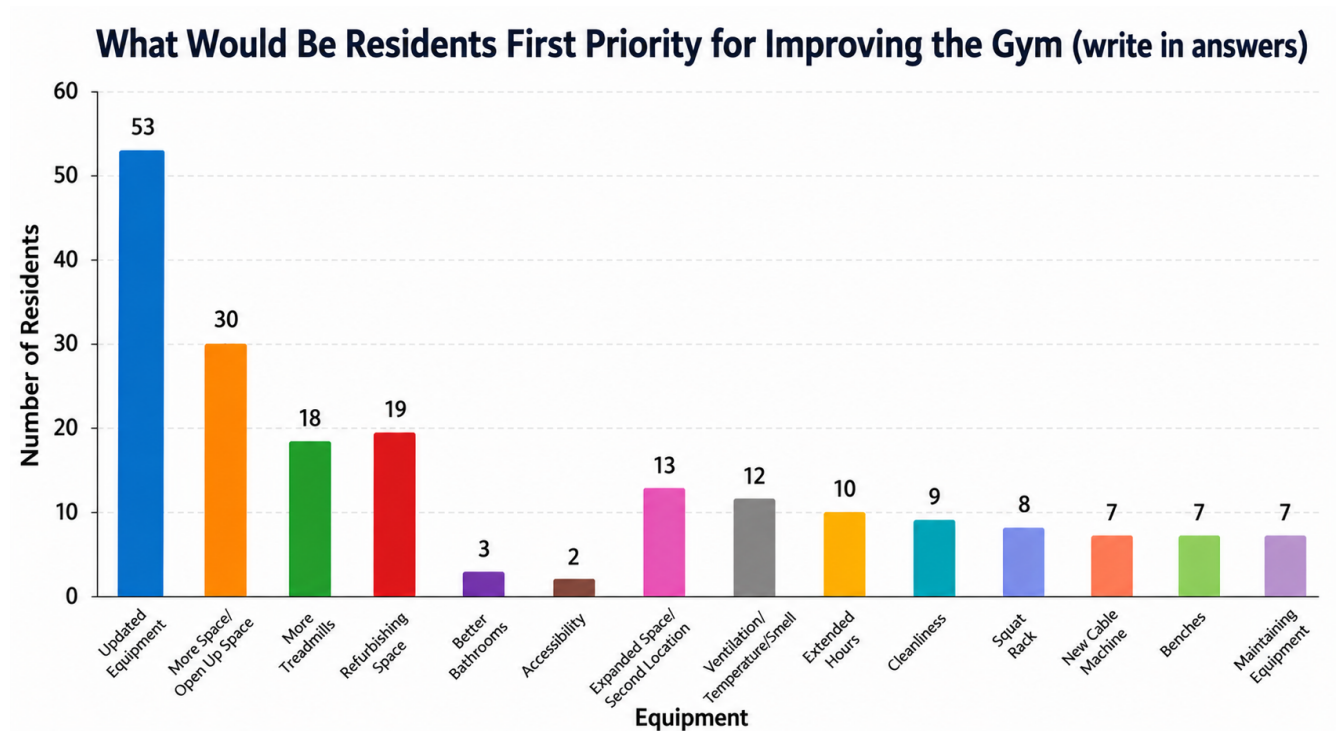
- **Immediately removing dangerous and broken equipment** that poses serious risk and liability and replacing these with new models
- **Replacing all existing equipment** with new, updated pieces that meet the needs of the community by being functional for all fitness levels, versatile, and space-efficient
- **Removing the walls upstairs** around the treadmill room and locker room to create more usable space, increase openness, and improve functionality

Equipment Residents Regularly Use at the Gym (write in answers)



Equipment Residents Would Like to See in the Gym (write in answers)





Equipment in need of immediate removal and replacement:

The following pieces of equipment pose serious risk to users or are non-functional

Both Treadmills (Replace: past life expectancy, rusting parts, belts in bad shape, regularly break)



Life Fitness and Star Trac Recumbent Bicycles (Replace: motors do not work reliably, gears catch, and resistance does not remain consistent)



Cable Machine (Replace: broken pieces, pins fly out, weight stack drops unexpectedly, rusted)



Weight Bench (Replace: padding ripped, adjustment knob broken/missing)



Preacher Curl Bench (Remove: duct taped, rusting; not used enough to replace)



Dumbbell Rack (Replace: rack and dumbbells are rusting, missing a variety of weights)



New Equipment Price Comparison

	Complete Gym Solutions-Basic	Complete Gym Solutions-Premium	Complete Gym Solutions-Premium Refurbished	Life Fitness-Basic	Life Fitness-Premium
Treadmills	\$3,568 x2 = \$7,136	\$7,801 x2 = \$15,602	\$5,600 x2 = \$11,200	\$3,899 x2 = \$7,798	\$5,719 x2 = \$11,438
Recumbent Bicycles	\$2,821 x2 = \$5,642	\$6,639 x2 = \$13,278	\$2,800 x2 = \$5,600	\$2,079 x2 = \$4,158	\$3,704 x2 = \$7,408
Cable Machine	\$3,150	\$4,674		\$4,166	\$4,166
Dumbbell Rack	\$630	\$1,712		\$1,224	\$1,224
Dumbbell Set	\$5,040	\$5,040		\$5,019	\$5,019
Bench	\$595	\$1,088		\$996	\$996
Total	\$22,193	\$41,394		\$23,361	\$30,251

Company Pros and Cons

Complete Gym Solutions

Pros-

- Great to work with
- Excellent and Efficient communication
- Independent company who can get a wider variety of brands (including Life Fitness)
- Specializes in smaller gym facilities
- Wider range of inventory and price points
- Have design and layout team
- Maintenance package is quarterly
- Great quality for “basic” line of strength equipment

Cons-

- Equipment removal not included in pricing

Life Fitness

Pros-

- Well known and trusted brand
- Efficient communication
- Removal of current gym equipment is included in pricing
- Cheaper pricing for premium cardio equipment
- Have design and layout team

Cons-

- Maintenance package is twice a year
- Line of strength equipment is Unimpressive

Differences between Premium and Basic

Star Trac display consoles



Life Fitness Display Consoles



Premium

- Digital touchscreen
- Wifi connection
- Classes, virtual trails, and workout videos
- Bluetooth headphone connectivity

Basic

- Manual Screen
- No wifi
- Programmed workouts with no visuals
- Cord headphone connection only

Potential Future Equipment Price Comparisons

	Complete Gym Solutions- Basic	Complete Gym Solutions- Premium	Complete Gym Solutions- Premium Refurbished	Life Fitness- Basic	Life Fitness- Premium
Rower	\$891 Concept2	\$891 Concept2		\$2,027 Heat Row	\$2,027 Heat Row
Upright Bicycle	\$2,787 StarTrac	\$6,348 StarTrac	\$2,450 Matrix	\$1,824 Life Fitness	\$1,824 Life Fitness
Elliptical	\$3,070 StarTrac	\$5,726 StarTrac	\$4,200 Precor	\$2,989 Life Fitness	\$4,744 Life Fitness
Smith Machine	\$3,150	\$5,142		\$3,241	\$3,241
Leg Press/Calf Raise	\$3,850	\$5,091		\$4,092	\$4,092
Leg curl/leg extension	\$2,800	\$3,740		\$3,677	\$3,677
Lat pulldown/ seated row	\$2,800	\$3,740		\$3,324	\$3,324
Pec Fly/ Rear delt	\$2,800	\$3,740		Not Provided	Not Provided
Ab crunch/back extension	\$2,800	\$3,740		Not provided	Not Provided
Chest press/ shoulder press	\$2,800	\$3,740		\$3,677	\$3,677

Visual Comparison of Basic Strength Machines

CGS- BNKR Leg Press



LF- Axiom Leg Press



CGS- BNKR Dual Stack Cable



LF- Cable Motion Dual Stack Cable



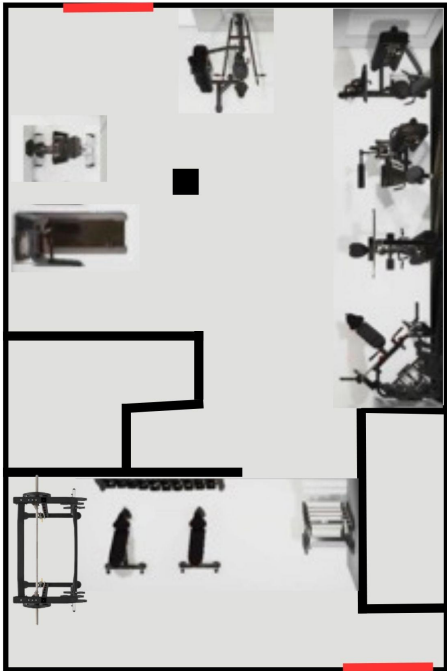
CGS- BNKR Lat Pull/Low Row



LF- Axiom Lat Pull/Low Row



First Draft Layout Proposals



Our thoughts- First Floor



Second Floor



Park Fairfax Fitness Center

Project: Park Fairfax Fitness Center Our Reference: 2D Overview Copyright: Complete Gym Solutions and Affiliates Date: 4/20/2026



FIRST FLOOR

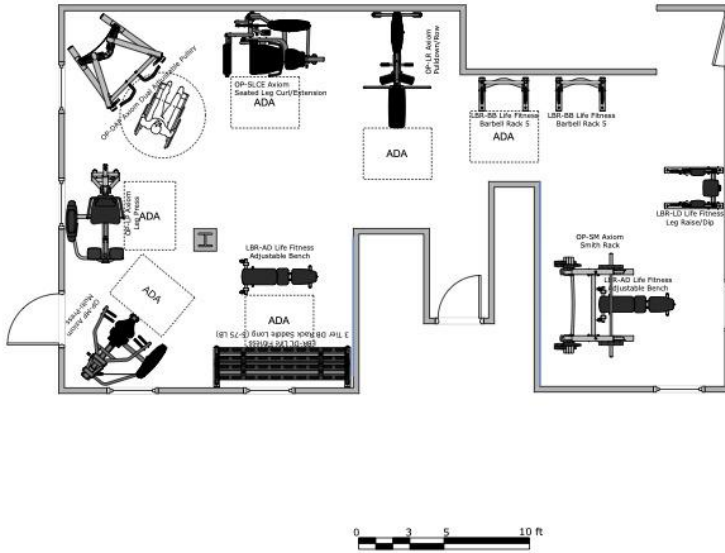


SECOND FLOOR

APPROXIMATION OF FLOOR AND PLANNING AREA
The floor plan measurements provided are approximate and intended for illustrative purposes only. While we strive for accuracy in presenting these floor plans, no guarantee, warranty, or representation is given regarding their accuracy or completeness. We strongly advise that you or your professional advisors perform a thorough, independent assessment of the property to ensure its suitability for your specific spatial requirements.

PARKFAIRFAX CONDO CLUBHOUSE – LVL 1

3360 GUNSTON RD, ALEXANDRIA VA



Christopher Simoncini
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chris.simoncini@thefitness.com

Date: 3/25/2026
Version: 1.01
Scale: 3/16"=1'-0"

Ceiling Ht.: -

SQ.FT.: -

Refresh: ☒ New Build: ☐

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Electrical Legend:

DESIGNATED RECEPTACLE

STANDARD RECEPTACLE

OPTIONAL RECEPTACLE

WIRE-WOUND RECEPTACLE

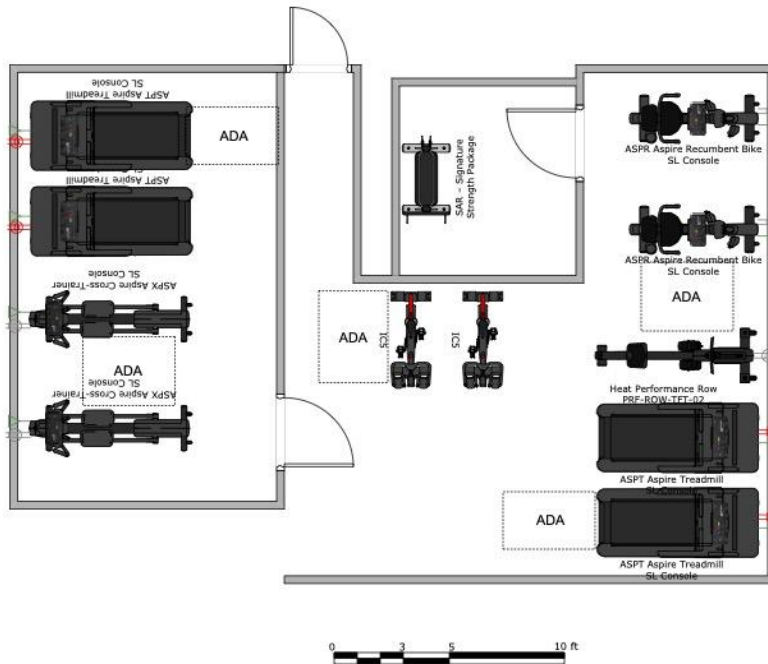
TV CONNECTION

CONSULT A QUALIFIED ELECTRICAL PROFESSIONAL TO DETERMINE POWER REQUIREMENTS AND PLACEMENT. POWER, DATA, AND TV REQUIREMENTS VARY BASED ON OPTIONS SELECTED.



PARKFAIRFAX CONDO CLUBHOUSE – LVL 2

3360 GUNSTON RD, ALEXANDRIA VA



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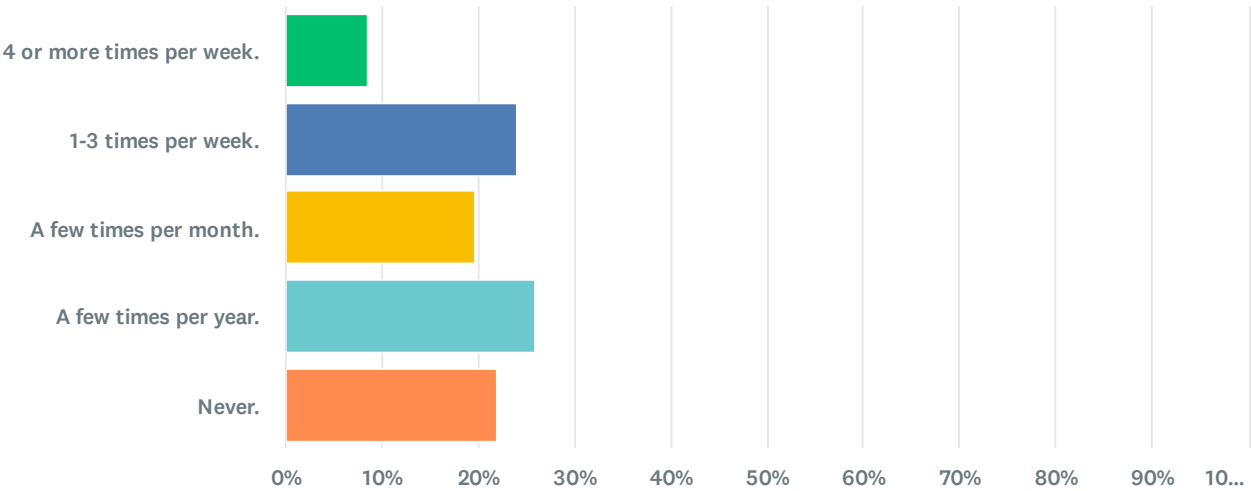
Next Steps

1. The Recreation Committee would like to have removed all dangerous and dilapidated equipment.
2. The Recreation Committee would like to replace two treadmills, two recumbent bikes, cable machine, dumbbells and dumbbell rack, and bench.
3. With the Board's decision on a gym solutions provider, we can move forward with selecting and placing equipment.
4. Working with the architecture and planning board, we can move forward with designing the space.

2026 Gym Survey Results

Q1 How often do you use the Parkfairfax fitness center?

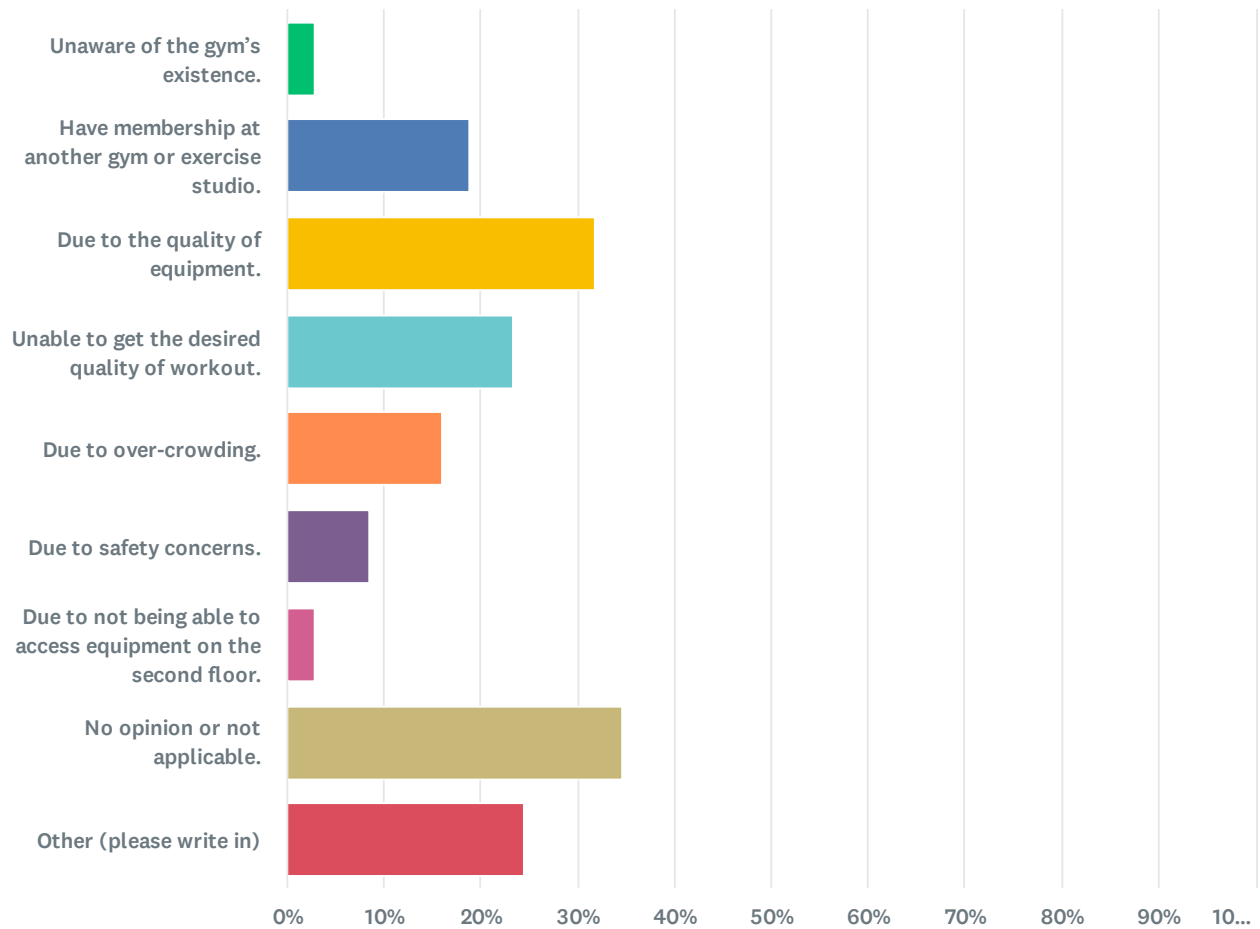
Answered: 259 Skipped: 2



Answer Choices	Percentage	Responses
4 or more times per week.	8.49%	22
1-3 times per week.	23.94%	62
A few times per month.	19.69%	51
A few times per year.	25.87%	67
Never.	22.01%	57
Total		259

Q2 If never, why not? (Select as many as are applicable.)

Answered: 176 Skipped: 85



Answer Choices	Percentage	Responses
● Unaware of the gym's existence.	2.84%	5
● Have membership at another gym or exercise studio.	18.75%	33
● Due to the quality of equipment.	31.82%	56
● Unable to get the desired quality of workout.	23.30%	41
● Due to over-crowding.	15.91%	28
● Due to safety concerns.	8.52%	15
● Due to not being able to access equipment on the second floor.	2.84%	5
Total		287

Parkfairfax Fitness Center Survey, 2026

Answer Choices	Percentage	Responses
No opinion or not applicable.	34.66%	61
Other (please write in) Show responses	24.43%	43
Total		287

Parkfairfax Fitness Center Survey, 2026

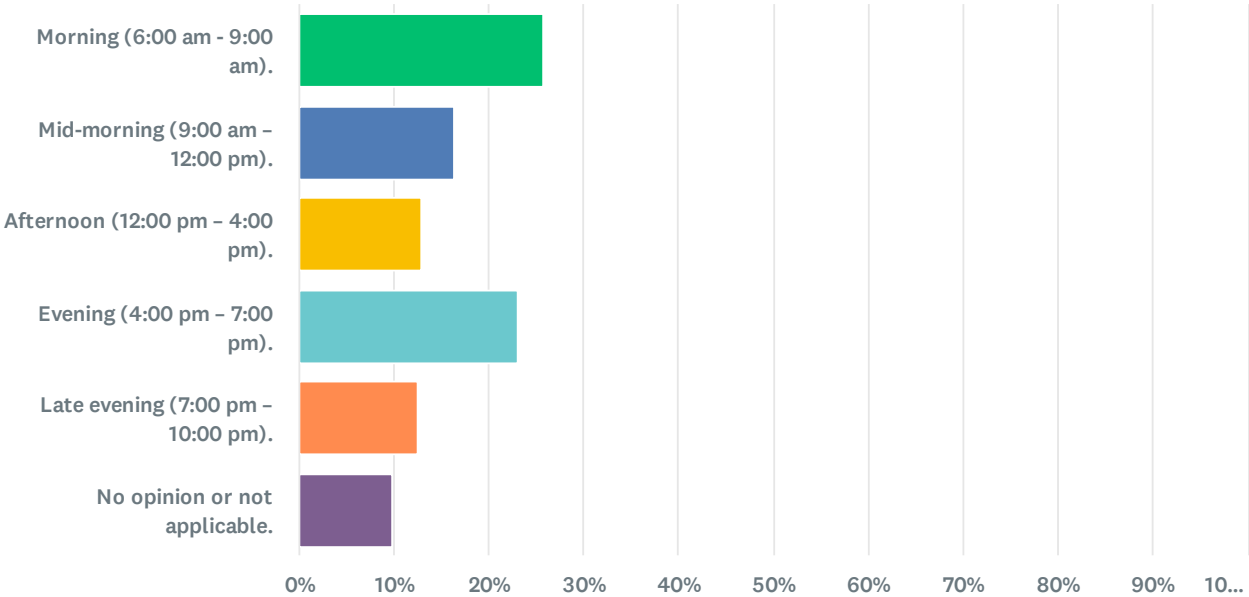
#	OTHER (PLEASE WRITE IN)	DATE
1	Needs better equipment, better weight equipment	2/28/2026 10:54 PM
2	Want to start using the fitness center	2/28/2026 4:53 PM
3	lazy	2/28/2026 2:18 PM
4	Love that we have it and used to use it. Just not exercising much lately.	2/28/2026 9:13 AM
5	Last I heard of it the equipment was lacking, in line with limited hotel gym and not sure where it is	2/27/2026 7:44 PM
6	Feels claustrophobic, but I would like to use it occasionally, especially when the weather is bad.	2/27/2026 6:00 PM
7	Need better lifting equipment/machines	2/27/2026 8:16 AM
8	Dirty	2/26/2026 1:48 PM
9	Needs better/updated weight lifting equipment. Newer dumbbells a new cable machine.	2/26/2026 11:11 AM
10	Small and cramped	2/25/2026 10:46 PM
11	When I moved in, I was not made aware of the gyms location	2/21/2026 12:28 PM
12	I use the gym both am and pm	2/21/2026 8:59 AM
13	The equipment is outdated and dirty.	2/20/2026 4:39 PM
14	I used to use the gym. However it is unstaffed and I would be approached for unwanted conversations by men using the facility. I bought a membership at the YMCA because members there re or respectful or at least leave women alone to workout because there are staff onsite. I used to like working out in the gym at Parkfairfax, but it stopped feeling safe. It would be great if it were staffed again or community guidelines were updated.	2/20/2026 3:33 PM
15	The weather	2/20/2026 3:03 PM
16	Equipment/ facility is pathetic.	2/20/2026 2:05 PM
17	Would only use a sauna a/o steam room. Prefer to exercise at home.	2/20/2026 1:37 PM
18	Bad ventilation and the smell is unbearable	2/20/2026 1:28 PM
19	Accessibility (2nd floor; air quality concerns); no rowing machine	2/20/2026 1:14 PM
20	I have used it alot in the past but it's difficult for me to climb stairs now, so I'm using an alternative	2/19/2026 3:34 PM
21	Not a lot of space to spread out, like a yoga mat etc	2/18/2026 7:58 PM
22	Doesn't seem clean. Needs updating.	2/15/2026 3:29 PM
23	It's not open 24/7	2/15/2026 1:19 PM
24	Unmotivated, In the past I've used up to 5 times per week	2/15/2026 10:34 AM
25	Not enough equipment	2/14/2026 10:13 PM
26	Have had too many things going on at home to go to the gym. 00 00000000.....	2/14/2026 9:54 PM
27	Distance from my unit	2/14/2026 7:41 PM
28	Inertia	2/14/2026 1:09 PM
29	Old, outdated, smells bad	2/13/2026 7:36 PM
30	Hours are not conducive to work schedule.	2/13/2026 7:23 PM
31	I'm lazy	2/13/2026 7:10 PM

Parkfairfax Fitness Center Survey, 2026

32	ADA accessibility	2/13/2026 6:45 PM
33	Hours	2/13/2026 4:17 PM
34	I was approached by a 24 year old resident to have sex the last time I went to the gym. I reported it to the office. The office sent a letter to both he and his father (who owns the unit) which was helpful, however, the perpetrator wanted a face to face meeting to apologize. I didn't want to face the person again. The office dropped the issue. I didn't feel safe going back to the gym and haven't been back there ever since. I'm 65 years old and would like to use the gym without being solicited for sex. He got a slap on the wrist and I had to stop going to the gym. We need to have strict consequences for this kind of behavior in our gym. Like turning off their access card to the gym!	2/13/2026 3:35 PM
35	I used to use it three times a week, then got lazy, but I'm glad its there!	2/13/2026 2:53 PM
36	It's on the opposite side of Parkfairfax from me.	2/13/2026 2:31 PM
37	It's all the way at the other side of pffx	2/13/2026 2:11 PM
38	Have used the gym a couple of times	2/13/2026 1:43 PM
39	It is not open the hours I need it. I would use it very early (around 4:30am).	2/13/2026 1:06 PM
40	Not working out enough. Want to use it more regularly.	2/13/2026 12:49 PM
41	Equipment variety and quality	2/13/2026 12:37 PM
42	I go at 5am, ours is not open then.	2/13/2026 12:14 PM
43	Lazy	2/13/2026 12:09 PM

Q3 When is your preferred time to use the gym?

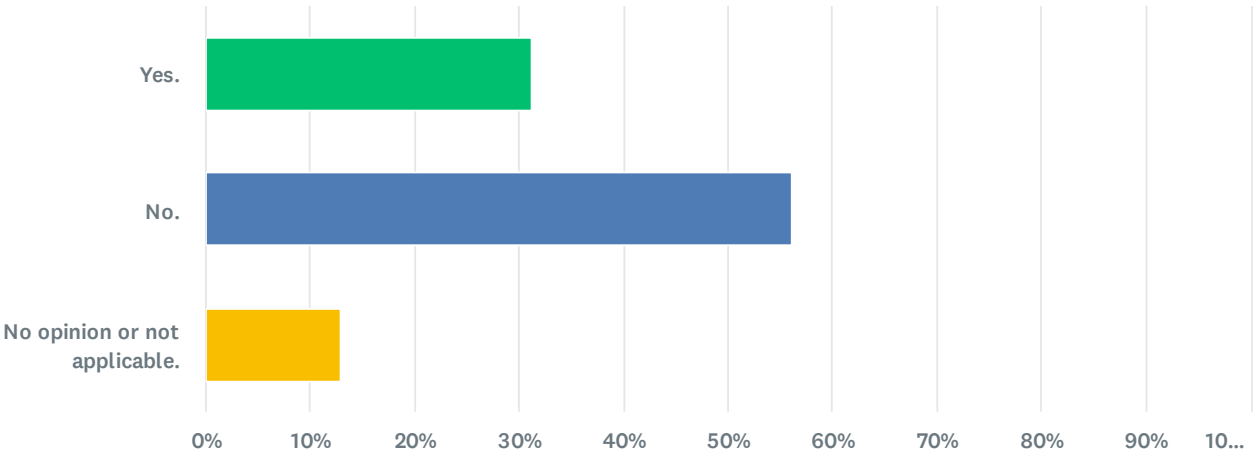
Answered: 257 Skipped: 4



Answer Choices	Percentage	Responses
Morning (6:00 am - 9:00 am).	25.68%	66
Mid-morning (9:00 am - 12:00 pm).	16.34%	42
Afternoon (12:00 pm - 4:00 pm).	12.84%	33
Evening (4:00 pm - 7:00 pm).	22.96%	59
Late evening (7:00 pm - 10:00 pm).	12.45%	32
No opinion or not applicable.	9.73%	25
Total		257

Q4 Would you use the gym between 5:00 and 6:00 am if it were to open at 5:00 am?

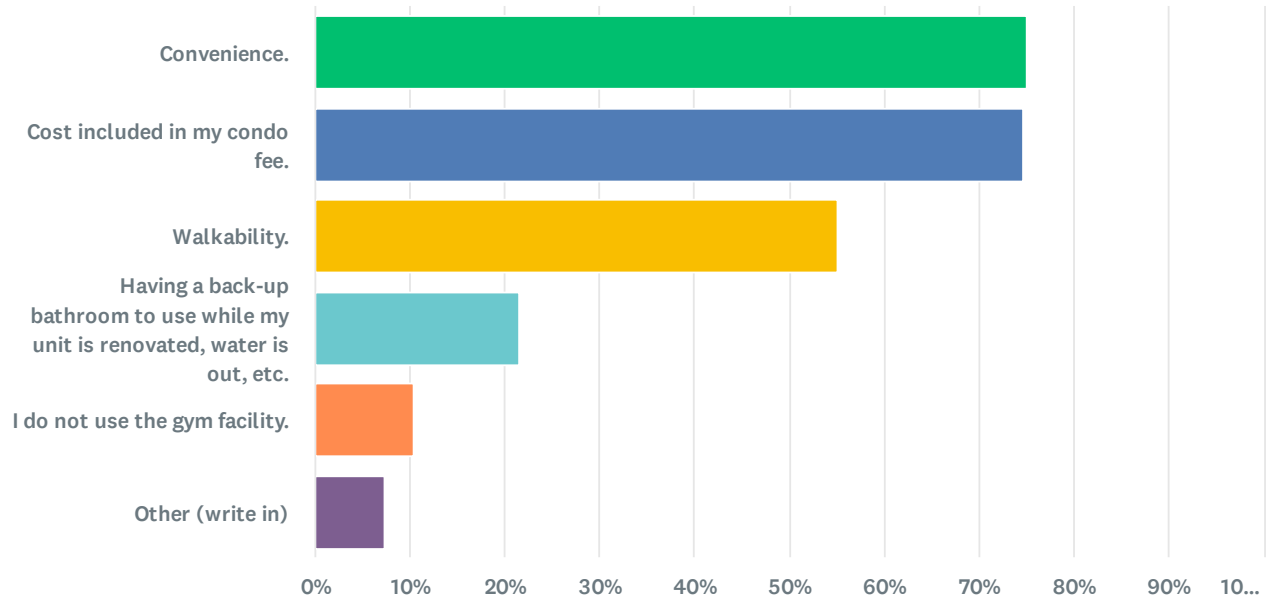
Answered: 257 Skipped: 4



Answer Choices	Percentage	Responses
Yes.	31.13%	80
No.	56.03%	144
No opinion or not applicable.	12.84%	33
Total		257

Q5 What do you like about the gym amenity? (Select as many as are applicable.)

Answered: 260 Skipped: 1



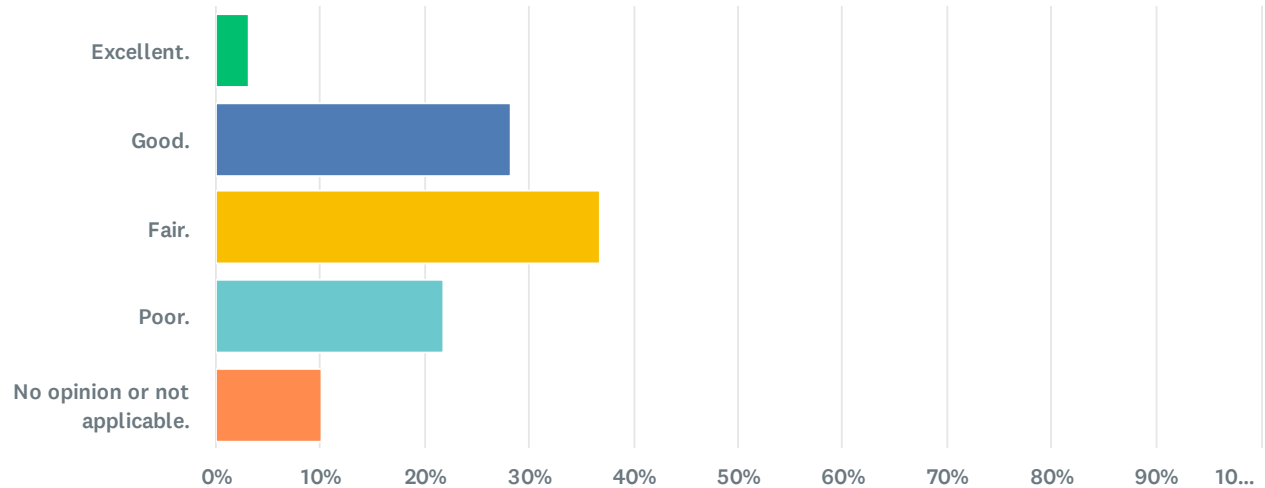
Answer Choices	Percentage	Responses
● Convenience.	75.00%	195
● Cost included in my condo fee.	74.62%	194
● Walkability.	55.00%	143
● Having a back-up bathroom to use while my unit is renovated, water is out, etc.	21.54%	56
● I do not use the gym facility.	10.38%	27
● Other (write in) Show responses	7.31%	19
Total		634

Parkfairfax Fitness Center Survey, 2026

#	OTHER (WRITE IN)	DATE
1	good to have for resale of unit - amenity	2/28/2026 2:18 PM
2	Helps with resale value.	2/28/2026 9:13 AM
3	low attendance	2/26/2026 11:31 AM
4	The gym is a joke	2/25/2026 7:57 AM
5	Dont underestimate the importance of having a backup bathroom	2/21/2026 8:59 AM
6	It's awful. Nothing to like. Should have a legit facility	2/20/2026 2:05 PM
7	Change the entire equipment and improve ventilation	2/20/2026 1:28 PM
8	Bike rack	2/16/2026 5:20 PM
9	It's a great place to come together with others in the Parkfairfax community.	2/15/2026 7:00 PM
10	I would if it was open over night. Why we are charged for it?	2/15/2026 1:19 PM
11	Has a relaxed, no-pressure atmosphere, but when I've been there there's been, at most, no more than two other people.	2/14/2026 4:38 PM
12	Quiet and friendly	2/13/2026 9:40 PM
13	stationary bikes, elliptical	2/13/2026 6:51 PM
14	Equipment is 'good enough' for the types of workouts I do	2/13/2026 3:41 PM
15	I can use the treadmill or stationary bike during inclement weather	2/13/2026 2:59 PM
16	Great options	2/13/2026 2:33 PM
17	usually uncrowded	2/13/2026 1:18 PM
18	Feeling safe	2/13/2026 12:24 PM
19	Access to equipment too big for my own condo	2/13/2026 12:16 PM

Q6 Would you rate the overall quality of the gym and maintenance of the equipment?

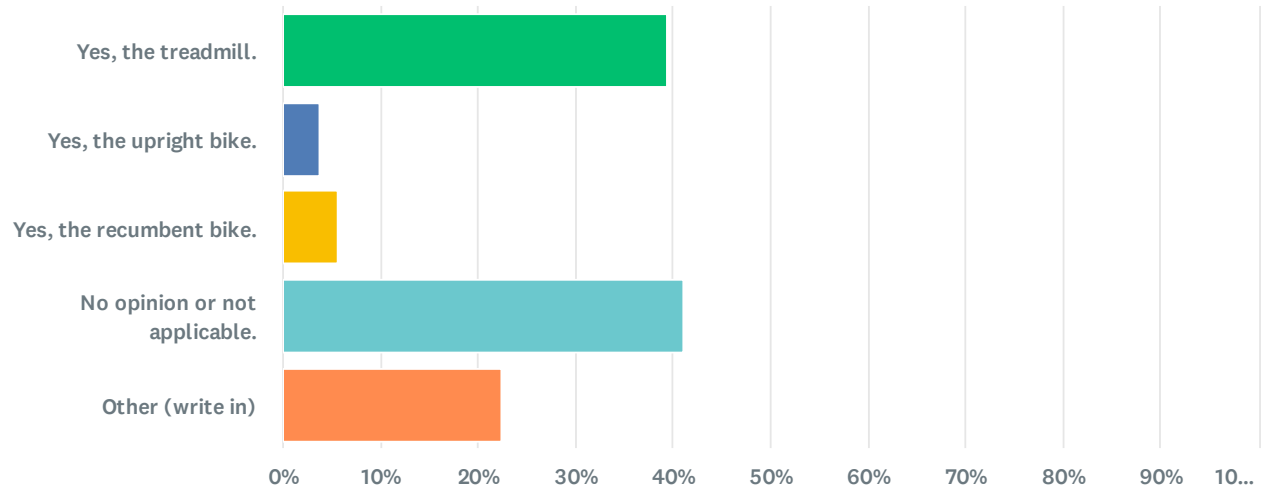
Answered: 258 Skipped: 3



Answer Choices	Percentage	Responses
● Excellent.	3.10%	8
● Good.	28.29%	73
● Fair.	36.82%	95
● Poor.	21.71%	56
● No opinion or not applicable.	10.08%	26
Total		258

Q7 Do you ever have to wait to use certain equipment? (Select all that apply.)

Answered: 246 Skipped: 15



Answer Choices	Percentage	Responses
● Yes, the treadmill.	39.43%	97
● Yes, the upright bike.	3.66%	9
● Yes, the recumbent bike.	5.69%	14
● No opinion or not applicable.	41.06%	101
● Other (write in) Show responses	22.36%	55
Total		276

Parkfairfax Fitness Center Survey, 2026

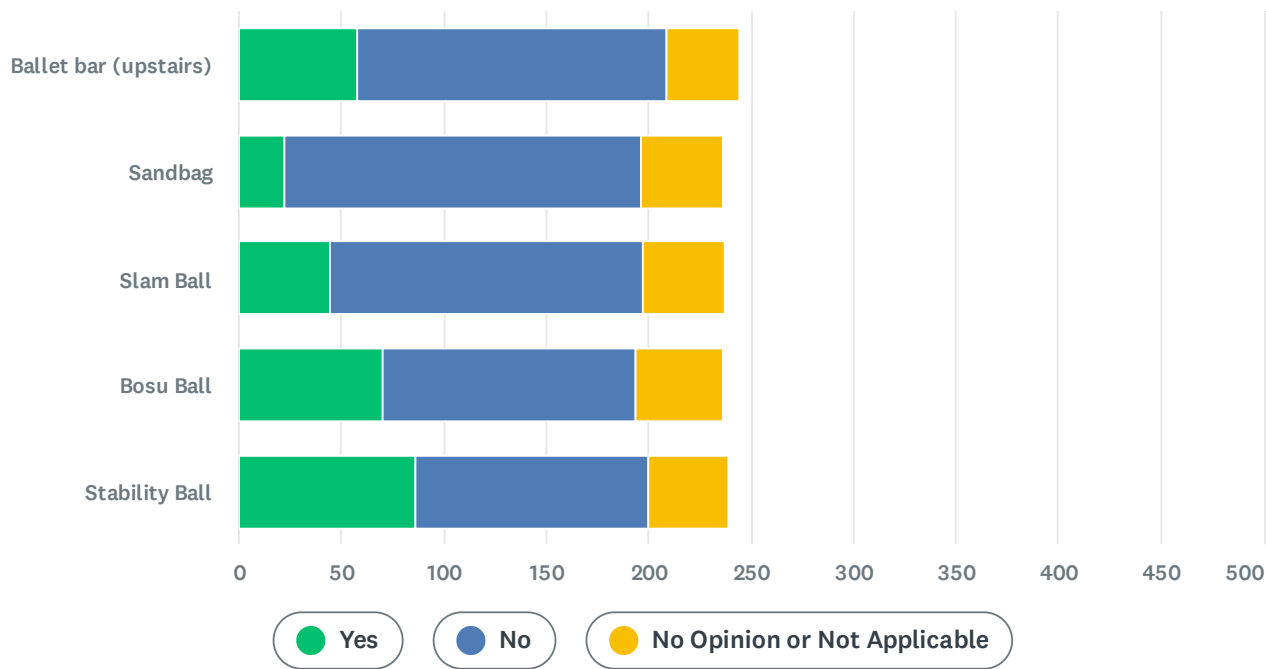
#	OTHER (WRITE IN)	DATE
1	Not usually, there aren't many people there when I go	2/28/2026 9:55 PM
2	Yes the bench in the downstairs front (weight) room.	2/28/2026 4:37 PM
3	Certain weight machines	2/27/2026 10:36 PM
4	Rowing machine	2/27/2026 4:56 PM
5	I usually use the bathrooms. One is almost always available.	2/27/2026 4:24 PM
6	Bench press	2/27/2026 3:29 PM
7	elliptical	2/24/2026 9:45 PM
8	Bench press	2/24/2026 9:40 PM
9	The biggest reason I don't use it is because the free weights area is too small. If someone is already using it you have to wait for them to leave.	2/23/2026 3:53 PM
10	row machine	2/23/2026 2:46 PM
11	Weight bench and other equipment on first floor.	2/23/2026 2:27 PM
12	Weight machines downstairs, bench	2/22/2026 4:30 PM
13	Yes but not for long	2/21/2026 5:54 PM
14	I have not had to wait	2/21/2026 8:59 AM
15	Rower	2/20/2026 11:42 PM
16	Bench to use with dumbbells	2/20/2026 7:38 PM
17	Never had to wait	2/20/2026 6:52 PM
18	There is not a "no" option!!	2/20/2026 3:19 PM
19	Weight bench	2/20/2026 2:27 PM
20	Weight bench	2/20/2026 2:25 PM
21	The old dangerous equipment is always in use.	2/20/2026 2:05 PM
22	The red cable machine is occasionally difficult to use for lack of space. The reason is another resident who uses the movable bench nearby and refuses to move away to leave enough space for another person to use the cable machine. I have brought this to the attention of management.	2/20/2026 1:21 PM
23	Rarely	2/19/2026 3:34 PM
24	Sometimes the Concept 2 erg	2/19/2026 9:45 AM
25	Bench in weight room	2/19/2026 9:43 AM
26	Weight lifting area and bench	2/18/2026 8:10 PM
27	Flat Bench, pec fly machine	2/18/2026 7:39 PM
28	the cable machine	2/16/2026 6:13 PM
29	Machines downstairs	2/16/2026 5:22 PM
30	The elyptical	2/15/2026 9:52 PM
31	the Elliptical	2/15/2026 7:00 PM
32	No	2/15/2026 1:21 PM
33	The flat bench downstairs	2/13/2026 8:58 PM
34	Normally the equipment on the first floors	2/13/2026 7:36 PM

Parkfairfax Fitness Center Survey, 2026

35	Free weights	2/13/2026 7:23 PM
36	The bench occasionally	2/13/2026 5:55 PM
37	No, not usually crowded when I go, sometimes have to wait for bench	2/13/2026 5:24 PM
38	Sometimes the free-weight bench when it is crowded, which isn't often	2/13/2026 4:49 PM
39	If I'm in the gym at the same time as even one other person it seems like a competition for the front room with the bench/dumbbells/barbell/floor space and cable machine.	2/13/2026 3:41 PM
40	The bench downstairs	2/13/2026 3:27 PM
41	some of the weight machines	2/13/2026 3:27 PM
42	Smith machine and leg press	2/13/2026 2:55 PM
43	Free weights	2/13/2026 2:53 PM
44	The older elliptical machine	2/13/2026 2:47 PM
45	Weights	2/13/2026 2:38 PM
46	Not usually	2/13/2026 2:33 PM
47	Weight area downstairs.	2/13/2026 2:24 PM
48	Downstairs equipment	2/13/2026 2:04 PM
49	Sometimes ..all the above.	2/13/2026 1:21 PM
50	Cable machines	2/13/2026 1:21 PM
51	No, I would just use a different cardio station. I go between elliptical and treadmill	2/13/2026 1:08 PM
52	Weights downstairs	2/13/2026 12:43 PM
53	No I haven't	2/13/2026 12:24 PM
54	Yes, the weight machines.	2/13/2026 11:59 AM
55	Free weights!!!!	2/13/2026 11:46 AM

Q8 Do you use the following equipment:

Answered: 249 Skipped: 12



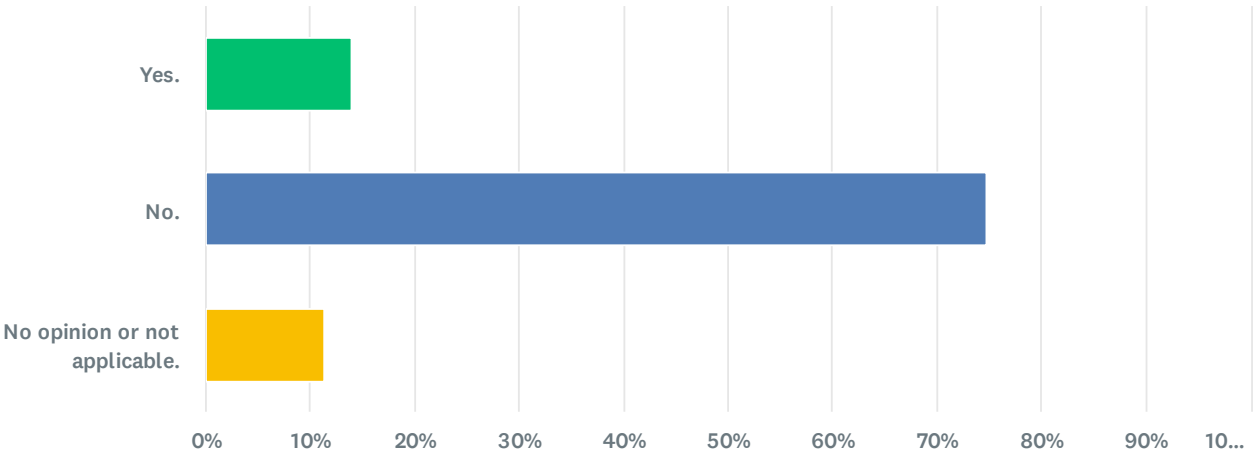
	Yes	No	No Opinion or Not Applicable	Total
Ballet bar (upstairs)	23.97% 58	62.40% 151	14.46% 35	244
Sandbag	9.36% 22	74.04% 174	17.02% 40	236

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	Yes	No	No Opinion or Not Applicable	Total
Slam Ball	18.57%	64.56%	16.88%	
	44	153	40	237

Q9 Do you use the locker room upstairs?

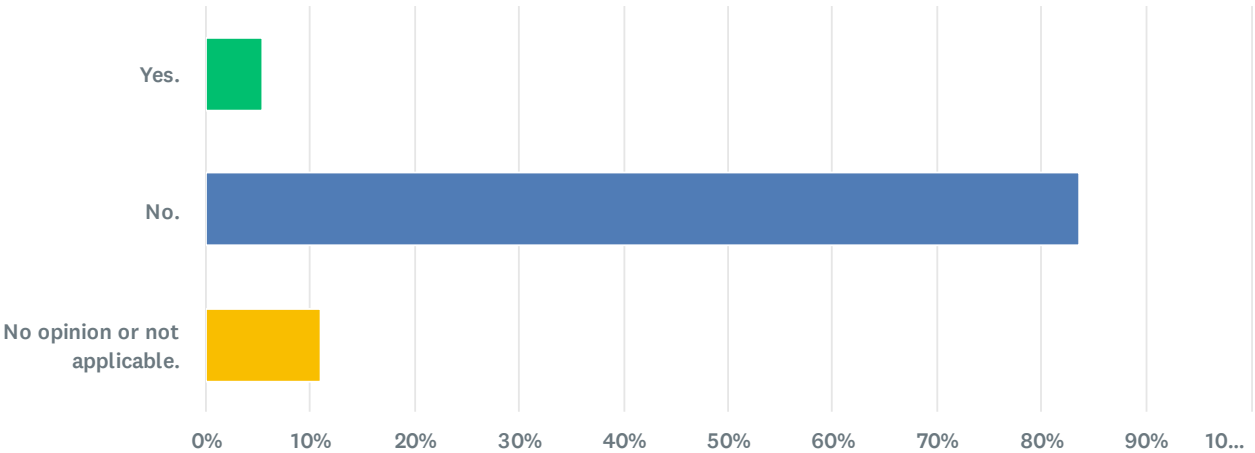
Answered: 257 Skipped: 4



Answer Choices	Percentage	Responses
Yes.	14.01%	36
No.	74.71%	192
No opinion or not applicable.	11.28%	29
Total		257

Q10 Do you shower at the gym?

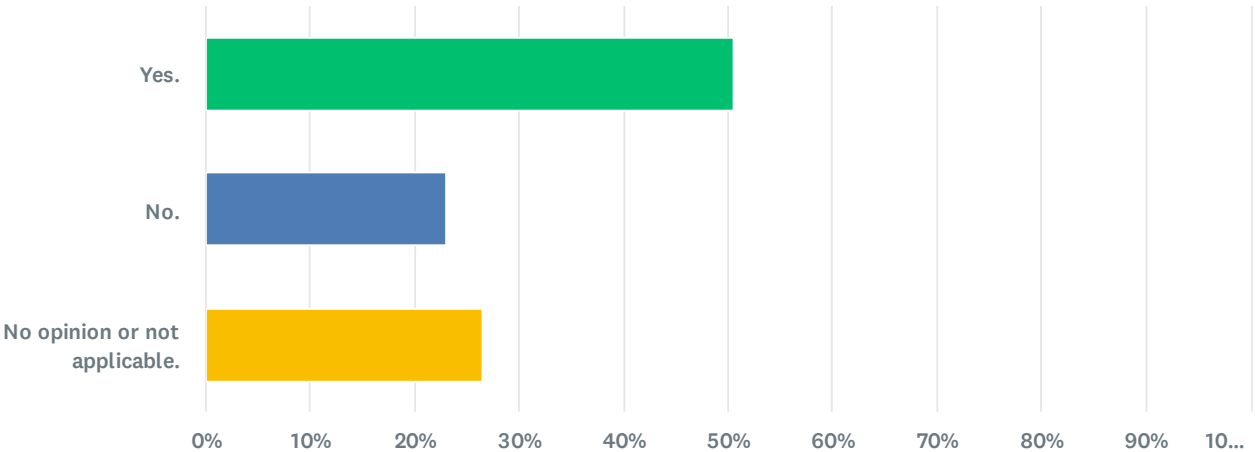
Answered: 257 Skipped: 4



Answer Choices	Percentage	Responses
Yes.	5.45%	14
No.	83.66%	215
No opinion or not applicable.	10.89%	28
Total		257

Q11 Would you use a straight bar or hex bar with plates if that were available?

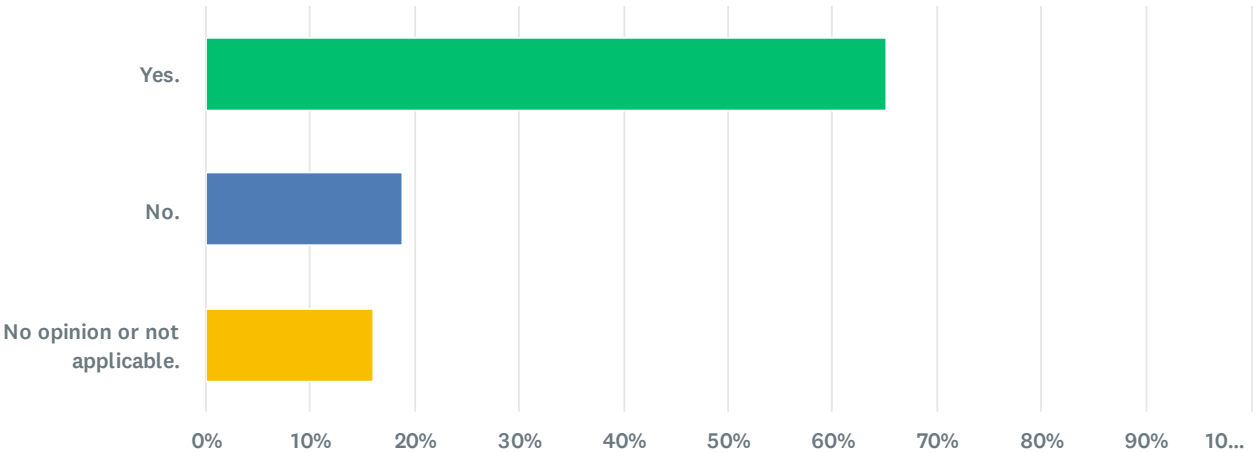
Answered: 253 Skipped: 8



Answer Choices	Percentage	Responses
Yes.	50.59%	128
No.	22.92%	58
No opinion or not applicable.	26.48%	67
Total		253

Q12 Would you use a squat rack/bench press set up if that were available?

Answered: 255 Skipped: 6



Answer Choices	Percentage	Responses
Yes.	65.10%	166
No.	18.82%	48
No opinion or not applicable.	16.08%	41
Total		255

Q13 Please list the equipment you regularly use. (write in)

Answered: 184 Skipped: 77

#	RESPONSES	DATE
1	Dumbbells, pull-down machine	2/28/2026 11:04 PM
2	Beach dumbbells cable machine chest machine pull down machine	2/28/2026 10:54 PM
3	I enjoy using the dumbbells and free weights but they are incomplete sets and are in poor condition. Sometimes the weight machines here and there, the cardio equipment in the winter.	2/28/2026 9:55 PM
4	Treadmill	2/28/2026 9:05 PM
5	Upright bike, thread mill, rowing machine. Elliptical	2/28/2026 7:02 PM
6	Strength machines Treadmill	2/28/2026 4:53 PM
7	Free weights Leg extension machine Incline bench (for situps) Plane bench (in front weight room) with free weights Stationary bike. Treadmill	2/28/2026 4:37 PM
8	Dumbbells, treadmill, pull bar machine, chest press machine, back extension bench, bench	2/28/2026 4:08 PM
9	Kettle bell, rope, sled, box jump TRX, spin bike (peloton)	2/28/2026 3:29 PM
10	Rowing machine, dumbbells, incline bench, treadmill, squat bar	2/28/2026 1:48 PM
11	treadmill, bike, elliptical	2/28/2026 11:17 AM
12	Treadmill	2/28/2026 9:22 AM
13	Rowing machine	2/28/2026 8:20 AM
14	Treadmill	2/27/2026 10:29 PM
15	Bike, Treadmill.	2/27/2026 9:26 PM
16	Treadmill, weights, bicycle	2/27/2026 5:37 PM
17	Rowing machine, Stationary bike, bench press machine, decline bench, pull-up bars, lat pull machine, leg press machine, free weights	2/27/2026 4:56 PM
18	I usually use the bathroom when I'm out working around Parkfairfax. They are always clean and well stocked.	2/27/2026 4:24 PM
19	Pull up bar, bench press, ab machine, free weights, bar with plates, kettlebells, leg machine	2/27/2026 3:29 PM
20	Treadmill, free weights, most of the machines	2/27/2026 2:57 PM
21	Free weights, weight machines, treadmill, recumbent bike	2/27/2026 2:31 PM
22	none	2/27/2026 2:11 PM
23	Bike Elliptical Weight machines	2/27/2026 1:53 PM
24	weight machines for shoulders and legs exercise matts and balls	2/27/2026 11:42 AM
25	Leg press, lat pull down/row cable machine, pull up/dip bars, dumbbells, spin bikes	2/27/2026 8:57 AM
26	Dumbbells, chest machine, cable machine, pulldown machine, bench	2/27/2026 8:16 AM
27	Not applicable	2/26/2026 5:51 PM
28	Free weights, cable machine, rowing machine, treadmill, elliptical, bike	2/26/2026 12:23 PM
29	treadmill. dumbbells. Elliptical	2/26/2026 11:31 AM
30	Bench; Dumbbells; Cable machine; Chest Machine; Pulldown Machine	2/26/2026 11:11 AM

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31	Treadmill	2/26/2026 10:37 AM
32	Treadmill	2/25/2026 7:54 PM
33	All.	2/25/2026 5:40 PM
34	stationary bike elliptical weights	2/25/2026 10:49 AM
35	bike, hand weights, balance ball	2/25/2026 8:54 AM
36	Recumbent bike	2/24/2026 9:48 PM
37	Treadmill, stair master, and bike	2/24/2026 8:40 PM
38	Elliptical and weights	2/23/2026 6:23 PM
39	Cardio, free weights, lat pulldown, bench press	2/23/2026 3:53 PM
40	Dumbbells, kettlebells, cable machine, row machine, treadmill, bosu ball	2/23/2026 2:46 PM
41	All leg, arm and torso equipment. Weight bench and a variety of dumbbells. Incline bench for sit ups.	2/23/2026 2:27 PM
42	bench, free weights, fly machine, leg press, leg extension, treadmill, lat pull down.	2/23/2026 2:20 PM
43	Pull up bar/leg lift apparatus Seated cable row machine Dumbbells (from light to heaviest) Adjustable flat/incline bench Cable weight machines Seated calf raise machine 45 degree back extension	2/22/2026 8:16 PM
44	Bikes, treadmills, rower, all weight machines downstairs, dumbbells/free weight section	2/22/2026 4:30 PM
45	Elliptical	2/22/2026 3:43 PM
46	Dumbbells and treadmill and sometimes the bike	2/22/2026 2:40 PM
47	Treadmill, barre	2/22/2026 1:23 PM
48	Treadmill, pull up/dips stand	2/22/2026 2:07 AM
49	Dumbbells, bikes, rowing machine	2/21/2026 6:50 PM
50	Treadmill, bikes, fitness	2/21/2026 6:21 PM
51	All the machines and the free weights	2/21/2026 5:54 PM
52	Dumbbells. Mats. Treadmill. Lat pull down. Leg press.	2/21/2026 4:28 PM
53	Treadmill, stair stepper, row machine	2/21/2026 12:28 PM
54	All weight lifting, Barbell dumbbell, bench, cable tower, all weight machines	2/21/2026 11:25 AM
55	Treadmill and weight machines and free weights	2/21/2026 10:23 AM
56	Bike, pull down, dont know names	2/21/2026 8:59 AM
57	Leg press and treadmill	2/20/2026 11:52 PM
58	Treadmill before I couldn't go upstairs.	2/20/2026 11:51 PM
59	Rower, bikes. Elliptical, weight machines, busi ball	2/20/2026 11:42 PM
60	Squat rack, bench with bar, cable machine, treadmill, pull up bar, assisted row - at a normal gym, not this one	2/20/2026 9:14 PM
61	Bench, dumbbells, bikes, row machine, lat pull down, dips/pull up stand	2/20/2026 7:38 PM
62	Treadmill, bike, rower	2/20/2026 7:22 PM
63	Spin bike and elliptical	2/20/2026 6:52 PM
64	elliptical	2/20/2026 5:48 PM
65	Treadmill Leg press Lat pull down Leg curl Bench press Hanging bar	2/20/2026 5:29 PM
66	I would use free weights, treadmill, stair climbing machine, elliptical, weight machines, yoga	2/20/2026 5:18 PM

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mat for stretches. (I don't know what's there, since I didn't know the gym was available, where the gym was, and still don't.)

67	Treadmill, free weights, and some cable machines.	2/20/2026 4:39 PM
68	Bike and treadmill	2/20/2026 4:30 PM
69	Weight machines downstairs, free weights, treadmills	2/20/2026 3:33 PM
70	Elliptical, free weights, weight machines	2/20/2026 3:19 PM
71	Treadmill and weights	2/20/2026 3:06 PM
72	Bike	2/20/2026 3:03 PM
73	Dumbbells Cable Machine Bench All weight machines	2/20/2026 2:27 PM
74	Leg press, weight rack, free weights, lat pull down, mat for stretching	2/20/2026 2:25 PM
75	treadmill, all the machines downstairs.	2/20/2026 2:16 PM
76	Dumbbells, tricep curl Down. Leg machines. Pull up machine. Note none of this is available in good condition if at all at the "gym"	2/20/2026 2:05 PM
77	Elliptical, bikes and rowing machines	2/20/2026 1:28 PM
78	Red cable machine, bench, lat pulldown machine, pull-up station, glute/ham bench	2/20/2026 1:21 PM
79	Rowing machine / erg, bike, PT equipment	2/20/2026 1:14 PM
80	treadmill. Rowing machine. Free weights. Nautilus equipment. Stairmaster.	2/20/2026 1:13 PM
81	Treadmill, weights, and most of the downstairs equipment	2/19/2026 8:08 PM
82	Bike and leg curl	2/19/2026 3:34 PM
83	Treadmill, elliptical, bikes, free weights, water fountain	2/19/2026 2:38 PM
84	Lat pull down machine, chest / shoulder fly machine, pull up bar, free weights and cable machine.	2/19/2026 2:11 PM
85	Light weights. Matts for stretching. Bike.	2/19/2026 12:13 PM
86	Arm and leg equipment, treadmill	2/19/2026 11:07 AM
87	Kettle balls, dumb weights, rack weights either different handles/bars/ropes	2/19/2026 9:45 AM
88	Dumbbells, Barbells, Bench, all of weight lifting machines, yoga mat.	2/19/2026 9:43 AM
89	Bicycles Treadmill free weights and some of the universal gym	2/18/2026 10:16 PM
90	Weight lifting bar, all of the downstairs weigh machines, cable machine when it's not broken, bench	2/18/2026 8:10 PM
91	Dumbbells and treadmill	2/18/2026 7:58 PM
92	Treadmill, bench and free weights, elliptical	2/18/2026 7:48 PM
93	Flat bench, C2 rower, dumb bells, hex bar, leg press, dip/pull up rack, pull-machines, chest flies machine	2/18/2026 7:39 PM
94	Treadmill, elliptical, rowing machines	2/17/2026 3:24 PM
95	I use all the weight equipment.	2/17/2026 8:31 AM
96	Pull up/dip bar. Dumbbells. Bench. Plates. E-Z curl bar. Cable machine. The rower. The treadmill. Olympic Bar. Hex Bar. Kettle Bells.	2/16/2026 6:13 PM
97	Treadmill, rower, elliptical, leg extension, leg curl, leg press machine, chest press machine, bench press machine, free weights	2/16/2026 5:22 PM
98	Leg and arm machines, rower (on the right when facing away from the stairs), free weights and bench, elliptical, bikes, mats	2/16/2026 5:20 PM
99	Treadmill, elliptical	2/16/2026 4:22 PM

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100	Kettlebell, bench, bar bells, treadmills and all weight machines	2/16/2026 3:08 PM
101	Treadmill, elliptical, weight machines, rower, sit-up bench, free weights, kettle bells	2/15/2026 9:52 PM
102	The Precor Elliptical in the front room. It is my mainstay! It may be an older model but it has a usability that can't be beat. I have a flaw in my hip that I have been able to manage with the use of the Elliptical. It has really been key to my continued health, which makes me very thankful for our Fitness Center. I also use the front arm pull weight machine in the back right corner downstairs and the ab lift (not sure what it's called) the second back on that right side between the knee machine and the lift bars. I also like having space to put a mat out for floor work with the free weights.	2/15/2026 7:00 PM
103	Rowing machine. Push up bar	2/15/2026 6:19 PM
104	Treadmill	2/15/2026 2:52 PM
105	Free weights, treadmill, bike (infrequently), various gym equipment downstairs, the hang thingy where you rest on your elbows (frequent use)	2/15/2026 1:21 PM
106	Pull up bar Stair master	2/15/2026 11:58 AM
107	Freeweights, leg press, cables	2/15/2026 10:34 AM
108	Treadmill, yoga mats, foam rollers, dumbbells, bar + plates, all the machines on the first floor	2/15/2026 9:29 AM
109	Our gym does not contain the type equipment I use	2/14/2026 10:13 PM
110	When I was going, I used the leg press, and the leg extender, also the stationary bicycle and sometimes the elliptical trainer, occasionally the tread mill.	2/14/2026 9:54 PM
111	Weights, treadmill,	2/14/2026 9:01 PM
112	Treadmill, free weights, elliptical	2/14/2026 7:32 PM
113	The bicycles and the ballet bar. (The ballet bar, though, should not be in the way of incoming traffic to the second floor.) I've also tried a few of the weight machines and the rowing machine.	2/14/2026 4:38 PM
114	Free weights, medicine ball, treadmill, elliptical,	2/14/2026 12:24 PM
115	Barbells	2/14/2026 8:31 AM
116	dumbbells, cables, treadmill, rower	2/13/2026 10:57 PM
117	Treadmill, weights, leg press, hamstring machine, chest machines, kettle bells	2/13/2026 10:54 PM
118	Treadmill, leg press, dumbbells, cables, leg extension	2/13/2026 10:51 PM
119	Treadmill, elliptical, bike, weights, strength machines	2/13/2026 9:40 PM
120	Tread mill	2/13/2026 9:08 PM
121	Machines, free weights, treadmill	2/13/2026 9:04 PM
122	Treadmills, upright bike, elliptical machines, flat bench, dumbbells, lat pulldown, pull up/dip station, Roman chair, pec deck, cable weight system	2/13/2026 8:58 PM
123	Elliptical, recumbent bike, treadmill, erg	2/13/2026 8:03 PM
124	Treadmill Free weights	2/13/2026 7:23 PM
125	Treadmill Free weights Erg	2/13/2026 7:22 PM
126	bike and weight machine	2/13/2026 7:10 PM
127	elliptical treadmill bikes rowing machine weight machine - leg press machine	2/13/2026 6:51 PM
128	Treadmill, Upright bike, abdominal crunch, ballet bar	2/13/2026 6:45 PM
129	Stationary bike	2/13/2026 6:20 PM
130	Treadmill, rower, and weight machines.	2/13/2026 6:09 PM

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131	Weights and weight machines, mats	2/13/2026 5:55 PM
132	Recumbent bike	2/13/2026 5:29 PM
133	Treadmill, elliptical and bikes Weights Lat and chest machines Leg extention machines-old machine Bench	2/13/2026 5:24 PM
134	Treadmill	2/13/2026 5:15 PM
135	Treadmill. Dumbbells and kettlebells. Weight machines and rowing machine. Sit up bench and AbMat. Jump ropes before they disappeared	2/13/2026 4:49 PM
136	Treadmills	2/13/2026 4:42 PM
137	Treadmill, weights	2/13/2026 4:17 PM
138	elliptical, recumbent bike, upright bike, rower, treadmill, medicine ball, upstairs free weights, bosu, floor mat, bar/mirrors	2/13/2026 4:09 PM
139	Rowing machine, stationary bike, free weights	2/13/2026 3:41 PM
140	*There IS a straight bar and pretty sure there IS a hex bar in the gym 1. Cable machine in front room 2. Barbell/weights; dumbbells and bench in front room 3. Leg press 4. Lat pulldown/row machine 5. Treadmill 6. Elliptical 7. Cycling bike - the white one only that doesn't have the electric screen (I don't even think this bike works ?) 8. Concept 2 rowing machine only - the other one is insanely hard to use, or I just have no idea how to use it (?) 9. Medicine balls 10. Mats only when I forget to bring mine from home - they slide all over and don't stay in place 😊	2/13/2026 3:41 PM
141	Rowing Machine, Bikes, Treadmill, Free Weights, Arm and Leg machines.	2/13/2026 3:35 PM
142	Bench, dumbbells, leg press, leg extension	2/13/2026 3:27 PM
143	weight pulleys, pull up bar, leg machine, lat pulldown, slam ball, seated chest press, back weight machine, some dumbbells	2/13/2026 3:27 PM
144	Barbells, bench, mats.	2/13/2026 3:23 PM
145	Bike. Erg. Weights. Pull-up bar. Universal equipment.	2/13/2026 3:05 PM
146	Treadmill, stationary bike, elliptical	2/13/2026 2:59 PM
147	Free weights, leg press, ab and adductor machines, pull down, pull ups, foam roller, treadmill, smith machine, squat bar,	2/13/2026 2:55 PM
148	Free wights and all the resistance training equipment; Dumbbells; Treadmill; balance ball; floor mats, rowing machine; pull up/dip bars	2/13/2026 2:53 PM
149	The older elliptical machine	2/13/2026 2:47 PM
150	Treadmill, elliptical, Roman chair, lat pulldown, leg press, leg extension	2/13/2026 2:38 PM
151	Free weights	2/13/2026 2:38 PM
152	hand weights, bikes, treadmill	2/13/2026 2:33 PM
153	Weight machines, bike	2/13/2026 2:33 PM
154	The leg machines and the dumbbells.	2/13/2026 2:32 PM
155	Treadmill and erg, leg press and free weights.	2/13/2026 2:30 PM
156	Kettlebells, trap bar, dumbbells, bosu ball, bike, stability ball, cable machine.	2/13/2026 2:24 PM
157	Dumbbells, cable machine, and treadmill	2/13/2026 2:07 PM
158	Í mostly use weights and equipment downstairs	2/13/2026 2:04 PM
159	Treadmill, weight machines	2/13/2026 1:45 PM
160	treadmill	2/13/2026 1:44 PM
161	Good quality treadmill or upright bike	2/13/2026 1:43 PM
162	Concept2 erg (rowing machine)	2/13/2026 1:41 PM

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163	All....when physically capable.	2/13/2026 1:21 PM
164	Lat pulldown/seated row, leg press, tricep pulldown, rear delt machine, dumbbells/kettlebells	2/13/2026 1:21 PM
165	Treadmill, bike, rower, leg press, free weights, benches, pushups bar, bells	2/13/2026 1:20 PM
166	cardio and some of the nautilus type machines	2/13/2026 1:18 PM
167	Stair stepper, treadmill, recumbent bike, hand weights, weight machines	2/13/2026 1:15 PM
168	Treadmill: free weights	2/13/2026 1:10 PM
169	Free weights, cardio, yoga mats, rowing machine	2/13/2026 1:08 PM
170	Treadmill, weights.	2/13/2026 1:03 PM
171	Treadmill, elliptical, weights	2/13/2026 12:49 PM
172	The freeway section when you walk into the left on the first floor and the machines on the first floor on the right in the back I mostly use the first floor equipment	2/13/2026 12:43 PM
173	Treadmill, elliptical, weights	2/13/2026 12:39 PM
174	Dumbbells, lat machine, press machine, calf raises, lower back, rowing, hanging leg raises, treadmill, elliptical	2/13/2026 12:37 PM
175	Treadmills , elliptical and everything on first floor	2/13/2026 12:24 PM
176	Treadmill	2/13/2026 12:09 PM
177	Treadmill and bike. Sometimes free weights.	2/13/2026 12:01 PM
178	Dumbbells, treadmill, bosu, balance ball, strength machines.	2/13/2026 11:59 AM
179	Free weights, leg press	2/13/2026 11:46 AM
180	Free weights, treadmill, weight machines, rowing machine	2/13/2026 11:31 AM
181	Treadmill	2/13/2026 11:24 AM
182	Treadmill, elliptical, stationary bike	2/13/2026 10:51 AM
183	Treadmill, free weights, weight machines	2/13/2026 10:51 AM
184	Dumbbells	2/13/2026 10:31 AM

Q14 Please list the equipment you never use at the gym. (write in)

Answered: 118 Skipped: 143

#	RESPONSES	DATE
1	Rowing machine	2/28/2026 9:05 PM
2	Showers recumbent bikes rowing machines	2/28/2026 4:37 PM
3	Bikes, rowing machines, elliptical, the really old cable machines in the front room down stairs.	2/28/2026 4:08 PM
4	Jacob's ladder, stair master	2/28/2026 3:29 PM
5	I have used almost all the equipment except for the barre	2/28/2026 1:48 PM
6	Bikes	2/28/2026 8:20 AM
7	Bike	2/27/2026 10:29 PM
8	Heavy weights.	2/27/2026 9:26 PM
9	Elliptical, treadmill	2/27/2026 4:56 PM
10	I haven't used most of the exercise equipment in quite awhile.	2/27/2026 4:24 PM
11	Treadmill, mats, non-weighted balls, ballet bar	2/27/2026 3:29 PM
12	Stability ball, bikes	2/27/2026 2:57 PM
13	Ellipticals	2/27/2026 2:31 PM
14	none	2/27/2026 2:11 PM
15	Free weights	2/27/2026 1:53 PM
16	stationary bike	2/27/2026 11:42 AM
17	Core machine near downstairs bathroom, seated calf machine	2/27/2026 8:57 AM
18	N/A	2/27/2026 8:16 AM
19	Not applicable	2/26/2026 5:51 PM
20	everything else	2/26/2026 11:31 AM
21	N/A	2/26/2026 11:11 AM
22	Elliptical	2/26/2026 10:37 AM
23	Bosu ball, stability ball, slam ball, ballet bar, sandbag, stretch bar.	2/25/2026 5:40 PM
24	treadmill	2/25/2026 10:49 AM
25	Treadmill	2/24/2026 9:48 PM
26	treadmill	2/23/2026 6:23 PM
27	n/a	2/23/2026 2:46 PM
28	weights over 40 lbs, any stationary bike/treadmill/elliptical.	2/23/2026 2:27 PM
29	bikes, elliptical machine, bars	2/23/2026 2:20 PM
30	Weight machines, upright bike	2/22/2026 7:21 PM
31	Ab crunch machine, preacher curl bench, calf raise machine	2/22/2026 4:30 PM
32	Row machine .	2/22/2026 2:40 PM
33	Everything on the first floor	2/22/2026 1:23 PM

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34	Yoga mats (are they clean?)	2/22/2026 2:07 AM
35	The out dated cable pulley system.	2/21/2026 4:28 PM
36	The elliptical in the room with the bikes	2/21/2026 10:23 AM
37	Chest fly; lat pulldown; bike; elliptical	2/20/2026 11:52 PM
38	Treadmill and free weights.	2/20/2026 11:42 PM
39	Weights	2/20/2026 7:22 PM
40	Rowing machine (bad back)	2/20/2026 6:52 PM
41	Stationary bikes Ellipticals	2/20/2026 5:29 PM
42	Treadmills	2/20/2026 3:19 PM
43	All the equipment for the arms & legs	2/20/2026 3:03 PM
44	Everything I didn't just list in the previous answer	2/20/2026 2:27 PM
45	Ballet bar	2/20/2026 2:25 PM
46	The 1900 weird plate machine, looks like a man made death trap	2/20/2026 2:05 PM
47	All upstairs equipment, leg curl machine, leg press machine	2/20/2026 1:21 PM
48	bikes.	2/20/2026 1:13 PM
49	The row machine (it's awful)	2/19/2026 8:08 PM
50	Free weights	2/19/2026 3:34 PM
51	Everything downstairs	2/19/2026 2:38 PM
52	Treadmill, leg extension	2/19/2026 2:11 PM
53	Bench press, medicine ball.	2/19/2026 12:13 PM
54	Sitting arm, leg press Nordick rowing machine. It's useless for older people, and if you don't have a mobile device to connect to it for a program to follow.	2/19/2026 9:45 AM
55	Cardio (I prefer to run and bike outside)	2/19/2026 9:43 AM
56	Balance ball and mats .. germs	2/18/2026 10:16 PM
57	Upright bike	2/18/2026 7:58 PM
58	A few of the machines in the weight room	2/18/2026 7:48 PM
59	Calf raise machine, that other rowing machine, leg extension machine, ab curl machine	2/18/2026 7:39 PM
60	Weights - too many people using them and it always smells like sweaty dudes on the first floor.	2/17/2026 3:24 PM
61	Stairmaster	2/17/2026 8:31 AM
62	Any of the machines.	2/16/2026 6:13 PM
63	N/A	2/16/2026 5:22 PM
64	Ab machine, treadmill	2/16/2026 5:20 PM
65	Bike, balls, free weights	2/16/2026 4:22 PM
66	Bikes, the weights in the front room on the first floor	2/15/2026 9:52 PM
67	Having talked to fellow Elliptical users the consensus is that the Star Trak in the back room, unfortunately, is terrible. It is so strange. It's like the angle on the pedals are backward. They pitch the heel up in the rotation—like you were wearing high heels. This is really hard on your knees and back. Try them both and you'll see what I mean. With the Precor your heels pitch down, which allows the small of your back to settle down and under. I remember it was such a big moment when the second Elliptical came because there was always a wait. What a huge,	2/15/2026 7:00 PM

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huge disappointment. Unless you actually try out a model for the feel of it you will never know for sure whether it is good or not.

68	Cable machine, recumbent bike.	2/15/2026 2:52 PM
69	The low bike row thing	2/15/2026 1:21 PM
70	Ballet bar, balls	2/15/2026 9:29 AM
71	Ballet bar, most anything on first floor as it's in poor shape	2/14/2026 10:13 PM
72	weights	2/14/2026 9:54 PM
73	Bikes,	2/14/2026 9:01 PM
74	Quad/Lat machines, pull up bar/crunch, sitting and lying down press, lat pull machine, yoga 6' wood pole, hand held dumbbells, bicycle, running, elliptical	2/14/2026 7:46 PM
75	Sandbags, for sure, lol! I've only used what I've mentioned. Part of the problem is that I don't always understand how to use all the equipment safely since there aren't any instructions/tips, as I recall. That makes me wary of the weightlifting equipment.	2/14/2026 4:38 PM
76	Elliptical	2/13/2026 10:57 PM
77	Reclined bike, ballet bar	2/13/2026 9:40 PM
78	Elliptical	2/13/2026 9:04 PM
79	weights (only because I do that elsewhere with a trainer)	2/13/2026 8:03 PM
80	Ballet bar Low bikes (non spin)	2/13/2026 7:23 PM
81	Most machines	2/13/2026 7:22 PM
82	Weights, pull down bar (can't reach and too much resistance), rower, stairclimber, elliptical, recumbent bike,	2/13/2026 6:45 PM
83	Everything else	2/13/2026 6:20 PM
84	Cable machine, bikes, elliptical	2/13/2026 6:09 PM
85	Bikes	2/13/2026 5:55 PM
86	The old ab machine. Rusty barbells Old Leg press	2/13/2026 5:24 PM
87	Bikes	2/13/2026 4:17 PM
88	downstairs weights	2/13/2026 4:09 PM
89	1. Bicep curl seat in front room 2. Calf raise machine in front room 3. Ab machine beside bathroom 4. Other random ab bench behind this 5. Chest/back machine by back door 6. Bench/shoulder press machine 7. Pull-up/ab/dip tower 8. Leg curl/extension machine 9. Other random piece of equipment in between #8 and 9 listed above 10. recumbent bikes 11. Only one specific cycling bike (see above) 12. Only one specific rower (see above)	2/13/2026 3:41 PM
90	bar bells, rarely treadmill., calf raiser,	2/13/2026 3:27 PM
91	Any of the equipment upstairs. Most of the machines downstairs.	2/13/2026 3:23 PM
92	weights (I have a personal trainer at a gym but it doesn't have cardio equipment)	2/13/2026 2:59 PM
93	The rest of it	2/13/2026 2:47 PM
94	Not entirely sure whether I'll use the machines. I'm in rehab, and may in the future. Or may not.	2/13/2026 2:33 PM
95	Rowing	2/13/2026 2:33 PM
96	The upper body machines	2/13/2026 2:32 PM
97	Any of the weight machines.	2/13/2026 2:24 PM
98	Whatever that old tricep machine is at the front of the gym. It's not functional and it takes up so much space.	2/13/2026 2:07 PM

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99	Bikes	2/13/2026 2:04 PM
100	Bikes, free weights, rowing machine	2/13/2026 1:45 PM
101	The weight equ	2/13/2026 1:43 PM
102	Everything else	2/13/2026 1:41 PM
103	None.	2/13/2026 1:21 PM
104	Bikes	2/13/2026 1:21 PM
105	Elliptical	2/13/2026 1:20 PM
106	big weights, manual bench presses	2/13/2026 1:18 PM
107	Most upstairs machines	2/13/2026 1:15 PM
108	Treadmill, and all the ones downstairs.	2/13/2026 12:57 PM
109	Ballet bar, second floor locker is probably not super necessary if there's one on the first floor already. Maybe have like a coat rack or something simple	2/13/2026 12:37 PM
110	Bikes	2/13/2026 12:24 PM
111	Bike	2/13/2026 12:09 PM
112	Most other machines	2/13/2026 12:01 PM
113	I try to use the bikes but most of them are not in good condition, and I never use the elliptical or the rowing machine.	2/13/2026 11:59 AM
114	Recumbent bike, most of the weight machines	2/13/2026 11:46 AM
115	Bikes, stairclimber	2/13/2026 11:31 AM
116	N/a	2/13/2026 11:24 AM
117	Weight lifting equipment	2/13/2026 10:51 AM
118	Bikes	2/13/2026 10:51 AM

Q15 What types of equipment would you like to see that aren't there? (write in)

Answered: 131 Skipped: 130

#	RESPONSES	DATE
1	More dumbbells	2/28/2026 11:04 PM
2	Straight Bar, more dumbbells, updated functionality cable machine chest and pulley system	2/28/2026 10:54 PM
3	Aside from the squat rack / bench press you listed above, a smith machine or power rack would be wonderful. It can provide the safety of lifting weights, along with a place to store them.	2/28/2026 9:55 PM
4	Squat rack	2/28/2026 6:14 PM
5	Heavy boxing bag (aka, "weight bag). Another regular bench for use with free weights.	2/28/2026 4:37 PM
6	Stair master, more treadmills, mats to put on the floor, bench press, more universal equipment that can be used for a variety of weight resistance such as a gym smith.	2/28/2026 4:08 PM
7	More HIIT and PT style equipment	2/28/2026 3:29 PM
8	Updated equipment more bumper plates for smith machines	2/28/2026 1:48 PM
9	Yoga room.	2/27/2026 9:26 PM
10	Sauna	2/27/2026 5:37 PM
11	Leg curl machine	2/27/2026 4:56 PM
12	I used to use the treadmills and exercise bikes, many years ago. I've been considering using them again to build up muscles to support my joints.	2/27/2026 4:24 PM
13	Bar with heavier plates for dead lifts and bench presses, straight pull up bar, more stable machine for back extensions/ Roman chair sit-ups (current one rocks), simple benches for weightlifting or other exercises, rollers for bikes instead of multiple stationary bikes (more efficient use of space)	2/27/2026 3:29 PM
14	A squat rack or even a smith machine of some kind would be great, it's the main thing missing in my opinion	2/27/2026 2:57 PM
15	none	2/27/2026 2:11 PM
16	New cable system Squat rack (w/ bench)	2/27/2026 8:57 AM
17	Barbell, updated functional cable machine	2/27/2026 8:16 AM
18	Not applicable	2/26/2026 5:51 PM
19	Heavy punching bag	2/26/2026 12:23 PM
20	More weight lifting equipment. Updated dumbbells. cable machines. Straight bar	2/26/2026 11:31 AM
21	Barbell/Straight bar; More dumbbells; Updated functional cable machine (includes chest, back, pulley system).	2/26/2026 11:11 AM
22	Pull up bar	2/26/2026 10:37 AM
23	Per item 14 above. Too many miscellaneous donated equipment (a junk weight dump off).	2/25/2026 5:40 PM
24	another elliptical and spin bike would be nice	2/25/2026 10:49 AM
25	pull up machine	2/24/2026 9:45 PM
26	More stair masters	2/24/2026 8:40 PM

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27	punching bag	2/23/2026 6:23 PM
28	Additional treadmill, additional row erg, ski erg machine, proper squat rack	2/23/2026 2:46 PM
29	More weight benches, better dumbbells (which really means more 20,25,30 lb for sharing as these are most popular). Tension straps.	2/23/2026 2:27 PM
30	no recommendation	2/23/2026 2:20 PM
31	Free weight squat rack w/ 45-lb. Olympic bar (with sufficient number of 45/25/10/5 plates) New dumbbells -- scaling up to 100 lbs. Free weight leg press machine Standing calf raise machine	2/22/2026 8:16 PM
32	Improved recumbent bike - one is not consistent has something that sticks.	2/22/2026 7:21 PM
33	squat rack, cable machine that actually works and is multi-functional	2/22/2026 4:30 PM
34	Sauna	2/22/2026 2:40 PM
35	Additional cardio machines	2/22/2026 1:23 PM
36	Stall bars. More stable stretch bar, foam jumping boxes.	2/22/2026 2:07 AM
37	Smith machine	2/21/2026 6:50 PM
38	Hip thrust machine. Hip abduction/adduction machine. Dual cross cable machine. Multifunctional cable pulley weight stack system with pull up bar attached. Assisted pull up machine.	2/21/2026 4:28 PM
39	Better Cable Tower, another bench, assisted pull-up machine, a power/squat rack setup would be great but i don't know how it would fit without compromising other stuff too much,	2/21/2026 11:25 AM
40	Another treadmill	2/21/2026 10:23 AM
41	better upright bikes, my knees hit one of them	2/21/2026 8:59 AM
42	Multi use cable machine	2/20/2026 11:52 PM
43	Pilates reformer	2/20/2026 11:42 PM
44	Same as above	2/20/2026 9:14 PM
45	Squat/bench press rack, additional benches, barbell with more options for plates	2/20/2026 7:38 PM
46	Better spin bike with programs on built in video	2/20/2026 6:52 PM
47	another elliptical or spin bike	2/20/2026 5:48 PM
48	Stair stepper Thigh Abductor and Adductor Pull up bar Squat rack	2/20/2026 5:29 PM
49	Updated common pieces of equipment.	2/20/2026 4:39 PM
50	Kettlebells. Clean mats.	2/20/2026 3:19 PM
51	Elliptical machine	2/20/2026 3:04 PM
52	Squat rack Bench press Heavier / new dumbbells Extra bench	2/20/2026 2:27 PM
53	A hip abductor/adductor machine. A prone hamstring curl weight machine. Another weight bench with a rack for the bar. A squat rack. More kettlebells	2/20/2026 2:25 PM
54	All kinds that we don't have and in a legit facility built with the extraordinary dues being spent to support a bloated, unionized staff that failed during the snow storm	2/20/2026 2:05 PM
55	The entire equipment needs to be replaced	2/20/2026 1:28 PM
56	A second bench for bench pressing would be nice, if there was space for it.	2/20/2026 1:21 PM
57	Rowing machine	2/20/2026 1:14 PM
58	More treadmills. They are used often and when repairs have been needed it has taken months.	2/20/2026 1:13 PM
59	More treads	2/19/2026 8:08 PM
60	Yoga mats	2/19/2026 2:38 PM

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61	Squat rack, more / heavier dumbbells	2/19/2026 2:11 PM
62	Stairs step	2/19/2026 12:04 PM
63	A2nd Concept 2	2/19/2026 9:45 AM
64	Rack for safe bench pressing, second bench to reduce wait time, updated ab crunch machine	2/19/2026 9:43 AM
65	Better treadmills .. love the room with the windows that open! Gets stinky in there	2/18/2026 10:16 PM
66	Updated equipment	2/18/2026 8:10 PM
67	Yoga mat area for free weights	2/18/2026 7:58 PM
68	Squat rack/bench press	2/18/2026 7:48 PM
69	I haven't been in ages but love an erg (rower)	2/17/2026 4:17 PM
70	A Bench Press for Free Weights	2/17/2026 8:31 AM
71	Speed punching bag	2/16/2026 6:22 PM
72	Bumper plates in 10/25/35/45 lbs. Better pull up bar. Updated dumbbells with heavy weights. Echo Bike. Ski Erg. TRX. Heavier Kettle Bells (53 and 70 lbs). Smith machine.	2/16/2026 6:13 PM
73	I would like to see space-efficient, multi-functional equipment. Specifically, a Dual-Stack Cable Machine to replace older single-use weight machines, a modern set of Dumbbells, and Commercial Treadmills. Additionally, please provide Mats and Foam Rollers for stretching.	2/16/2026 5:22 PM
74	Smith machine, balance board	2/16/2026 5:20 PM
75	Squat bench rack	2/16/2026 3:08 PM
76	TRX straps, more ellipticals.	2/16/2026 6:14 AM
77	A better cable system machine - the one that's there isn't very useful or diverse. It's in the first room when you enter up against the east wall.	2/15/2026 8:04 PM
78	If another Elliptical could be added please stay with one that has a Rear-Drive. The version that has a Front-Drive is cramped and has a choppy, awkward rotation, especially in reverse. I do like the idea of updating the mats and adding a series of bands.	2/15/2026 7:00 PM
79	More/better treadmills, squat rack.	2/15/2026 2:52 PM
80	Good stair climber	2/15/2026 1:21 PM
81	Step machine	2/15/2026 12:35 PM
82	Pilates reformer with a tower	2/15/2026 10:34 AM
83	Functional and in good repair weight machines and free weights	2/14/2026 10:13 PM
84	?	2/14/2026 9:54 PM
85	Im not sure.	2/14/2026 7:46 PM
86	I'm not really a gym person, but bikes that have virtual-reality trails or ways to connect virtually with others for group rides would be nice.	2/14/2026 4:38 PM
87	Just better quality and layout would be nice.	2/14/2026 12:24 PM
88	Squat machine	2/14/2026 11:51 AM
89	Squat rack, bench press, platform, 45lb barbell and bumper plates	2/13/2026 10:57 PM
90	Pelatons	2/13/2026 10:54 PM
91	Barbell squat rack and barbell bench	2/13/2026 10:51 PM
92	Squat rack/machine	2/13/2026 9:40 PM
93	More kettlebells of higher weights, Squat rack, hex bar, rubber plates, adductor/abductor machine, hip thruster	2/13/2026 9:04 PM
94	Additional flat/adjustable bench, additional treadmills, replace curl bar for cable system	2/13/2026 8:58 PM

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	(disappeared sometime in last several years)	
95	separate space for yoga/mat workouts (not because I want to do them, but because people are always doing them and it makes it hard to get to the cardio equipment)	2/13/2026 8:03 PM
96	More treadmills or soft track treadmill Squat rack More area for free weight use	2/13/2026 7:23 PM
97	Squat rack and bench press or Smith machine at minimum; free weights; more floor space for stretching and floor work would be welcome.	2/13/2026 7:22 PM
98	additional Elliptical additional Bike(s)	2/13/2026 6:51 PM
99	Pilates resistance bands for less strong people, more upright bikes,	2/13/2026 6:45 PM
100	Update cable pulls that don't rip your skin when you use them	2/13/2026 5:55 PM
101	incline or hack squat leg press Stair Master with moving stairs Add a bench. Back extension machine Thigh abductor machine inside and outer Bicep machine	2/13/2026 5:24 PM
102	More treadmills	2/13/2026 4:17 PM
103	Dream equipment: Olympic bumper plates smith machine squat rack Proper bench rack Booty builder machine Adductor/abductor ASSISTED pull-up/dip machine	2/13/2026 3:41 PM
104	a pull up bar that goes all the way across so that the reverse (chin ups) can also be done.	2/13/2026 3:27 PM
105	I would like to see an additional rack of barbells - the full range of weights from 10 lbs to 50 lbs in another area of the first floor so there can be at least 2 areas where people can have access to the barbells. Right now, if people are in the first room with the mirror using the barbells, others have to come in, pick up the weights - find space somewhere else on the first floor and then come back to the rack to return them.	2/13/2026 3:23 PM
106	Commercial Dip Chin Assist machine.	2/13/2026 3:05 PM
107	More treadmills	2/13/2026 2:59 PM
108	More area for floor exercises where others won't trip trying to get around floor work users	2/13/2026 2:53 PM
109	More treadmills	2/13/2026 2:38 PM
110	Kettle bells , box jump	2/13/2026 2:38 PM
111	None. The amount and type satisfy my needs	2/13/2026 2:32 PM
112	Real pull up bar. Ski erg.	2/13/2026 2:24 PM
113	We need a universal cable machine/functional trainer because that is equivalent to 3 machines that we have that take up space. We need better dumbbells that aren't rusted. A squat rack would be a safe way for people to lift in the gym.	2/13/2026 2:07 PM
114	More flor space for yoga and/or stretching	2/13/2026 2:04 PM
115	More treadmills, more bikes- more cardio equipment. Generally more up to date better quality equipment	2/13/2026 1:43 PM
116	Bench press	2/13/2026 1:41 PM
117	????	2/13/2026 1:21 PM
118	A better elliptical, more benches upstairs	2/13/2026 1:15 PM
119	A Better area for core strength. For example, remove the locker area up stairs for a free area for crunches, push ups, etc	2/13/2026 1:08 PM
120	I am happy with it.	2/13/2026 12:57 PM
121	Weight training equipment not from 1970	2/13/2026 12:43 PM
122	The gym severely lacks basic weight training equipment. Barbell/squat racks and ez curl bars. What is there looks like it was compiled from a yard sale half heartedly. The cable machine is like none I've seen before. It's so low that to do overhead tricep exercises I need to get on my knees	2/13/2026 12:37 PM

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123	More elliptical	2/13/2026 12:24 PM
124	Stair stepper	2/13/2026 12:16 PM
125	Boxing bag	2/13/2026 12:09 PM
126	I would LOVE a stairmaster, and a pull-up bar.	2/13/2026 11:59 AM
127	Squat rack more free weights	2/13/2026 11:46 AM
128	New weight machines including hip abductor/ hip adductor and hip thrust/ glute drive machine	2/13/2026 11:31 AM
129	More treadmills	2/13/2026 11:24 AM
130	Reformer, new/updated ab machine	2/13/2026 10:51 AM
131	Reformer Pilates	2/13/2026 10:32 AM

Q16 What would be your first priority in improving the fitness center? (write in)

Answered: 154 Skipped: 107

#	RESPONSES	DATE
1	Functional cable machine	2/28/2026 11:04 PM
2	General renovations / refurbishment would go a long way, feels dated	2/28/2026 9:55 PM
3	I am not in favor of spending funds on improving the gym at this time. I would rather see less of an increase in monthly condo fees.	2/28/2026 9:22 PM
4	More treadmills as nine times out of 10 I have to wait for one to be available.	2/28/2026 9:05 PM
5	Please work on organizing this area and keeping it clean. There isn't enough space right now, and I'm unable to do my ab exercises.	2/28/2026 7:02 PM
6	Squat rack	2/28/2026 6:14 PM
7	Make more space if possible.	2/28/2026 4:37 PM
8	Cleaning out all the old equipment and putting in more universal equipment and opening the space more.	2/28/2026 4:08 PM
9	Modernizing. Consistent key card access (ease of access)	2/28/2026 3:29 PM
10	A bigger space.	2/28/2026 2:42 PM
11	Please go back to 5am start time as the fitness center is critical for me maintaining my fitness for my job	2/28/2026 1:48 PM
12	It's been a while since I went, but I recall needing to climb stairs. When I'm older and want to get exercise, stairs would be a hindrance so important to have good strength-building space and equipment downstairs.	2/28/2026 9:13 AM
13	Smell	2/28/2026 8:20 AM
14	Within reason, keep the equipment up to date/in working order. This is not a for profit gym nor should it be.	2/27/2026 9:26 PM
15	Better flooring, new equipment, benches, sauna, better bathrooms	2/27/2026 5:37 PM
16	Improve the quality of the equipment	2/27/2026 4:56 PM
17	When I used the treadmills and exercise bikes, I remember that they seemed fairly "vintage." They may have been replaced, but that would be the first thing I'd be looking for if I started using the gym regularly for exercise again.	2/27/2026 4:24 PM
18	Bars and plates	2/27/2026 3:29 PM
19	Getting a squat rack, maybe switching a few of the exercise bikes with a couple additional treadmills? If funding/electricity allows	2/27/2026 2:57 PM
20	Repairing the poorly functioning recumbent bikes	2/27/2026 2:31 PM
21	close it - I don't want my condo fee going towards support of a facility that I suspect is used by far fewer than 10% of residents	2/27/2026 2:11 PM
22	The center is perfect the way it is.	2/27/2026 1:53 PM
23	New equipment listed in question 15 (New cable system, Squat rack), dumbbells that are not rusty	2/27/2026 8:57 AM
24	Not applicable	2/26/2026 5:51 PM

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25	Heavy punching bag or standing bag	2/26/2026 12:23 PM
26	updated equipment towards weight lifting	2/26/2026 11:31 AM
27	Functional Cable Machine	2/26/2026 11:11 AM
28	More treadmills, at least just one	2/26/2026 10:37 AM
29	Update weight machines/free weights, elliptical, rowing, recumbent bikes.	2/25/2026 5:40 PM
30	Fixing equipment when it is broken.	2/24/2026 9:48 PM
31	the smell	2/24/2026 9:45 PM
32	Additional benches	2/24/2026 9:40 PM
33	Update the stair master - make the gym a little more modern.	2/24/2026 8:40 PM
34	The layout is not optimized in a way that maximizes space or efficiency. For example, the cardio machine room could fit at least 2 more treadmills if they were all facing the window rather than scattered like they are now. The area of free weights in the front could also be maximized to include a more functional rack machine that also serves as a cable machine. Lastly, the locker room is hardly used and if that wall came down, it could add more space for equipment and body weight movement upstairs	2/23/2026 2:46 PM
35	see answer 21	2/23/2026 2:27 PM
36	new equipment	2/23/2026 2:20 PM
37	1) Change the opening time to 5 a.m., rather than 6 a.m.! I workout in the mornings. But with a 6 a.m. opening, the gym is essentially unusable for me Monday-Friday because I can't get to work on time when hitting the gym at 6 a.m. A 5 a.m. opening is standard for virtually every gym. 2) Free weight squat rack w/ 45-lb. Olympic bar (with sufficient number of 45/25/10/5 plates) 3) The addition of 1 or 2 more treadmills 4) New dumbbells -- or at least scaling up to 100 lbs. 5) Free weight leg press machine 6) Standing calf raise machine	2/22/2026 8:16 PM
38	Ventilation	2/22/2026 7:21 PM
39	Improve the equipment, get rid of things that are broken or in bad shape, remove equipment not being used to open up space	2/22/2026 4:30 PM
40	I only wish it were bigger. Weekday evenings it can be crowded (as expected) . I love the gym though!	2/22/2026 2:40 PM
41	Updated equipment, ADA compliance	2/22/2026 1:23 PM
42	Renovate to use lockers instead of bookshelf outside bathroom on 2nd floor, add area for stretching	2/22/2026 2:07 AM
43	Potentially enlarging! Equipment is great but sometimes can feel crowded.	2/21/2026 6:50 PM
44	Light outside and a stone base around bike racks	2/21/2026 5:54 PM
45	Please modernize the cable weight pulley system that is by the dumbbells and mirror. It is so out of date and impossible to get a good workout in with it. Please replace with a multifunctional cable weight pulley machine that has two sliding cable pulleys and a pull up bar attached to it. It is space saving with multiple functions.	2/21/2026 4:28 PM
46	better cable tower, ideally something like a Freemotion cable cross machine but that's kinda lottery winning wishlist thinking	2/21/2026 11:25 AM
47	More treadmills and elliptical machines	2/21/2026 10:23 AM
48	A TIDY-UP. remove the awful finish on the downstairs bathroom. Remove the red screw anchor upstairs, replace wood med cabinet, refinish/remove plaster tape around 2fl shower, new smooth white caulking. Remove lockers/walls. Dont make a big ada bathroom. Make it minimum if at all.	2/21/2026 8:59 AM
49	Upgrading equipment	2/20/2026 11:52 PM
50	New equipment - rower and bikes, paint, and flooring	2/20/2026 11:42 PM

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51	More equipment, cleaner, more modern	2/20/2026 9:14 PM
52	Reorganizing the space so it flows better, maybe make the upstairs all cardio and machines, downstairs can be free weights, there's a lot of dead space not being utilized because of how things are set up	2/20/2026 7:38 PM
53	Knock out some walls upstairs, get rid of locker area, increase size of stretching area	2/20/2026 6:52 PM
54	Adding new equipment, especially pull up bar and stair stepper.	2/20/2026 5:29 PM
55	I would rather get rid of it all together and have PFF partner with a local gym for a discount.	2/20/2026 4:30 PM
56	My first priority would be proper ventilation/air conditioning. My second priority would new weight machines (sometimes these are out of order). Third priority would be updating to flooring. Fourth priority would be an investment in better wipes and a water bottle refilling station. Lastly, I'd recommend adding in a sauna with rules for remaining clothed when in use.	2/20/2026 3:33 PM
57	Fix the broken machines. Clean it up and refresh. It's old and dingy.	2/20/2026 3:19 PM
58	More equipment and space, 24/7 access	2/20/2026 3:04 PM
59	Newer dumbbells and a newer cable machine in addition to new weight bench	2/20/2026 2:27 PM
60	Upgraded equipment. More benches with racks for the bar. Updated weights and dumbbells.	2/20/2026 2:25 PM
61	New facility.	2/20/2026 2:05 PM
62	Improve ventilation	2/20/2026 1:28 PM
63	Residents sometimes get away with bringing personal trainers. I'm not sure what the best way to enforce the policy against trainers would be, but the current method of enforcement isn't really sufficient.	2/20/2026 1:21 PM
64	Air quality	2/20/2026 1:14 PM
65	Add more open space and more free weights. Reduce nautilus equipment.	2/20/2026 1:13 PM
66	Clean it, new paint (white), take all the walls down and open it up	2/19/2026 8:08 PM
67	Decor. It needs a refresh	2/19/2026 3:34 PM
68	Fix or replace broken machines (haven't noticed issues in the past year though)	2/19/2026 2:38 PM
69	Adding a squat rack.	2/19/2026 2:11 PM
70	Updated equipment. Ease of mobility. A good paint job to cheer up the place and not make it look like an institution.	2/19/2026 9:45 AM
71	Expanding weight lifting equipment inventory to reduce wait time	2/19/2026 9:43 AM
72	Make it bright! Update popcorn walls.. so 70s.	2/18/2026 10:16 PM
73	I think the gym is fine as is and I do use it a few times a month. Sometimes more. I think our money should be spent elsewhere or saved.	2/18/2026 8:26 PM
74	UPDATED EQUIPMENT that is up to all fitness standards, also keeping the temperature at a max of 68 degrees—even in the winter. The air vents poorly ventilate so it's just straight heat pouring on you while you're doing an intense workout Also updating the door and machine sure the camera is working	2/18/2026 8:10 PM
75	Update some of the weights or equipment	2/18/2026 7:58 PM
76	More room for cardio machines	2/18/2026 7:48 PM
77	More treadmills, bigger space or a second location.	2/17/2026 3:24 PM
78	5AM Open Hook ringer back up when someone opens the door. Change the Key Card entry system to something more reliable	2/17/2026 8:31 AM
79	An overall update to the space. New floors. New dumbbells. Fix the broken machines. Configure the space better. New matts.	2/16/2026 6:13 PM
80	Modernizing equipment to maximize floor space.	2/16/2026 5:22 PM

Parkfairfax Fitness Center Survey, 2026

81	New foam mats (simple and relatively inexpensive)	2/16/2026 5:20 PM
82	Add another treadmill	2/16/2026 4:22 PM
83	Make the wifi work, add squat bench	2/16/2026 3:08 PM
84	New equipment. Some of the downstairs equipment is very old and rusty and worn	2/16/2026 6:14 AM
85	Newer cardio equipment	2/15/2026 9:52 PM
86	A second, better Elliptical.	2/15/2026 7:00 PM
87	Open 24/7. Better ventelation	2/15/2026 6:19 PM
88	Treadmills, squat rack	2/15/2026 2:52 PM
89	Regular cleaning and dusting Better air/filter system A separate area for stretching	2/15/2026 1:21 PM
90	Adding a water bottle station.	2/15/2026 12:35 PM
91	New(er) equipment and placement for efficiency. cosmetic facelift	2/15/2026 10:34 AM
92	Expand it. It gets so crowded, so if you could turn another unit in a different part of the neighborhood into a gym so there are two options, that would be incredible!	2/15/2026 9:29 AM
93	Updating the equipment, enlarging the foot print	2/14/2026 10:13 PM
94	?	2/14/2026 9:54 PM
95	Better weight lifting equipment	2/14/2026 9:01 PM
96	I like it quiet. Trainers are in there often 9-1, too much conversation, many people play their music and or training video on phones, with no headphones/ear buds.	2/14/2026 7:46 PM
97	Funding permitting, adding a second facility on South side of Parkfairfax	2/14/2026 7:41 PM
98	Newer machines	2/14/2026 7:32 PM
99	Ideally, I'd try to explore ways to create a space that would be big enough for at least a small exercise/yoga/pilates/dance class. I'd certainly pay on top of the condo fees to attend that. (Such an area, if one wall has a mirror, would make better sense for the ballet bar.)	2/14/2026 4:38 PM
100	Better quality and layout would be nice.	2/14/2026 12:24 PM
101	Expansion	2/14/2026 11:51 AM
102	More treadmills	2/14/2026 7:18 AM
103	Cleanliness, additional treadmill, peloton	2/13/2026 10:54 PM
104	Update machines esp treadmills	2/13/2026 9:40 PM
105	New equipment downstairs	2/13/2026 9:08 PM
106	more treadmills	2/13/2026 9:04 PM
107	Clean up the clutter of equipment/weights that seems to have been donated/dumped by residents when they no longer want it for themselves	2/13/2026 8:58 PM
108	New recumbent bikes and elliptical (I don't like the one in the big room; I prefer the one in the bedroom)	2/13/2026 8:03 PM
109	Open at 5am and have more cardio equipment	2/13/2026 7:23 PM
110	More floor space or more open space Squat rack or smith machine Make it generally more welcoming - better light and organization	2/13/2026 7:22 PM
111	Not much / I think it's fine	2/13/2026 7:10 PM
112	Add a TV	2/13/2026 6:51 PM
113	Remove lockers to provide space for better seating to rest & wait on a machine.	2/13/2026 6:45 PM
114	Allowing trainers stone we're paying so much in condo fees.	2/13/2026 5:55 PM

Parkfairfax Fitness Center Survey, 2026

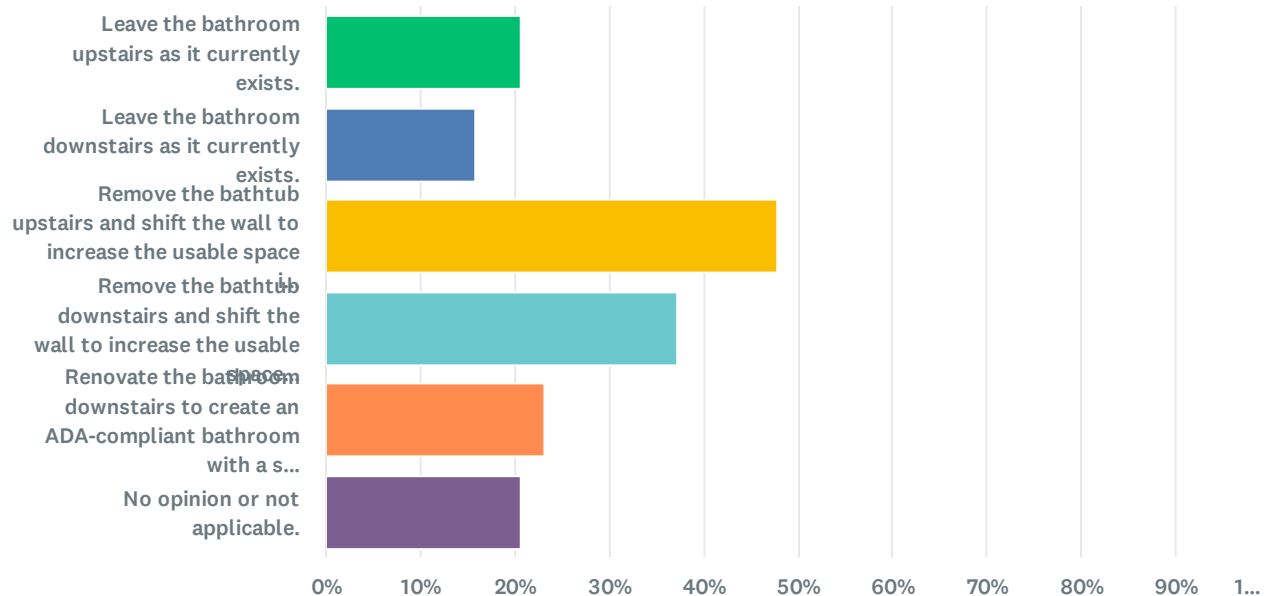
115	Remove the older, more beat up equipment	2/13/2026 5:40 PM
116	Take out the old vertical leg press, upgrade to modern hack squat with plated weights.	2/13/2026 5:24 PM
117	One of the treadmills does not work. Fix it or replace it.	2/13/2026 5:15 PM
118	Not a big thing but there is no designated area for stretching, doing sit ups, wall balls or other exercises that are not related to some apparatus. People get in the way of others.	2/13/2026 4:49 PM
119	More treadmills and 24 hour access	2/13/2026 4:17 PM
120	Modernize it! Serious facelift: 1. Remove/replace ALL the dated signage and posters if those are even needed 2. Remove the popcorn walls and ceilings 3. I know it was recently painted but a different nice, neutral color other than boring, sterile white paint 4. Remove the weird heart rate decor in the treadmill room 5. update the blinds Can we go back to regular light switches?! The timer switches freakin' suck - if not, can they at least be labeled 'Upstairs' and 'Downstairs' so we know which is which?!?!	2/13/2026 3:41 PM
121	Safety.	2/13/2026 3:35 PM
122	Add another bench	2/13/2026 3:27 PM
123	more regular maintenance, there are a few things broken that have been that way for a while. more coat hooks in various parts of the upstairs and downstairs. Pull up bar that goes all the way across (no gap in the middle)	2/13/2026 3:27 PM
124	2nd full rack of barbells. Another bench. Get rid of some of the machines that take up space on the first floor but aren't used. Like the seated calf raising machine in the front room. And the incline bench.	2/13/2026 3:23 PM
125	More treadmills	2/13/2026 2:59 PM
126	Make it 24 hours to prevent overcrowding	2/13/2026 2:55 PM
127	The popcorn walls and paint job look pretty low budget the stripes look like they were placed in the 1980s, lol. Not sure if it's cool or weird. The restrooms feel very dated. In the gym I don't seek historic interiors as a plus like at home. The landscaping out front is quite poor.	2/13/2026 2:53 PM
128	Temperature needs to be better regulated (70 degrees in winter is too hot when one is working out. Can the treadmills and elliptical machine be faced away from each other?	2/13/2026 2:38 PM
129	Safety and cleanliness	2/13/2026 2:38 PM
130	It's needs a cosmetic overhaul: Strip and sand and paint the walls (get rid of the pop corn walls); replace the floor; maybe redo the bathroom(s). If you know your way around Jim, the equipment is sufficient. But quite frankly, the place is disgusting. And let's just say uninspiring.	2/13/2026 2:32 PM
131	Making a secondary location that's closer to the southern side of pffx	2/13/2026 2:11 PM
132	We need more space that is actually useable. The layout is not good and isn't being used to its full potential. Everything is cramped and old. The gym needs to be gutted and actually hire someone in the fitness industry to help with the layout to make it more functional for everyone to enjoy. Taking a look at gyms in modern apartment buildings would even be a good start since they have to make good use of their space for hundreds of residents.	2/13/2026 2:07 PM
133	Additional floor space	2/13/2026 2:04 PM
134	It's just not big enough for the equipment. I mostly don't bother anymore due to overcrowding. Opening at 5 AM appeals to me though. Might be less crowded and allows an opportunity to workout before work. 6 isn't early enough for some of us.	2/13/2026 1:45 PM
135	Cleaning and updating the facilities.	2/13/2026 1:43 PM
136	Replacing most of the equipment	2/13/2026 1:41 PM
137	???? Is more than enough equipment 4 My overall health. Thxs	2/13/2026 1:21 PM
138	Relocate to somewhere bigger!!!! Way too small for the number of residents in this neighborhood.	2/13/2026 1:21 PM
139	More space, feels very tight. Less cramped area to hang coats.	2/13/2026 1:20 PM

Parkfairfax Fitness Center Survey, 2026

140	The better elliptical i said above, plus modernizing the weight machines downstairs.	2/13/2026 1:15 PM
141	More room for weightlifting	2/13/2026 1:10 PM
142	New Cardio equipment, ceiling fans, yoga/core workout area	2/13/2026 1:08 PM
143	?	2/13/2026 12:57 PM
144	Improved weightS	2/13/2026 12:43 PM
145	Add equipment and improve the quality and maintenance of equipment	2/13/2026 12:39 PM
146	Focus on free weight training. The front room could likely support two squat racks/bench press (they have combined units) with plate weights. Refreshing dumbbells and adding higher weights; could probably fit into the front room as well. The high weights available are unpleasant to use which is amplified by the fact it is a heavy weight. Finally a true, modern cable machine somewhere in the building	2/13/2026 12:37 PM
147	Earlier hours	2/13/2026 12:09 PM
148	Additional treadmill	2/13/2026 12:01 PM
149	Fix the broken stuff, replace the not quite broken but not in good condition stuff.	2/13/2026 11:59 AM
150	The layout- it's an incredible waste of space. Really only one bathroom is needed. The locker room is just an unusable void	2/13/2026 11:46 AM
151	New, modern machines	2/13/2026 11:31 AM
152	More treadmills, people me more respectful of the 30 min rule	2/13/2026 11:24 AM
153	Equipment with tv screens	2/13/2026 10:51 AM
154	Some way to regulate the creepers.	2/13/2026 10:31 AM

Q17 If funding permitted renovation, how would you treat the bathrooms (select up to two answers):

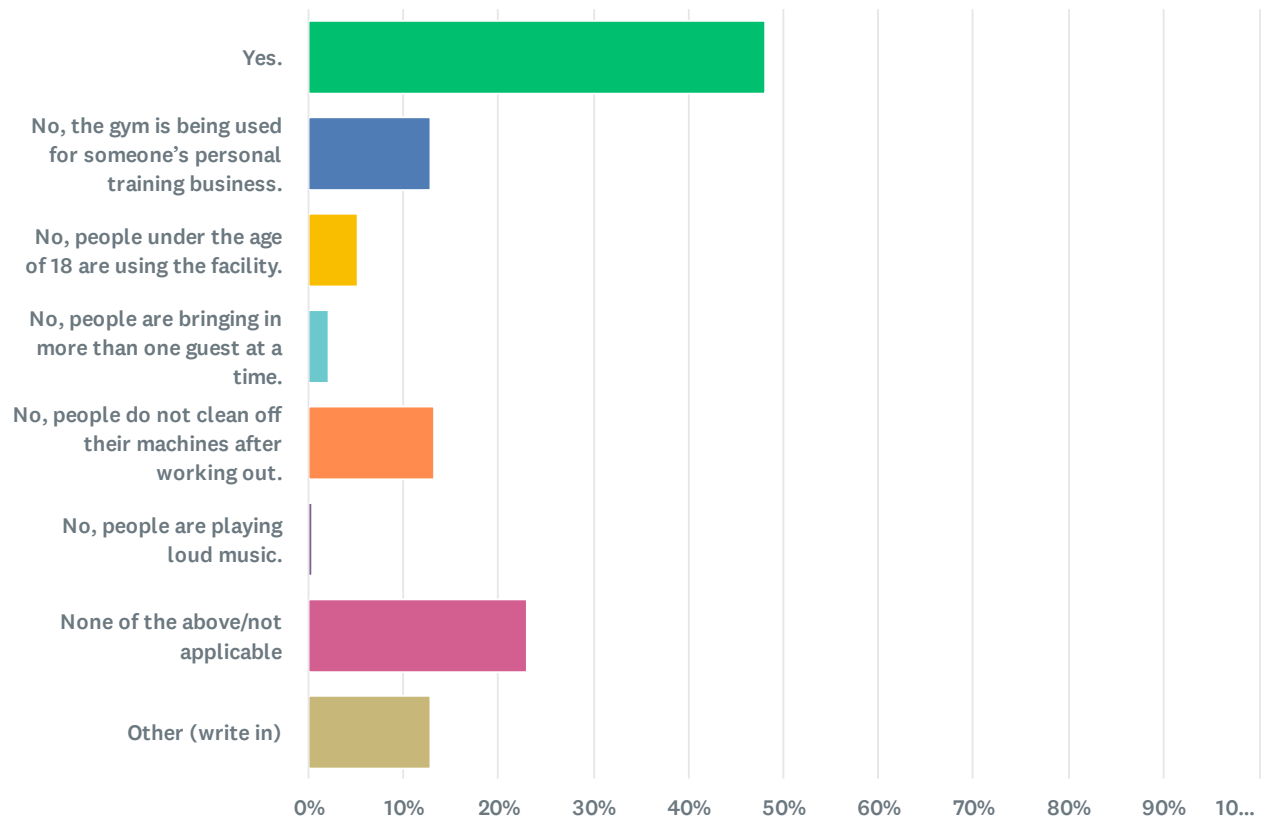
Answered: 247 Skipped: 14



Answer Choices	Percentage	Responses
● Leave the bathroom upstairs as it currently exists.	20.65%	51
● Leave the bathroom downstairs as it currently exists.	15.79%	39
● Remove the bathtub upstairs and shift the wall to increase the usable space in the exercise area.	47.77%	118
● Remove the bathtub downstairs and shift the wall to increase the usable space in the exercise area.	37.25%	92
● Renovate the bathroom downstairs to create an ADA-compliant bathroom with a shower.	23.08%	57
● No opinion or not applicable.	20.65%	51
Total		408

Q18 Are the gym rules being followed (check all that apply)?

Answered: 235 Skipped: 26



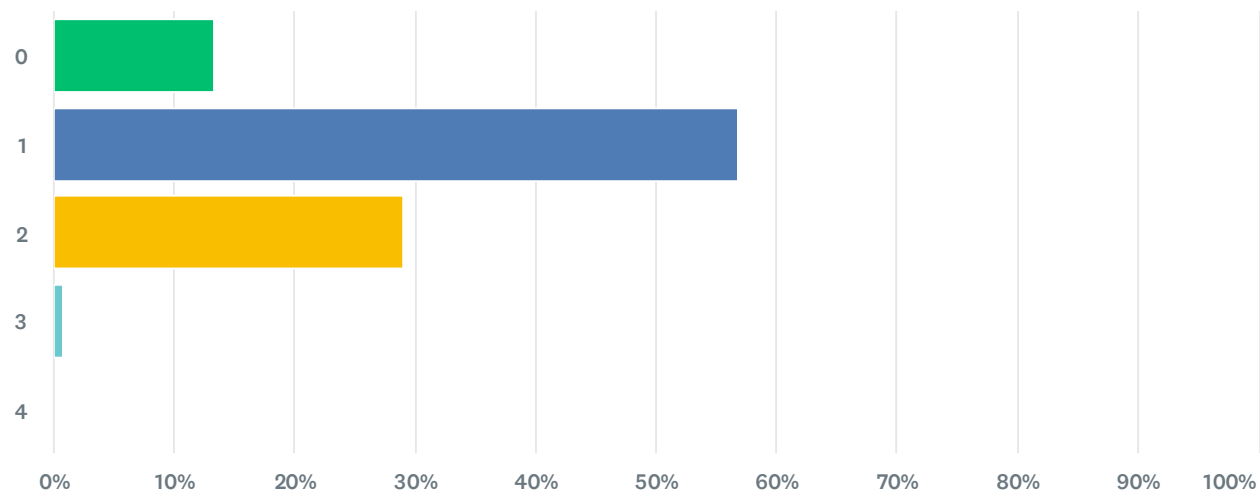
Answer Choices	Percentage	Responses
● Yes.	48.09%	113
● No, the gym is being used for someone's personal training business.	12.77%	30
● No, people under the age of 18 are using the facility.	5.11%	12
● No, people are bringing in more than one guest at a time.	2.13%	5
● No, people do not clean off their machines after working out.	13.19%	31
● No, people are playing loud music.	0.43%	1
● None of the above/not applicable	22.98%	54
● Other (write in) Show responses	12.77%	30
Total		276

Parkfairfax Fitness Center Survey, 2026

#	OTHER (WRITE IN)	DATE
1	It LOOKS like people bring more than one guest, can't say for sure.	2/28/2026 4:37 PM
2	unsure. Don't go often enough	2/26/2026 11:31 AM
3	No one follows the 30 minute time limit	2/26/2026 10:37 AM
4	Nonresidents are using the gym. Need to update the access card system to reduce such violations.	2/25/2026 5:40 PM
5	Not sure	2/24/2026 9:48 PM
6	people who don't live here anymore still come to use it	2/24/2026 9:45 PM
7	People, esp those with trainers, tend to take over a spot and, i.e. set it up for their use making it uncomfortable/difficult to share	2/23/2026 2:27 PM
8	personal trainers should be permitted, just not the multi classes	2/21/2026 8:59 AM
9	People don't follow the 30 min limit	2/20/2026 7:22 PM
10	Some males are gay and get weird. Also, renovating that gym is a joke. Sell the unit(s) use funds to build a legit facility for 1600 units.	2/20/2026 2:05 PM
11	I do not know	2/20/2026 1:28 PM
12	One resident is not leaving enough space for others to use nearby equipment. The same resident also takes up multiple sets of dumbbells at the same time, opens windows and then leaves without closing them, and turns the fan off and leaves without turning it off.	2/20/2026 1:21 PM
13	No, sometimes people stay on longer than 30 minutes on the treadmills when people are waiting.	2/20/2026 1:13 PM
14	Sometimes people use equipment for more than the allotted time	2/19/2026 3:34 PM
15	People not putting weights away at all.	2/18/2026 8:10 PM
16	There is a man in his 30s that is often training people. I typically see him on weekdays in the morning.	2/16/2026 8:35 PM
17	The few times I was there, all the rules seemed to be followed.	2/14/2026 4:38 PM
18	Yes i think so	2/13/2026 9:40 PM
19	People use virtual trainers on their iPad	2/13/2026 8:58 PM
20	people are facetimeing with trainers and/or having loud conversations	2/13/2026 8:03 PM
21	have not seen any infractions	2/13/2026 6:51 PM
22	On occasion there are people there with personal trainers	2/13/2026 4:49 PM
23	Aren't we there just to get our workout in?! Why is everyone up in arms about personal trainers?!?! I know there's someone who uses a personal trainer virtually without using his headphones - annoying AF 😞 Also other random phone talkers - my music can only drown out so much	2/13/2026 3:41 PM
24	No. People are approaching people for sex. Inappropriate behavior.	2/13/2026 3:35 PM
25	Spending too long on treadmill	2/13/2026 1:45 PM
26	Anyone I've seen it's been very respectful of the equipment and the other users	2/13/2026 1:20 PM
27	ocassionally people ignore the 30 minutes sign on treadmills, but generally no problems	2/13/2026 1:18 PM
28	I don't know	2/13/2026 12:39 PM
29	Not be mindful of others on the treadmill, using it for 40 mins while people are waiting	2/13/2026 11:24 AM
30	People are loud on the phone. And not being safe. They come up next to you when you and start using equipment you're still using.	2/13/2026 10:31 AM

Q19 How many adults in your unit use the gym?

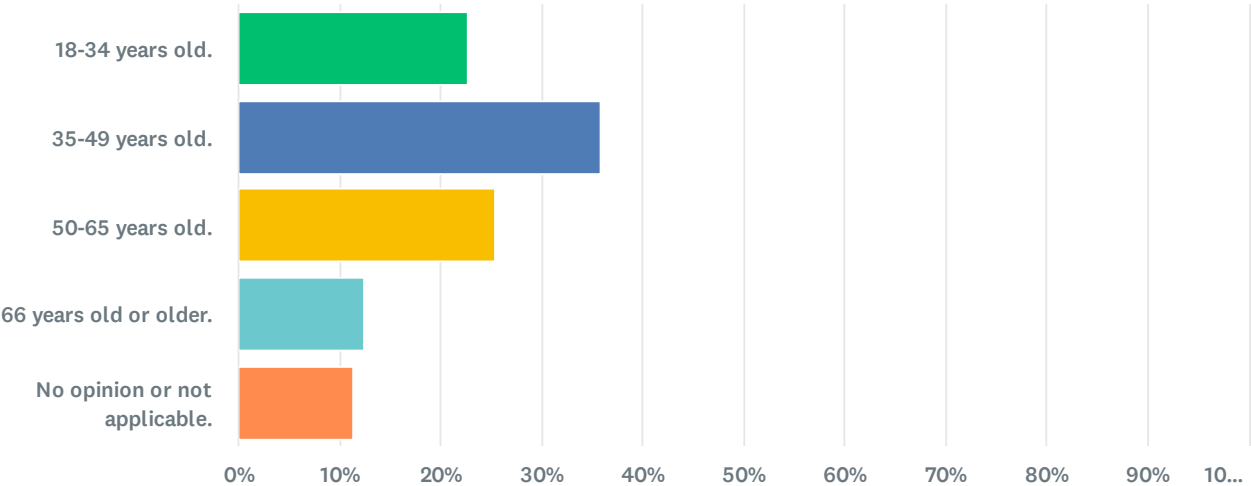
Answered: 255 Skipped: 6



Answer Choices	Percentage	Responses
0	13.33%	34
1	56.86%	145
2	29.02%	74
3	0.78%	2
4	0%	0
Total		255

Q20 What is the age of the resident who uses the facility? (Select as many as are applicable.)

Answered: 256 Skipped: 5



Answer Choices	Percentage	Responses
18-34 years old.	22.66%	58
35-49 years old.	35.94%	92
50-65 years old.	25.39%	65
66 years old or older.	12.50%	32
No opinion or not applicable.	11.33%	29
Total		276

Q21 Your feedback is invaluable. Do you have any other comments or suggestions about the gym? (write in)

Answered: 115 Skipped: 146

#	RESPONSES	DATE
1	I am not in favor of spending funds on improving the gym at this time. I would rather see less of an increase in monthly condo fees. If that's not possible, then put it towards paying for the lifeguards to have at least one gym open every day during the summer.	2/28/2026 9:22 PM
2	I would love if the gym could stay open later until possibly 11:00 p.m. or midnight as many people are still there late.	2/28/2026 9:05 PM
3	Unable to address many of the questions because I do not currently use the fitness center because I belong to a gym. However , I am considering changing to use it. Thank you !	2/28/2026 4:53 PM
4	I previously submitted so this is an additional thought. Post a How to set the treadmill, bike, etc programs or link.to the instructions. Example: how to set interval laps so you don't have to manually change speed. Post that and reminder to turn off equipment on wall. Add a couple sturdy foam boxes for jumping. Make the stretching bar more stable. Thank you!	2/28/2026 4:42 PM
5	Generally increase space if possible.	2/28/2026 4:37 PM
6	Consulting with a gym designer or planner is a great idea. I'm sure there are types of equipment that I am not even aware of that make sense for a smaller community gym.	2/28/2026 4:08 PM
7	There should only be one bathroom with shower capability. Adding a bit of warmth would also make it more enticing for owner to use	2/28/2026 3:29 PM
8	Please go back to the 5am start time to enter as the gym is critical to me maintaining my level of fitness for my career	2/28/2026 1:48 PM
9	update the equipment for the love of whatever we believe in. the quality is unstable	2/28/2026 11:17 AM
10	I love that we have it and it should be maintained. I reached a time in my life where it's not convenient with my schedule but that will change when I get older and retire.	2/28/2026 9:13 AM
11	I would prefer that the gym allowed me to bring my own personal trainer so that I don't have to get a separate gym membership elsewhere in order to learn how to use the equipment properly.	2/27/2026 10:36 PM
12	This is not a For Profit gym nor should it be. People can shower at home; it's within walking distance. There are a lot of other priorities to consider spending money on. Are these proposed fitness center upgrades within the Reserve Study timeline? I do not want any "extra" money to be invested in renovating the bathrooms or shoring up the 2nd floor to accommodate weights. If special equipment is requested, people can join one of the many local gyms. What is the warranty and repair contracts on our current equipment and what would it be for new equipment? What percentage of the community actually uses the gym? Compare the current gym use to the percentage increase it would be on all of the 1,687 units in Parkfairfax. If it's not a high use I don't think we should pay for any out of reserve study upgrades. I wish someone had done this math and comparison with the 4x renovated Party Room. Thank you.	2/27/2026 9:26 PM
13	If the gym is to remain, having showers and a bathroom would be a benefit. Maybe make it available all hours via key fob so there is no open or closed times.	2/27/2026 7:44 PM
14	I don't like the bathroom options - shouldn't cut out either and redo both and/or create separate men's and women's rooms. A great gym would be an awesome selling point especially for younger adults	2/27/2026 5:37 PM
15	Great survey. Thanks to those who put it together.	2/27/2026 4:56 PM
16	If you create any plan to modify or upgrade the gym, I think it would be good to give residents advance notice of the changes, whether or not you plan to accept any more input from residents beyond this survey.	2/27/2026 4:24 PM

Parkfairfax Fitness Center Survey, 2026

17	Focus on simple equipment instead of machines. It makes it easier to economize space and it allows people to work on form when exercising. A lot of equipment can be stored against walls or in closets and the central portions of the rooms can have more open space or fixtures that can be used with multiple forms of equipment (benches can be used for multiple types of weights, dips, sit-ups, box jumps, etc.).	2/27/2026 3:29 PM
18	People are very polite and respectful of the equipment and space overall, it is a nice amenity to have	2/27/2026 2:57 PM
19	unless the gym can show a demonstrated effect on property values, I think it should be closed - same goes for the pools and other facilities/services that are used only by a very small minority of Parkfairfax residents.	2/27/2026 2:11 PM
20	We are lucky to have such a fine facility.	2/27/2026 1:53 PM
21	Gym is very outdated, needs major renovations.	2/27/2026 8:16 AM
22	It's dirty and it smells.	2/26/2026 1:48 PM
23	a renovation and updated equipment is overdue. It doesnt even need to be fully renovated but some updates are needed. Geared towards more weight lifting options	2/26/2026 11:31 AM
24	The weight training section needs to be updated.	2/26/2026 11:11 AM
25	No, I love it! That's one of the biggest reasons of living here.	2/26/2026 10:37 AM
26	Need to install emergency lighting on upper stairwell when lights go out for visibility/safety. Need exterior door signage prohibiting trainers and minors from using the gym. Remove unused equipment as needed. Update card reader. Paint rooms. Clean floors. Install new water coolers and upstairs locker. Add an extra fan downstairs. Remove downstairs scale- one is already upstairs. Purchase new weight bench and benches. Windows and blinds need replacement/repair. Update ceiling lights (led). Make sure security cameras function. Turn down thermostat to 65 degrees as before- its a gym, not a sauna.	2/25/2026 5:40 PM
27	I think the workout room rules need to be posted in a couple of places. Last week I saw a child who was obviously too young to be using a treadmill and wearing Crocs. While not only against the rules he could be seriously injured by being too short and not wearing proper foot ware. I don't want to see the workout room shut down because someone claims not to know the rules. Thanks.	2/25/2026 10:49 AM
28	the front door doesn't always lock. thank you for adding a bike rack.	2/25/2026 8:54 AM
29	I don't use the gym frequently but might use it more in the future.	2/24/2026 9:48 PM
30	Thank you for putting in the energy and effort to gather feedback, it is greatly appreciated.	2/24/2026 8:40 PM
31	Keep the card check in working. It occasionally malfunctions	2/23/2026 6:23 PM
32	I'm a fitness coach, and love being able to use the gym where I live. I'd be happy to help in the redesign if needed because I think there's a lot of potential and space that's not being maximized. Thanks for considering!	2/23/2026 2:46 PM
33	I would suggest converting one of the old laundry rooms into a small gym. No machines. Just move some of the existing free weights, get some additional benches and dumbbells. Maybe 2-3 yoga mats.	2/23/2026 2:27 PM
34	no	2/23/2026 2:20 PM
35	Thank you for providing this survey. I'm grateful to have this gym, but certain aspects about it make it unusable -- most notably the (very late) 6 a.m. opening Sunday-Saturday. Please change to 5 a.m.! Additionally, as mentioned above, it would be exceedingly helpful to have another 1 or 2 treadmills; a free weight squat rack w/ 45-lb. Olympic bar; dumbbells that scale to 100 lbs.; a free weight leg press machine; and a standing calf raise machine. Thank you again for your attention to these suggestions!	2/22/2026 8:16 PM
36	A better gym layout downstairs that could improve use of the space. Adding in a squat rack and replacing the broken cable/pulley system with something modern and more functional would be my biggest ask. I also think it is important to keep strength machines that are multi-functional (all of the machines downstairs can be used for at least 2 separate exercises) to maximize the space, but updating them to something newer would be great.	2/22/2026 4:30 PM

Parkfairfax Fitness Center Survey, 2026

37	If there is modern equipment that can do multiple functions, I would be more inclined to go.	2/21/2026 4:28 PM
38	Including the location as well as access instructions on the website would be helpful.	2/21/2026 12:28 PM
39	The guy with a beard who is consistently training people is very annoying, especially when the gym is busy. He will sit on a nearby machine and talk to the person he is "Training", making it quite awkward to ask him to move.	2/21/2026 10:23 AM
40	Do a MINIMUM sized ada toilet downstairs, NO SHOWER. If you're desperate for ada compliance, set up one of the vacant laundry rooms, or one of the current laundry rooms for ADA bathroom/exercise. Ask the "runners" if they would like a separate laundry room with that equipment. Analyze sports centers for their equipment. Btw I like our equip more than Planet Fitness!. If my shower is working at home, and I'm working out, I would prefer showering at home. It's not a distance commercial gym where people exercise before going into work. But the shower is useful for residents experiencing bathroom repairs. There are 1600 of us! I see the Office frowning on folks showering THERE, so keeping the gym shower for convenience is valuable.	2/21/2026 8:59 AM
41	The rowers were omitted from list of gym machines. Redesigning gym including movingbyhr bathrooms is not fiscally wise. New equipment is essential fit maintaining this amenity. I'd use the gym if the equipment was decent and building was refreshed.	2/20/2026 11:42 PM
42	The gym is a missed opportunity to be a truly great amenity, but it's too small, too limited and too outdated in comparison to what a modern gym can offer.	2/20/2026 9:14 PM
43	The equipment needs to be updated, some of the bikes don't work properly, the cable pull down by the dumbbells is broken on one side	2/20/2026 7:38 PM
44	More instructional signs and posters, fix the front door, and get a nice mini fridge stocked with quality beer.	2/20/2026 6:52 PM
45	I exercise 30-60 min./day and would really appreciate using the fitness center if it's nearby, safe, well-lit and has the equipment I need for strength and cardio training. I'm 77 and hiked about 10 miles/day in New Zealand national parks last spring. I'm training to hike the Scottish highlands this summer. A fitness center would help! Where is it?	2/20/2026 5:18 PM
46	Yes, get rid of it.	2/20/2026 4:30 PM
47	Parkfairfax should consider swapping in a sauna for the bathroom upstairs and make the downstairs bathroom ADA compliant. To gain more space upstairs, I rarely see people using the recumbent bikes one or more of those could be removed. And I'm not sure the locker room space upstairs is necessary. Opening up the treadmill room by taking down the wall would help to gain more space and make it feel more open.	2/20/2026 3:33 PM
48	Newer bikes	2/20/2026 3:03 PM
49	The "gym" is a pathetic joke of a facility. It's laughable considering dues are up 100% over 4 years.	2/20/2026 2:05 PM
50	While I recognize a gym is important to some people, I'd prefer better paths for walking with benches in shaded areas. Have we ever considered other outdoor exercise options like bocce courts, ping pong tables, croquet or badminton areas? Just brainstorming... Thanks for volunteering to provide us better recreation facilities!	2/20/2026 1:37 PM
51	Please renovate the gym or choose another building. It is too small to accommodate the entire Parfairfax community!!	2/20/2026 1:28 PM
52	Take down the walls	2/19/2026 8:08 PM
53	For me and how I work out, it's mainly the heavier weights and squat rack for working out chest and legs that drive me go to the gym I am a member of. I typically use the gym for shoulder and back workouts.	2/19/2026 2:11 PM
54	A wish list is just that, a wish list. But any updates are better than none.	2/19/2026 9:45 AM
55	We need to remove the timer switches. I love that we're trying to save electricity, but I regularly find myself in the dark. It's even worse for those upstairs doing cardio, who have to stumble down dark stairs to turn them back on. Modern LED lighting using a fraction of the electricity of old incandescent bulbs. Simply switching to led bulbs that fit our existing fixtures would be a much better solution than these horrible timers.	2/19/2026 9:43 AM

Parkfairfax Fitness Center Survey, 2026

56	Why do we now have the timing on the lights? This is not great if you are alone and the lights go off! Does not feel safe .. please replace water fountain with a bottle fill up as in airports	2/18/2026 10:16 PM
57	If there is a budget shortfall, consider having the personal trainers that do go to the gym pay an extra fee or something.	2/18/2026 8:10 PM
58	Thank you!	2/16/2026 4:22 PM
59	I love having a community gym. It would be nice to have newer cardio equipment that isn't rusty.	2/15/2026 9:52 PM
60	Why is there no longer internet access? Multiple requests to the office and Buildium by myself and others have yielded no solution. Attempts to join the network produce the response that the password is not recognized. I doubt this can be remedied but the acoustics caused by the treadmills upstairs are deafening in the same room or down below. I've never experience this level of noise in any other gym. It does seem unlikely anything could absorb this and I concede a second floor placement is the only one that makes sense. I know come equipped with noise cancelling headphones. Thanks so much for doing this survey and for holding the open meeting. The Fitness Center is an amazing resource I value greatly.	2/15/2026 7:00 PM
61	Make the downstairs bathroom ADA compliant WITHOUT a shower. I answered as if I were to use the gym, what would I use/want.	2/15/2026 3:29 PM
62	How about hosting quarterly fitness or wellness events there to get more people familiar with the gym. I lived here for a few years before I even knew where it was and used it	2/15/2026 1:21 PM
63	The entrance is not ADA, any interior renovation may require the entrance be ADA. Something to consider. If creating more space upstairs for equipment by removing the bathroom, load is a factor in which a structural engineer is needed. It would be nice to focus money	2/15/2026 10:34 AM
64	It needs a sign on it - hard to locate when I was new. 3 years before I knew where it was .	2/14/2026 10:13 PM
65	I enjoy using the gym, I don't enjoy loud conversation and music/video etc.	2/14/2026 7:46 PM
66	It would be great to have another facility on the other end of Parkfairfax	2/14/2026 7:41 PM
67	Approved trainers to use the gym would be really great.	2/14/2026 7:32 PM
68	One thing that makes me wary of going to the gym is the fact that the bikes, which I like the most, are facing so that the user's back is to anyone coming in. For me as a woman, that raises safety concerns; particularly when I'm the only person in the gym. The view outside is beautiful, but I'd rather be able to see who is coming in when.	2/14/2026 4:38 PM
69	I have noticed many of the older men especially will not clean equipment before or after use mid day or evening. I have resorted to always cleaning before and after use because I worry	2/13/2026 10:54 PM
70	Equipment out of date, money should be put towards equipment	2/13/2026 9:46 PM
71	That the updates happen ASAP and that the aerobic machines, especially treadmills are updated as soon as possible. They are quite old and somewhat dangerous.	2/13/2026 9:40 PM
72	Would be great to see more updated equipment (specifically the free weights), as well as more treadmills (often have to wait to use those)	2/13/2026 9:04 PM
73	Parkfairfax should consider building a new building at the Martha Custis pool that could be for gym/admin offices/party room. Then we could sell/rent the units that currently house those amenities and pay for the new building.	2/13/2026 8:58 PM
74	I still think we should build a new building on the property of the MC pool that has a gym and large space that could be used as a studio for mat workouts and/or meeting/social space with a kitchen (kind of like a multi-purpose church hall). That building could also have real locker rooms with showers and a sauna and cold plunge, which would be amazing! The locker rooms would also be available for pool visitors. And then we could sell the units that currently house the gym and make money.	2/13/2026 8:03 PM
75	Please make the gym accessible at 5am and make the wifi workable!	2/13/2026 7:23 PM
76	Thank you for considering an upgrade! I would use more often it had what I need.	2/13/2026 7:22 PM
77	I like it - I don't think it needs much in terms of upgrade. Maybe better bikes.	2/13/2026 7:10 PM

Parkfairfax Fitness Center Survey, 2026

78	Extend hours for the summer months - ex. to 11:00 p.m.	2/13/2026 6:51 PM
79	Move the door so you dont have to contend with a high threshold and the stairs in the same space.	2/13/2026 6:45 PM
80	I really feel like allowing people to bring a trainer as there guest should be acceptable. We have seen people do it and it does not impede my or my wile's ability to use equipment anymore than normal.	2/13/2026 5:55 PM
81	Gym is adequate but needs some updating. The old pulley bar in the front could be modernized with a square smith multi exercise station with upper and lower pulleys and seating for lats, back, abs, arms etc. https://gmwdfitness.com/collections/racks More than one bench is needed. I usually have to wait for it. I do like that it is clean all the time. I go to LA fitness as well, but it's nice to have a home gym.	2/13/2026 5:24 PM
82	Generally happy with the gym. People are reasonably friendly and try to accommodate each other. I like the light timers, that was a good addition.	2/13/2026 4:49 PM
83	More treadmills and earlier hours please	2/13/2026 4:17 PM
84	For the love of all that is holy don't waste money on two full bathroom renovations. I would NEVER shower there, even in the rare occasion I didn't have access to my shower. Eliminating the upstairs bathroom altogether, as well as the locker room would really open up the floor plan for better/modern/desired equipment. Give the downstairs bathroom a facelift. I was on the rec committee call regarding the gym - someone mentioned they didn't even know we had a gym until a few years after she moved in - I was in the same boat. Why isn't this mentioned/pointed out when new residents get their facilities pass or something?! Street signage would also be awesome. Why is its location a mystery?! I see this on FB all too often as well. An overall much more welcoming and inviting environment would enhance the experience and atmosphere - very much feels like I'm in a dingy basement with hand-me-down equipment that may or may not squeak with every rep I do.	2/13/2026 3:41 PM
85	I do think leaving one of the bathrooms in the gym is important, especially when PFF is doing plumbing repairs or for emergencies. I think removing the tubs and installing a shower would give the gym more room and still provide the back up facility when needed.	2/13/2026 3:35 PM
86	Would love an additional bench for weight training.	2/13/2026 3:27 PM
87	more regular maintenance. Sometimes things that are broken stay that way awhile. Also, move the pulleys that are in the front by the free weights somewhere else, so that they are not blocked by people using the free weights. And another bench. there is only one now.	2/13/2026 3:27 PM
88	Keep the gym. It is an important amenity.	2/13/2026 3:05 PM
89	Whenever I want to use the treadmill, no matter what time of day, both are always in use. When it's cold/rainy, it's incredibly frustrating. Even when waiting, people stay on the treadmill for over an hour	2/13/2026 2:59 PM
90	Make the gym 24 hours	2/13/2026 2:55 PM
91	Its my true delight that we have a gym, but it can feel crowded. I like the privacy if separate areas, but it could easily benefit from a more open floorplan so it feels less cramped and with less wasted space. More treadmills will make the entire place more attractive to use. The temperature is currently well maintained and I often see cleaning staff wiping and cleaning which is nice. Thanks for asking!	2/13/2026 2:53 PM
92	Thank you for this gym!!	2/13/2026 2:33 PM
93	As I said above, the gym is quite disgusting. It really needs a full cosmetic overhaul. However, having said that. I beg the board to realize how obscenely high our condo fees are. And to keep that in mind when making decisions about the gym. But it seems to me that a cosmetic overhaul shouldn't be that expensive?	2/13/2026 2:32 PM
94	Replacing some of the worn out equipment would be nice. To make more room, consider removing some of the walls upstairs alongside any bathroom renovations.	2/13/2026 2:24 PM
95	The one time I visited it felt very unsafe.	2/13/2026 2:11 PM
96	Knock down some walls upstairs and get rid of equipment that is broken. Lockers area isn't used and it's just a huge waste of space in our small gym. Downstairs needs more space for	2/13/2026 2:07 PM

Parkfairfax Fitness Center Survey, 2026

lifting because that is where most people are. And we need to get rid of carpet because it's very unsanitary. We need rubber matting so it's easier to clean up.

97	I am very happy with the gym as is, but off course maintenance and improvements are always welcome. That said I don't see the need for 2 bathrooms or a shower/bath when residents are within(yes sometimes long) walking distance	2/13/2026 2:04 PM
98	I think the gym could be a really nice feature if it's cleaned and modernized. The layout is awkward- particularly for the cardio equipment. I'd recommend trying to open up the space more. Also, ensuring better security. One of the times I went the door had been propped to allow folks to enter.	2/13/2026 1:43 PM
99	Question # 1, I had a hard time answering. For 7 mnths of the yr, I don't use the gym at all - April 1 - Nov 1. I exercise outside during those mnths. But for 5 mnths of the yr (Nov - March) I do use it. And in January I use it all 31 days.	2/13/2026 1:41 PM
100	Fills 90+percent of our Needs/Likes👍😊Thxs Again.	2/13/2026 1:21 PM
101	A bright paint job and new flooring would make quite a difference to the overall feeling. Right now it feels quite dull.	2/13/2026 1:20 PM
102	As a free amenity, its excellent and convenient. I have a full gym membership through silver sneakers elsewhere, but hardly ever use it.	2/13/2026 1:18 PM
103	More fans in the gym, and upgraded. Also is there a source of water available? All that said, we are definitely lucky to have a gym as an amenity!	2/13/2026 1:15 PM
104	I didn't know there was a bathroom downstairs, I like the new timed light switches. Please label them	2/13/2026 1:08 PM
105	Do anything you want as long as it doesn't increase condo fees. It is fine as is and anyone who wants more can join a gym.	2/13/2026 12:57 PM
106	In order to keep an attract younger generations to Park Fairfax I believe the gym needs to be updated with newer equipment as it is an amenity many people desire	2/13/2026 12:43 PM
107	I wouldn't use the gym before 6am but someone may have the need. If entry is secured and cameras are inside, why have times at all? Occasionally my work schedule shifts so maybe I would use it late at night sometime. It's weird that the elliptical and treadmill upstairs face each other, I don't want to stare at someone while activating my glutes. Overall I would recommend walking through a gym to get a feel for how weight training is typically laid out and what equipment is used. Happy to help review any plans, I have joined some meetings in the past and have been member of several gyms over the years propertiesbykanda@gmail.com. Also a nice to have would be a stair stepper machine	2/13/2026 12:37 PM
108	Thank you this gym is very important for our mental and physical health and it is nice convenient free and friendly	2/13/2026 12:24 PM
109	I'm not sure there's a good way to fix it but there's isn't a great location for mat exercises (abs, stretching, floor exercises, etc) after I'm finished with weights. It would be nice to have a small corner dedicated to that so I can be out of the way of others. Open spaces are mostly just walkways so I usually feel in the way. More mirrors available would be nice too but I'm not super picky :)	2/13/2026 12:16 PM
110	Desperate need of renovation but it would be better to invest really money than put lipstick on a pig.	2/13/2026 11:46 AM
111	Thanks for doing this!	2/13/2026 11:31 AM
112	One extra treadmill would be great!	2/13/2026 11:24 AM
113	I am visually impaired and my fiancee is as well. Please consider purchasing gym equipment with tactile buttons/markings going forward.	2/13/2026 10:53 AM
114	It would be nice to have additional treadmill. I also find the positioning of the treadmill room awkward since the users are looking at each other. I would also like updated equipment with tv's integrated. That is one of the main reasons I don't use the gym as frequently. The other is that the gym doesn't offer fitness classes (would likely ditch my current fitness membership if there were fitness classes offered at Parkfairfax).	2/13/2026 10:51 AM

Focus Meeting Notes

Notes from February 2, 2026 Recreation Committee Meeting

Michelle Wagner
Karen Terry
Megan Avery
Gary Hucka
Alisa
Ashley Roeder
Ben
Carol Ramsdell
Chris H.
Courtney Killian ← ask her if she wants to be on the gym committee?
Elaine Lawler
Helena
Jim Wicker
Jona & James
Julie Evans
Katie Kight
Marta Ishmael
Meredith Gabel – uses the bar to stretch
Mike
Paula
Priscilla Hudson
Robin Davis
S Williams
Scott Mulrooney
Sergio
Susan
Valerie Jane

General comments:

- Needs updating. If we have the budget, we need to replace wearable aspects. Mats need to be updated. The barre needs to go. Need another treadmill, fewer bikes. Need a new layout. Courtney Killian
- All the machines are getting stuck; they need to be lubricated; better yoga mats; need bands. Susan 3 times/week
- Paula: are they following a maintenance schedule?
- Susan – put lights on timers and is the fan running constantly?
- Gary Hucka – used a 2020 study from Ramos Architects from Silver Spring

- Courtney – a bathroom update seems wildly out of budget when we need to focus on the gym and not the bathrooms
- Paula – you need to bring stuff up to code and you need to bring things up to code
- Michelle – we need bathrooms; is the juice really worth the squeeze? I feel like the money shouldn't be put into the bathrooms. Do we have to follow ADA building code? Let's not waste money on the bathrooms.
- Megan Avery – if people are not both using bathrooms on a regular basis, can we remove one to have more floor space, etc.?
- Gary Hucka – from a code perspective, we have a whole gamut of residents who need ADA accommodations. This gym should be for most people and re-doing upstairs might trigger ADA compliance with bathrooms downstairs. The gym is for all residents not just some.
- Courtney – is there something to build on? What are we doing with the equipment we are not keeping?
- Meredith – layout could be better; stepping over people to get to equipment
- James & Jona – equipment feels crowded; open space by removing showers
- Katie – what do you want the gym to look like (cross fit versus yoga studio)?
- Courtney – this gym is for the average person and should choose neutral colors; yes, for hiring someone
- Paula – pick something that hides the dirt
- Chris H. – wireless keycard center; he's been to the gym ten times since the summer and he wasn't able to get in; what happened to the bell that alerted you to someone coming in?
- Elaine Lawler – agrees about cleanliness; paint colors – pick something bright and cheerful – something graphic and energizing; change floor to ruggables where you can swap out squares; change the door to the gym; clearly label it; put a billboard up so you can see where the gym is
- Scott M. – this weekend the gym door was unlocked altogether and it's been temperamental all month; people don't leave when the gym is closed; the lights don't go out and you don't get kicked out
- Jim Wicker – why are we picking hours at all? For other residents

What do you like most about the gym?

- Mike – leg press machine is awesome, high-end, and unusual
- Keep the water fountains
- Courtney – dumbbells and the bars with plates – we might need more but the variety of the free weights is great
- Marta – she's been a member of the YMCA and chincapin, and she wants to use the gym; thank you; bless our Parkfairfax staff who have been amazing during the storm and always
- Susan – found the gym three years ago; appreciates diverse equipment; started for physical therapy
- Meredith – liability issue: in the cardio equipment the lights turn off and that room gets very dark. Can there be light switch upstairs? Or nightlights?
- Scott M. – plans should be movement-driven
- Elaine Lawler – when it comes to the dumbbells, color code them?

If there is a gym re-do (to any extent), what is your number one priority?

- Susan – gym refresh – aesthetic; solid cleaning
- Courtney – cleanliness; pick 10 or 15 pieces of equipment to create more stretching space, etc.; machines need TLC and a stretching area needs to be created
- Pricilla – cable machines need to be updated
- Mike – universal cable machine needs to be updated or replaced; non-functional; everyone agrees

Complete Gym Solutions Proposal — Cardio New

COMPLETE GYM SOLUTIONS

USED GYM EQUIPMENT ENRGX BNKR²⁶ ΔMENIFIT RENT GYM EQUIPMENT

Sales Quote

Quote #: Q001221019
Customer: CUS10273
Page: Page 1 of 6
Date: 8/5/2026 4:32:30
Expires: 09/04/26

Billing Information:

Park FairFax
Megan Shugart
3360 Gunston Road
Alexandria VA 22302

Shipping Information:

Account Manager:

Gabby Martinez
(310) 701-2821

President/CEO:

Austin Hai
(310) 570-6612
Sales@CompleteGymSolutions.com

Cardio

1.



Star Trac 4 Series Treadmill + 15" Embedded Display (Black)

Part #: TR-ST-9-3613-4TR-110-15A-15-ATSC-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$9,399.00	-\$1,597.83	\$7,801.17	\$7,801.17

2.



Star Trac 4 Series Treadmill, LCD Console

Part #: TR-ST-9-3613-4TR-110-15A-10IN-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,299.00	-\$730.83	\$3,568.17	\$3,568.17

3.



Star Trac 4 Series Crosstrainer Bike, 15" Console

Part #: CT-ST-9-4080-4CT-15-ATSC-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$6,899.00	-\$1,172.83	\$5,726.17	\$5,726.17

4.



Star Trac 4 Series Crosstrainer, LCD Console

Part #: CT-ST-9-4080-4CT-10IN-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,699.00	-\$628.83	\$3,070.17	\$3,070.17

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001221019
Customer: CUS10273
Page: Page 2 of 6
Date: 8/5/2026
Expires: 09/04/26

Cardio

5.



Star Trac 4 Series Recumbent Bike, 15" Console

Part #: RB-ST-9-3190-4RB-15-ATSC-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$7,999.00	-\$1,359.83	\$6,639.17	\$6,639.17

6.



Star Trac 4 Series Recumbent Bike, LCD Console

Part #: RB-ST-9-3190-4RB-10IN-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,399.00	-\$577.83	\$2,821.17	\$2,821.17

7.



Star Trac S Series Upright Bike, LCD Console

Part #: UB-ST-9-3140-KINTPO
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,359.00	-\$571.03	\$2,787.97	\$2,787.97

8.



Star Trac 4 Series Upright Bike, 15" Console

Part #: UB-ST-9-3180-4UB-15-ATSC-60BLK
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$7,649.00	-\$1,300.33	\$6,348.67	\$6,348.67

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001221019
Customer: CUS10273
Page: Page 3 of 6
Date: 8/5/2026
Expires: 09/04/26

Notes

Quote is for pricing purposes only.

Quote does not include delivery or installation

Freight Info

Freight:

Location:

Delivery:

Lift Gate: No

Pallets: No

In order to better serve our customers, we do not palletize all products when shipping full truck loads and containers. This practice allows huge savings to our customers by enabling us to ship more items per load while still ensuring the safe transport of the equipment. Due to this method of shipping there is no efficient way for us to calculate maximum capacity with 100% certainty. You will see that the freight quoted is an estimate only.

I acknowledge that I have read and understood the above Freight Information. I also understand and agree to pay all excess charges if I am to instruct the truck driver to go above and beyond the freight service that I am agreeing to in this document.

		Quote Total Before Discounts	\$46,702.00
		Discount Total	\$ -7,939.34
		Quote Subtotal	\$38,762.66
		Packing & Dock Fees	\$969.07
		Sales Tax	\$0.00
		Inbound Freight	\$0.00
		Outbound Freight	TBD
		Install Labor	\$0.00
Deposit - Inventory Items:	\$19,381.33		
Deposit - Special Orders:	\$0.00		
Total Deposit Required:		Quote total	\$39,731.73
Payments:	\$0.00	Payments	\$0.00
Balance to Accept:	\$19,381.33	Total Due:	\$39,731.73

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001221019
Customer: CUS10273
Page: Page 4 of 6
Date: 8/5/2026
Expires: 09/04/26

Terms & Conditions

General Terms

All equipment is the property of Complete Gym Solutions, LLC until full payment is received and the order has been shipped. All Sales are final unless otherwise noted on sales quote. If executing this agreement on behalf of a corporation, general limited partnership, or any other legal entity, I declare that I am fully authorized to do so on its behalf. In addition, I hereby release Complete Gym Solutions, LLC from any claims, demands, damages, losses, costs, causes of action, fees, or expenses which may arise out of any dispute regarding the ownership, operation, sale, control, or possession of this equipment. Returned or cancelled equipment is subject to a 25% restocking and any shipping charges previously incurred. Once an order for new equipment and or gym flooring is placed and paid in full the sale is final. In case of cancellation, prior to shipment, shipping costs will be refunded. In the event that the order has not paid in full or if shipping arrangements have not been arranged, Complete Gym Solutions, LLC will send a notice of completion to the email address on file. Customer must send payment in full and arrange shipping within 7 business after notice is sent. If the order is not shipped within 30 days from date of notice, a storage fee of two dollars a day for each machine will be added to the invoice. Complete Gym Solutions, LLC also reserves the right to cancel the order, release the equipment for sale to another customer, and charge original buyer a 25% restocking fee.

Payment Terms

Equipment is subject to sale to another customer until the 'Total Deposit Required' amount has been received. Final payment is due (14) business days prior to shipping. All equipment must be paid in full before it leaves our factory. Lease transactions must prefund 100% before equipment is shipped.

Warranty

If your equipment comes with a warranty, it is for functional parts repair or replacement only. Technician fees, treadmill run belts and decks, cosmetic parts, integrated LCD screens and heart rate monitors are not covered under warranty. Broken components are to be returned to Complete Gym Solutions, LLC prior to shipping replacement. Complete Gym Solutions, LLC retains the right to repair or replace broken components. Proof of preventative maintenance is required at time of claim. Warranty will not be honored if preventative maintenance cannot be proven and/or if any equipment abuse or improper usage is evident. I understand that I am responsible to ensure that the equipment I am purchasing from Complete Gym Solutions, LLC gets regular scheduled preventative maintenance to ensure the safety of its user and the efficiency of the equipment in order to not void the warranty.

Shipping Liability

Complete Gym Solutions, LLC is not responsible for damages or shortages that may occur during shipping. Customer is responsible to check the freight Bill of Lading, verify piece count and thoroughly inspect equipment for any damages. Damages or shortages must be documented by the customer on the freight carriers signed Bill Of Lading. Claims must be filed with the carrier and reported to your sales representative within 24 hours. If the documented Bill of Lading substantiating the claim, is not presented within 24 hours, Complete Gym Solutions, LLC and the carrier cannot be held responsible for damages, shortages or rejected claims.

I have read and accepted the Terms and Conditions of this quote

Signature:

Name:

Date:

Initial

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001221019
Customer: CUS10273
Page: Page 5 of 6
Date: 8/5/2026
Expires: 09/04/26

Credit Card Information

As the credit card holder, I hereby authorize receipt of merchandise at the shipping address above and authorize Complete Gym Solutions, LLC to charge my credit card in the amount of \$41,122.34, which includes a 3.5% administrative fee of \$1,390.61.

Credit Card Name:

Account Number:

Expiration Date:

CVV Code:

Billing Address:

City, State Zip:

Signature:

Name:

Date:

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001221019
Customer: CUS10273
Page: Page 6 of 6
Date: 8/5/2026
Expires: 09/04/26

Payment Information

***Please include your Quote # in the notes section of the Wire/ACH**

***Failure to do so will delay the processing of your order**

Complete Gym Solutions, LLC

3144 E. Maria St.
Compton, CA 90221

JPMorgan Chase Bank, NA

1550 Westwood Blvd
Los Angeles, CA 90024

Wire Instructions

Account # 2916254322
Routing # 021000021
Swift Code: CHASUS33

ACH Instructions

Account # 2916254322
Routing # 322271627

Complete Gym Solutions Proposal — Basic Equipment

COMPLETE GYM SOLUTIONS

USED GYM EQUIPMENT ENRGX BNKR²⁶ AMENIFIT RENT GYM EQUIPMENT

Sales Quote

Quote #: Q001220574
Customer: CUS10273
Page: Page 1 of 10
Date: 3/20/2026 11:16:00
Expires: 04/19/26

Billing Information:

Park FairFax
Megan Shugart
3360 Gunston Road
Alexandria VA 22302

Shipping Information:

Account Manager:

Gabby Martinez
(310) 701-2821

President/CEO:

Austin Hai
(310) 570-6612
Sales@CompleteGymSolutions.com

Cardio

1.



StairMaster 4 Series 4G Gauntlet + LCD Console (Black)

Part #: SM-SM-9-3415-4G-10IN-60BLK
Condition: New
Warranty: 3 Year Parts/Labor (1 Year Parts/Labor wear items)

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$7,099.00	-\$2,129.70	\$4,969.30	\$4,969.30

2.



Precor TRM 885-18 Treadmill + P82 Console

Part #: TR-PR-885-18-V2-P82
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
3	\$6,500.00	-\$1,950.00	\$4,550.00	\$13,650.00

3.



Precor EFX® 885 Crosstrainer with Converging CrossRamp® + P82 Console

Part #: CT-PR-885-P82
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
2	\$6,000.00	-\$1,800.00	\$4,200.00	\$8,400.00

4.



Precor RBK 885-18 Recumbent Bike + P82 Console

Part #: RB-PR-885-18-P82
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
2	\$4,000.00	-\$1,200.00	\$2,800.00	\$5,600.00

COMPLETE GYM SOLUTIONS

USED GYM EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM EQUIPMENT

Sales Quote

Quote #: Q001220574
Customer: CUS10273
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Date: 3/20/2026
Expires: 04/19/26

Cardio

5.

Precor UBK 885-18 Upright Bike + P82 Console



Part #: UB-PR-885-18-P82
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
2	\$3,500.00	-\$1,050.00	\$2,450.00	\$4,900.00

6.

Concept2 Standard 14" RowErg with PM5, Black



Part #: RW-C2-2712
Condition: New

<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
2	\$990.00	-\$99.00	\$891.00	\$1,782.00

Selectorized - Upper Body

7.

BNKR²⁶ HS Series Chest Press/Shoulder Press, 295lb weight stack



Frame: Flat Black / **Accent:** Flat Black / **Pads:** Black
Part #: SE-JK-HS-28-C
Condition: New

<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
1	\$4,000.00	-\$1,200.00	\$2,800.00	\$2,800.00

8.

BNKR²⁶ HS Series Pec Fly Rear Delt, 295lb weight stack



Frame: Flat Black / **Accent:** Flat Black / **Pads:** Black
Part #: SE-JK-HS-PFRD-C
Condition: New

<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
1	\$4,000.00	-\$1,200.00	\$2,800.00	\$2,800.00

9.

BNKR²⁶ HS Series Lat Pulldown/Low Row, 295lb weight stack



Frame: Flat Black / **Accent:** Flat Black / **Pads:** Black
Part #: SE-JK-HS-27-C
Condition: New

<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
1	\$4,000.00	-\$1,200.00	\$2,800.00	\$2,800.00

10.

BNKR²⁶ HS Series Chin/Dip Assist, 175lb weight stack



Frame: Flat Black / **Accent:** Flat Black / **Pads:** Black
Part #: SE-JK-HS-ACD-C
Condition: New

<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
1	\$4,000.00	-\$1,200.00	\$2,800.00	\$2,800.00

Initial

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

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Selectorized - Trunk

11.



BNKR²⁶ HS Series Abdominal/Back Extension

Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-JK-HS-AB-C
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,000.00	-\$1,200.00	\$2,800.00	\$2,800.00

Selectorized - Lower Body

12.



BNKR²⁶ HS Series Seated Leg Curl/Leg Extension, 295lb weight stack

Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-JK-HS-30-C
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,000.00	-\$1,200.00	\$2,800.00	\$2,800.00

13.



BNKR²⁶ HS Series Seated Leg Press, 390lb weight stack

Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-JK-HS-SLP
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$5,500.00	-\$1,650.00	\$3,850.00	\$3,850.00

Plate Loaded - Lower Body

14.



BNKR²⁶ S Series Smith Machine

Frame: Flat Black / Accent: Flat Black
Part #: PL-JK-M-020
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,500.00	-\$1,350.00	\$3,150.00	\$3,150.00

Multi Stations

15.



BNKR²⁶ S Series Dual Adjustable Pulley, 85" 200 lb stacks

Frame: Flat Black / Accent: Flat Black
Part #: MS-JK-E-SP100
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,500.00	-\$1,350.00	\$3,150.00	\$3,150.00

COMPLETE GYM SOLUTIONS

USED GYM EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM EQUIPMENT

Sales Quote

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Benches

16. BNKR²⁶ R Series 0-90 Degree Bench



Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: BN-JK-M3-FIB
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
3	\$850.00	-\$255.00	\$595.00	\$1,785.00

Free Weights - Dumbbells

17. BNKR²⁶ Rubber Hex Contoured Dumbbells, 3,5,8,10,12,15-25 lbs (8 Pairs)



Part #: DB-JK-RHC-196
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$392.00	-\$117.60	\$274.40	\$274.40

18. BNKR²⁶ CPU Urethane 12 Sided Dumbbells, 55-75lbs (5 Pairs)



Part #: DB-JK-CPU-12-650-U
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,900.00	-\$1,170.00	\$2,730.00	\$2,730.00

19. BNKR 26 CPU Urethane 12 Sided Dumbbells, 5-50lbs (10 Pairs)



Part #: DB-BW-CPU-12-550
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,300.00	-\$990.00	\$2,310.00	\$2,310.00

Free Weights - Barbells

20. BNKR²⁶ CPU Urethane 12 Sided EZ Curl Barbell Set, 20-110lbs



Part #: BB-JK-CPU-12-650E-U
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,575.00	-\$1,072.50	\$2,502.50	\$2,502.50

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Free Weights - Plates

21.



BNKR²⁶ Olympic Rubber Grip Plate Set, 265lbs (4-45's, 2-25's, 2-10's, 2-5's, 2-2.5's)

Part #: PLT-JK-BRP-SET
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$795.00	-\$238.50	\$556.50	\$556.50

Racks & Cages

22.



BNKR²⁶ Vertical Dumbbell Rack, 8 Pairs

Frame: Flat Black / Accent: Flat Black
Part #: RC-JK-E-VR8
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$160.00	-\$48.00	\$112.00	\$112.00

23.



BNKR²⁶ HS Series Pro Style 3-Tier Dumbbell Rack, 15 Pairs

Frame: Flat Black / Accent: Flat Black
Part #: RC-JK-HX-70
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$900.00	-\$270.00	\$630.00	\$630.00

24.



BNKR²⁶ HS Series Barbell Rack

Frame: Flat Black / Accent: Flat Black
Part #: RC-JK-HX
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$600.00	-\$180.00	\$420.00	\$420.00

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220574
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Functional / Aerobic Training

25.

Hoist One Element Single Sided Storage, Custom Build A

Stability Balls, 55, 65cm (Top Shelf)

Medicine Balls, 6,8,10,12lbs (Shelf 2)

Kettlebells, 9,13,18,22,26,31lbs (Shelf 3)

Slam Balls, 10,20,30,40lbs (Shelf 4)

Light, Medium, Heavy, Extra Heavy Tubes (Shelf 5)

Light, Medium, Heavy, Extra Heavy Bands (Shelf 5)

Battle Rope + Low Battle Rope Anchor

Stretching Mat x 2

Frame: Flat Black / **Accent:** Flat Black

Part #: FAT-HOI-PS-1E-SS-CBA

Condition: New



<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
1	\$5,599.00	-\$839.85	\$4,759.15	\$4,759.15

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220574
Customer: CUS10273
Page: Page 7 of 10
Date: 3/20/2026
Expires: 04/19/26

Freight Info

Freight:

Location:

Delivery:

Lift Gate: No

Pallets: No

In order to better serve our customers, we do not palletize all products when shipping full truck loads and containers. This practice allows huge savings to our customers by enabling us to ship more items per load while still ensuring the safe transport of the equipment. Due to this method of shipping there is no efficient way for us to calculate maximum capacity with 100% certainty. You will see that the freight quoted is an estimate only.

I acknowledge that I have read and understood the above Freight Information. I also understand and agree to pay all excess charges if I am to instruct the truck driver to go above and beyond the freight service that I am agreeing to in this document.

		Quote Total Before Discounts	\$115,850.00
		Discount Total	\$ -33,519.15
		Quote Subtotal	\$82,330.85
		Packing & Dock Fees	\$2,058.27
		Sales Tax	\$0.00
		Inbound Freight	\$0.00
		Outbound Freight	TBD
		Install Labor	\$0.00
Deposit - Inventory Items:	\$41,165.43	Quote total	\$84,389.12
Deposit - Special Orders:	\$0.00	Payments	\$0.00
Total Deposit Required:	\$41,165.43		
Payments:	\$0.00		
Balance to Accept:	\$41,165.43	Total Due:	\$84,389.12

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

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Expires: 04/19/26

Terms & Conditions

General Terms

All equipment is the property of Complete Gym Solutions, LLC until full payment is received and the order has been shipped. All Sales are final unless otherwise noted on sales quote. If executing this agreement on behalf of a corporation, general limited partnership, or any other legal entity, I declare that I am fully authorized to do so on its behalf. In addition, I hereby release Complete Gym Solutions, LLC from any claims, demands, damages, losses, costs, causes of action, fees, or expenses which may arise out of any dispute regarding the ownership, operation, sale, control, or possession of this equipment. Returned or cancelled equipment is subject to a 25% restocking and any shipping charges previously incurred. Once an order for new equipment and or gym flooring is placed and paid in full the sale is final. In case of cancellation, prior to shipment, shipping costs will be refunded. In the event that the order has not paid in full or if shipping arrangements have not been arranged, Complete Gym Solutions, LLC will send a notice of completion to the email address on file. Customer must send payment in full and arrange shipping within 7 business after notice is sent. If the order is not shipped within 30 days from date of notice, a storage fee of two dollars a day for each machine will be added to the invoice. Complete Gym Solutions, LLC also reserves the right to cancel the order, release the equipment for sale to another customer, and charge original buyer a 25% restocking fee.

Payment Terms

Equipment is subject to sale to another customer until the 'Total Deposit Required' amount has been received. Final payment is due (14) business days prior to shipping. All equipment must be paid in full before it leaves our factory. Lease transactions must prefund 100% before equipment is shipped.

Warranty

If your equipment comes with a warranty, it is for functional parts repair or replacement only. Technician fees, treadmill run belts and decks, cosmetic parts, integrated LCD screens and heart rate monitors are not covered under warranty. Broken components are to be returned to Complete Gym Solutions, LLC prior to shipping replacement. Complete Gym Solutions, LLC retains the right to repair or replace broken components. Proof of preventative maintenance is required at time of claim. Warranty will not be honored if preventative maintenance cannot be proven and/or if any equipment abuse or improper usage is evident. I understand that I am responsible to ensure that the equipment I am purchasing from Complete Gym Solutions, LLC gets regular scheduled preventative maintenance to ensure the safety of its user and the efficiency of the equipment in order to not void the warranty.

Shipping Liability

Complete Gym Solutions, LLC is not responsible for damages or shortages that may occur during shipping. Customer is responsible to check the freight Bill of Lading, verify piece count and thoroughly inspect equipment for any damages. Damages or shortages must be documented by the customer on the freight carriers signed Bill Of Lading. Claims must be filed with the carrier and reported to your sales representative within 24 hours. If the documented Bill of Lading substantiating the claim, is not presented within 24 hours, Complete Gym Solutions, LLC and the carrier cannot be held responsible for damages, shortages or rejected claims.

I have read and accepted the Terms and Conditions of this quote

Signature:

Name:

Date:

Initial



USED GYM EQUIPMENT ENRGX BNKR²⁶ ΔMENIFIT RENT GYM EQUIPMENT

Sales Quote

Quote #: Q001220574
Customer: CUS10273
Page: Page 9 of 10
Date: 3/20/2026
Expires: 04/19/26

Credit Card Information

As the credit card holder, I hereby authorize receipt of merchandise at the shipping address above and authorize Complete Gym Solutions, LLC to charge my credit card in the amount of \$87,342.74, which includes a 3.5% administrative fee of \$2,953.62.

Credit Card Name:

Account Number:

Expiration Date:

CVV Code:

Billing Address:

City, State Zip:

Signature:

Name:

Date:

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220574
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Payment Information

***Please include your Quote # in the notes section of the Wire/ACH**

***Failure to do so will delay the processing of your order**

Complete Gym Solutions, LLC

3144 E. Maria St.
Compton, CA 90221

JPMorgan Chase Bank, NA

1550 Westwood Blvd
Los Angeles, CA 90024

Wire Instructions

Account # 2916254322
Routing # 021000021
Swift Code: CHASUS33

ACH Instructions

Account # 2916254322
Routing # 322271627

Complete Gym Solutions Proposal — Premium Equipment

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
Page: Page 1 of 10
Date: 4/16/2026 12:31:39
Expires: 05/16/26

Billing Information:

Park FairFax
Megan Shugart
3360 Gunston Road
Alexandria VA 22302

Shipping Information:

Account Manager:

Gabby Martinez
(310) 701-2821

President/CEO:

Austin Hai
(310) 570-6612
Sales@CompleteGymSolutions.com

Cardio

1.



StairMaster 4 Series 4G Gauntlet + 15" Embedded Display

Part #: SM-SM-9-3415-4G-15-ATSC-60BLK
Condition: New
Warranty: 3 Year Parts/Labor (1 Year Parts/Labor wear items)

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$11,599.00	-\$3,479.70	\$8,119.30	\$8,119.30

2.



Matrix Performance Treadmill, Touch XL 22" Console

Part #: TR-MAT-P-T22
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
3	\$8,000.00	-\$2,400.00	\$5,600.00	\$16,800.00

3.



Matrix A7xi Ascent Trainer, 16" Capacitive Touchscreen

Part #: CT-MAT-A7XI
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
2	\$6,000.00	-\$1,800.00	\$4,200.00	\$8,400.00

4.



Matrix Performance Recumbent Bike, Touch 16" Console

Part #: RB-MAT-P-T16
Condition: Remanufactured
Warranty: 1 Year Parts/Labor

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
2	\$4,000.00	-\$1,200.00	\$2,800.00	\$5,600.00

COMPLETE GYM SOLUTIONS

USED GYM EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
Page: Page 2 of 10
Date: 4/16/2026
Expires: 05/16/26

Cardio

5.

Matrix Performance Upright Bike, Touch 16" Console

Part #: UB-MAT-P-T16
Condition: Remanufactured
Warranty: 1 Year Parts/Labor



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
2	\$3,500.00	-\$1,050.00	\$2,450.00	\$4,900.00

6.

Concept2 Standard 14" RowErg with PM5, Black

Part #: RW-C2-2712
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$990.00	-\$99.00	\$891.00	\$891.00

Selectorized - Upper Body

7.

Hoist HD-3300 Chest Press/Shoulder Press (215lb weight stack)

Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-HOI-HD-3300
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,400.00	-\$660.00	\$3,740.00	\$3,740.00

8.

Hoist HD-3900 Pec Fly/Rear Delt (310lb weight stack)

Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-HOI-HD-3900
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,400.00	-\$660.00	\$3,740.00	\$3,740.00

9.

Hoist HD-3200 Lat Pulldown/Mid Row (225lb weight stack)

Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-HOI-HD-3200
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,400.00	-\$660.00	\$3,740.00	\$3,740.00

10.

Hoist HD-3700 Chin/Dip Assist (210lb weight stack)

Frame: Flat Black / Accent: Flat Black
Part #: SE-HOI-HD-3700
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$5,990.00	-\$898.50	\$5,091.50	\$5,091.50

COMPLETE GYM SOLUTIONS

USED GYM EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
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Expires: 05/16/26

Selectorized - Trunk

11.

Hoist HD-3600 Ab Crunch/Low Back (180lb weight stack)



Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-HOI-HD-3600
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,400.00	-\$660.00	\$3,740.00	\$3,740.00

Selectorized - Lower Body

12.

Hoist HD-3400 Leg Extension/Seated Leg Curl (215lb weight stack)



Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-HOI-HD-3400
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$4,400.00	-\$660.00	\$3,740.00	\$3,740.00

13.

Hoist HD-3403 Leg Press/Calf Raise (280lb weight stack)



Frame: Flat Black / Accent: Flat Black / Pads: Black
Part #: SE-HOI-HD-3403
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$5,990.00	-\$898.50	\$5,091.50	\$5,091.50

Plate Loaded - Lower Body

14.

Hoist CF-3755 Dual Angle Smith Machine



Part #: PL-HOI-CF-3755
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$6,050.00	-\$907.50	\$5,142.50	\$5,142.50

Multi Stations

15.

Hoist HD-3000 Dual Pulley Functional Trainer



Part #: MS-HOI-HD-3000
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$5,499.00	-\$824.85	\$4,674.15	\$4,674.15

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220675
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Expires: 05/16/26

Benches

16. Hoist CF-3160 Super Flat Incline Bench



Part #: BN-HOI-CF-3160
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
3	\$1,280.00	-\$192.00	\$1,088.00	\$3,264.00

Free Weights - Dumbbells

17. BNKR²⁶ Rubber Hex Contoured Dumbbells, 3,5,8,10,12,15-25 lbs (8 Pairs)



Part #: DB-JK-RHC-196
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$392.00	-\$117.60	\$274.40	\$274.40

18. BNKR²⁶ CPU Urethane 12 Sided Dumbbells, 5-50lbs (10 Pairs)



Part #: DB-JK-CPU-12-550-U
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,300.00	-\$990.00	\$2,310.00	\$2,310.00

19. BNKR²⁶ CPU Urethane 12 Sided Dumbbells, 55-75lbs (5 Pairs)



Part #: DB-JK-CPU-12-650-U
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,900.00	-\$1,170.00	\$2,730.00	\$2,730.00

Free Weights - Barbells

20. BNKR²⁶ CPU Urethane 12 Sided EZ Curl Barbell Set, 20-110lbs



Part #: BB-JK-CPU-12-650E-U
Condition: New

Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$3,575.00	-\$1,072.50	\$2,502.50	\$2,502.50

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

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Free Weights - Plates

21.

BNKR²⁶ Olympic Rubber Grip Plate Set, 265lbs (4-45's, 2-25's, 2-10's, 2-5's, 2-2.5's)

Part #: PLT-JK-BRP-SET
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$795.00	-\$238.50	\$556.50	\$556.50

Racks & Cages

22.

BNKR²⁶ Vertical Dumbbell Rack, 8 Pairs

Frame: Flat Black / Accent: Flat Black
Part #: RC-JK-E-VR8
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$160.00	-\$48.00	\$112.00	\$112.00

23.

BNKR²⁶ HS Series Barbell Rack

Frame: Flat Black / Accent: Flat Black
Part #: RC-JK-HX
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$600.00	-\$180.00	\$420.00	\$420.00

24.

Hoist CF-3461-3 Triple Tier Dumbbell Rack (15 Pairs)

Part #: RC-HOI-CF-3461-3
Condition: New



Quantity	Unit Price	Unit Discount	Unit Sell Price	Extended Price
1	\$2,015.00	-\$302.25	\$1,712.75	\$1,712.75

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

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Expires: 05/16/26

Functional / Aerobic Training

25.

Hoist One Element Single Sided Storage, Custom Build A

Stability Balls, 55, 65cm (Top Shelf)

Medicine Balls, 6,8,10,12lbs (Shelf 2)

Kettlebells, 9,13,18,22,26,31lbs (Shelf 3)

Slam Balls, 10,20,30,40lbs (Shelf 4)

Light, Medium, Heavy, Extra Heavy Tubes (Shelf 5)

Light, Medium, Heavy, Extra Heavy Bands (Shelf 5)

Battle Rope + Low Battle Rope Anchor

Stretching Mat x 2

Frame: Flat Black / **Accent:** Flat Black

Part #: FAT-HOI-PS-1E-SS-CBA

Condition: New



<u>Quantity</u>	<u>Unit Price</u>	<u>Unit Discount</u>	<u>Unit Sell Price</u>	<u>Extended Price</u>
1	\$5,599.00	-\$839.85	\$4,759.15	\$4,759.15

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
Page: Page 7 of 10
Date: 4/16/2026
Expires: 05/16/26

Freight Info

Freight:

Location:

Delivery:

Lift Gate: No

Pallets: No

In order to better serve our customers, we do not palletize all products when shipping full truck loads and containers. This practice allows huge savings to our customers by enabling us to ship more items per load while still ensuring the safe transport of the equipment. Due to this method of shipping there is no efficient way for us to calculate maximum capacity with 100% certainty. You will see that the freight quoted is an estimate only.

I acknowledge that I have read and understood the above Freight Information. I also understand and agree to pay all excess charges if I am to instruct the truck driver to go above and beyond the freight service that I am agreeing to in this document.

		Quote Total Before Discounts	\$133,294.00
		Discount Total	\$ -31,242.75
		Quote Subtotal	\$102,051.25
		Packing & Dock Fees	\$2,551.28
		Sales Tax	\$0.00
		Inbound Freight	\$0.00
		Outbound Freight	TBD
		Install Labor	\$0.00
Deposit - Inventory Items:	\$51,025.63	Quote total	\$104,602.53
Deposit - Special Orders:	\$0.00	Payments	\$0.00
Total Deposit Required:	\$51,025.63		
Payments:	\$0.00		
Balance to Accept:	\$51,025.63	Total Due:	\$104,602.53

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
Page: Page 8 of 10
Date: 4/16/2026
Expires: 05/16/26

Terms & Conditions

General Terms

All equipment is the property of Complete Gym Solutions, LLC until full payment is received and the order has been shipped. All Sales are final unless otherwise noted on sales quote. If executing this agreement on behalf of a corporation, general limited partnership, or any other legal entity, I declare that I am fully authorized to do so on its behalf. In addition, I hereby release Complete Gym Solutions, LLC from any claims, demands, damages, losses, costs, causes of action, fees, or expenses which may arise out of any dispute regarding the ownership, operation, sale, control, or possession of this equipment. Returned or cancelled equipment is subject to a 25% restocking and any shipping charges previously incurred. Once an order for new equipment and or gym flooring is placed and paid in full the sale is final. In case of cancellation, prior to shipment, shipping costs will be refunded. In the event that the order has not paid in full or if shipping arrangements have not been arranged, Complete Gym Solutions, LLC will send a notice of completion to the email address on file. Customer must send payment in full and arrange shipping within 7 business after notice is sent. If the order is not shipped within 30 days from date of notice, a storage fee of two dollars a day for each machine will be added to the invoice. Complete Gym Solutions, LLC also reserves the right to cancel the order, release the equipment for sale to another customer, and charge original buyer a 25% restocking fee.

Payment Terms

Equipment is subject to sale to another customer until the 'Total Deposit Required' amount has been received. Final payment is due (14) business days prior to shipping. All equipment must be paid in full before it leaves our factory. Lease transactions must prefund 100% before equipment is shipped.

Warranty

If your equipment comes with a warranty, it is for functional parts repair or replacement only. Technician fees, treadmill run belts and decks, cosmetic parts, integrated LCD screens and heart rate monitors are not covered under warranty. Broken components are to be returned to Complete Gym Solutions, LLC prior to shipping replacement. Complete Gym Solutions, LLC retains the right to repair or replace broken components. Proof of preventative maintenance is required at time of claim. Warranty will not be honored if preventative maintenance cannot be proven and/or if any equipment abuse or improper usage is evident. I understand that I am responsible to ensure that the equipment I am purchasing from Complete Gym Solutions, LLC gets regular scheduled preventative maintenance to ensure the safety of its user and the efficiency of the equipment in order to not void the warranty.

Shipping Liability

Complete Gym Solutions, LLC is not responsible for damages or shortages that may occur during shipping. Customer is responsible to check the freight Bill of Lading, verify piece count and thoroughly inspect equipment for any damages. Damages or shortages must be documented by the customer on the freight carriers signed Bill Of Lading. Claims must be filed with the carrier and reported to your sales representative within 24 hours. If the documented Bill of Lading substantiating the claim, is not presented within 24 hours, Complete Gym Solutions, LLC and the carrier cannot be held responsible for damages, shortages or rejected claims.

I have read and accepted the Terms and Conditions of this quote

Signature:

Name:

Date:

Initial

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
Page: Page 9 of 10
Date: 4/16/2026
Expires: 05/16/26

Credit Card Information

As the credit card holder, I hereby authorize receipt of merchandise at the shipping address above and authorize Complete Gym Solutions, LLC to charge my credit card in the amount of \$108,263.62, which includes a 3.5% administrative fee of \$3,661.09.

Credit Card Name:

Account Number:

Expiration Date:

CVV Code:

Billing Address:

City, State Zip:

Signature:

Name:

Date:

COMPLETE GYM SOLUTIONS

USED GYM
EQUIPMENT

ENRGX

BNKR²⁶

ΔMENIFIT

RENT GYM
EQUIPMENT

Sales Quote

Quote #: Q001220675
Customer: CUS10273
Page: Page 10 of 10
Date: 4/16/2026
Expires: 05/16/26

Payment Information

***Please include your Quote # in the notes section of the Wire/ACH**

***Failure to do so will delay the processing of your order**

Complete Gym Solutions, LLC

3144 E. Maria St.
Compton, CA 90221

JPMorgan Chase Bank, NA

1550 Westwood Blvd
Los Angeles, CA 90024

Wire Instructions

Account # 2916254322
Routing # 021000021
Swift Code: CHASUS33

ACH Instructions

Account # 2916254322
Routing # 322271627

Life Fitness Proposal — Basic Equipment

LifeFitness

**HAMMER
STRENGTH**

PREPARED BY

Christopher Simoncini

Email: chris.simoncini@lifefitness.com

Phone: (717) 688-6232

QUOTE : CPQ-44114

DATE : 03-25-2026

BILL TO : PARKFAIRFAX CONDOMINIUM

3360 GUNSTON RD

ALEXANDRIA

VA 22302-2133

US

SHIP TO : PARKFAIRFAX CONDOMINIUM

3360 GUNSTON RD

ALEXANDRIA

VA 22302-2133

US

ONSITE CONTACT

Megan Avery

meg.avery3@gmail.com

Thank you for the opportunity to present a comprehensive equipment recommendation. It is an honor to be considered and we hope you will select us to partner with you to create a premier fitness facility for your organization.

Choosing the right fitness equipment can be daunting. The products you select must be easy to use and inviting for a variety of exercisers. They must be durable and reliable -- capable of standing up to the rigors of continued daily use. That is why partnering with an industry-leading manufacturer uniquely qualified to guide you through the process is so important.

Life Fitness has over 30 years' experience helping facilities select their fitness equipment and create customized fitness environments that encourage exercisers to work out more often and lead healthier lives. We offer the largest breadth of cardio, strength and performance-training equipment, value-added services, and ongoing support to ensure that your facilities' needs will be met in the years to come.

If you have any questions or comments regarding our proposal, please contact us as indicated below. The Life Fitness team looks forward to supporting you in the future.

Sincerely,

LIFE FITNESS

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
4	ATMOS RECUMBENT BIKE SL MRR-SL-ALLXX-01	Atmos Recumbent Bike Smooth Charcoal Base SL English Imperial	2	\$3,199.00	\$2,079.35	\$4,158.70
	Preventive Maintenance, 2PM Per Year- 1 Year, Upright and Recumbent Bike EW-BIKE-2PM-1YR		2	\$139.00	\$86.18	\$172.36
5	ATMOS TREADMILL SL MRT-SL-ALLXX-01	Atmos Treadmill Smooth Charcoal LV Base SL English Imperial Power Cord DOM Low Volt 90 DEG 96 IN	4	\$5,999.00	\$3,899.35	\$15,597.40
	Preventive Maintenance, 2PM Per Year- 1 Year, Treadmill EW-TREAD-2PM-1YR		4	\$191.00	\$118.42	\$473.68
6	ATMOS ELLIPTICAL SL MRX-SL-ALLXX-01	Atmos Elliptical Smooth Charcoal Base SL English Imperial	2	\$4,599.00	\$2,989.35	\$5,978.70
	Preventive Maintenance, 2PM Per Year- 1 Year, Crosstrainer EW-CROSSTRAIN-2PM-1YR		2	\$139.00	\$86.18	\$172.36
3	HEAT ROW LCD PRF-ROW-LCD-01		1	\$3,119.00	\$2,027.35	\$2,027.35
	Preventive Maintenance, 2PM Per Year- 1 Year, Rower EW-ROWER-2PM-1YR		1	\$139.00	\$86.18	\$86.18
1	Life Fitness ICG IC5 Indoor Cycle IC-LFICGIC5-01		2	\$2,807.00	\$1,824.55	\$3,649.10
	Preventive Maintenance, 2PM Per Year- 1 Year, Indoor Cycle EW-INDOORCYCLE-2PM-1YR		2	\$139.00	\$86.18	\$172.36
2	UNIVERSAL TABLET TRAY AND HANDLEBAR BRACKET IC4-7 VI-BYOD-01		2	\$113.00	\$73.45	\$146.90

Strength

1	AXIOM LEG PRESS OP-LP	 Charcoal Frame Standard Weight Black Upholstery Rear Shroud	1	\$5,847.00	\$4,092.90	\$4,092.90
2	AXIOM PULLDOWN/ROW OP-LR	 Charcoal Frame Black Upholstery Standard Weight Rear Shroud	1	\$4,749.00	\$3,324.30	\$3,324.30

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Strength						
3	AXIOM MULTI-PRESS OP-MP	 Charcoal Frame Black Upholstery Standard Weight Rear Shroud	1	\$5,253.00	\$3,677.10	\$3,677.10
4	AXIOM SEATED LEG CURL EXTENSION OP-SLCE	 Charcoal Frame Black Upholstery Standard Weight Rear Shroud	1	\$5,253.00	\$3,677.10	\$3,677.10
5	LF B&R 3-TIER SADDLE DUMBBELL RACK - LONG LBR-TL	Frame Charcoal	1	\$1,749.00	\$1,224.30	\$1,224.30
7	LF B&R BARBELL RACK 5 LBR-BB	 Charcoal Frame	2	\$990.00	\$693.00	\$1,386.00
8	LF B&R VERTICAL DUMBBELL RACK 8 LBR-DV	 Charcoal Frame	1	\$901.00	\$630.70	\$630.70
9	LF B&R ACCESSORY STORAGE RACK SAR	 Charcoal Frame English Mat & Rollers Beauty Bells	1	\$2,762.00	\$1,933.40	\$1,933.40
10	LIFE FITNESS ADJUSTABLE BENCH LBR-AD	 Frame Charcoal Black Single Stitch Upholstery	2	\$1,424.00	\$996.80	\$1,993.60
12	LIFE FITNESS LEG RAISE/DIP LBR-LD	 Charcoal Frame Black Single Stitch Upholstery	1	\$1,648.00	\$1,153.60	\$1,153.60
6	LF CABLE MOTION DUAL ADJUSTABLE PULLEY 2:1 OP-DAP	 Charcoal Frame Box 1 of 2 Charcoal Frame Box 2 of 2 OP-DAP SHROUD BOX -STD OP-DAP WEIGHT PLATE BOX -STD	1	\$5,952.00	\$4,166.40	\$4,166.40
11	LF PLATE LOADED SMITH RACK OP-SM	 Charcoal Frame	1	\$4,631.00	\$3,241.70	\$3,241.70

Accessories

1	HAMMER DUMBBELL SET 5-50LB,Rubber,4 Sided HS-DB-3100-02		1	\$3,375.00	\$2,632.50	\$2,632.50
2	HAMMER DUMBBELL SET 55-75LB,Rubber,4 Sided HS-DB-3100-03		1	\$3,060.00	\$2,386.80	\$2,386.80

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Accessories						
3	HAMMER BARBELL, STRAIGHT, SET 20-110LB, RUBBER, 4 Sided HS-BB-5200-02		1	\$3,350.00	\$2,613.00	\$2,613.00
4	Collar, Spring, With Rubber Handle (Pair) ACC-CL-1000-02		1	\$28.00	\$21.84	\$21.84
5	LIFE FITNESS FOAM ROLLER, GRAY, SOFT, 36IN LF-FR-1000-01		3	\$56.00	\$43.68	\$131.04
6	LF KETTLEBELL, 10LB, RUBBER, STAINLESS HANDLE LF-KB-1120-01		1	\$98.00	\$76.44	\$76.44
7	LF KETTLEBELL, 15LB, RUBBER, STAINLESS HANDLE LF-KB-1122-01		1	\$110.00	\$85.80	\$85.80
8	LF KETTLEBELL, 20LB, RUBBER, STAINLESS HANDLE LF-KB-1124-01		1	\$127.00	\$99.06	\$99.06
9	LF KETTLEBELL, 25LB, RUBBER, STAINLESS HANDLE LF-KB-1125-01		1	\$141.00	\$109.98	\$109.98
10	LF KETTLEBELL, 30LB, RUBBER, STAINLESS HANDLE LF-KB-1126-01		1	\$157.00	\$122.46	\$122.46
11	LF KETTLEBELL, 35LB, RUBBER, STAINLESS HANDLE LF-KB-1127-01		1	\$173.00	\$134.94	\$134.94
12	LF KETTLEBELL, 40LB, RUBBER, STAINLESS HANDLE LF-KB-1128-01		1	\$186.00	\$145.08	\$145.08
13	LF KETTLEBELL, 45LB, RUBBER, STAINLESS HANDLE LF-KB-1129-01		1	\$203.00	\$158.34	\$158.34
14	LF KETTLEBELL, 50LB, RUBBER, STAINLESS HANDLE LF-KB-1130-01		1	\$219.00	\$170.82	\$170.82
15			4	\$63.00	\$49.14	\$196.56

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Accessories						
	LF, CORE MAT,55Lx24Wx0.39in(139x61cm x 10mm),BLK LF-CM-1000-01					
16	LIFE FITNESS MEDICINE BALL,6LB,GREEN LF-MB-1131-01		1	\$70.00	\$54.60	\$54.60
17	LIFE FITNESS MEDICINE BALL,8LB,ORANGE LF-MB-1132-01		1	\$86.00	\$67.08	\$67.08
18	LIFE FITNESS MEDICINE BALL,10LB,RED LF-MB-1133-01		1	\$100.00	\$78.00	\$78.00
19	Hammer Olympic Bar,28MM,Chrome,Bushing,20KG HS-OB-1004-01		1	\$651.00	\$507.78	\$507.78
20	LIFE FITNESS COVERED RESISTANCE TUBE, LIGHT LF-RTB-1001-01		1	\$24.00	\$18.72	\$18.72
21	LIFE FITNESS COVERED RESISTANCE TUBE, MEDIUM LF-RTB-1002-01		1	\$26.00	\$20.28	\$20.28
22	LIFE FITNESS COVERED RESISTANCE TUBE, HEAVY LF-RTB-1003-01		1	\$27.00	\$21.06	\$21.06
23	LIFE FITNESS COVERED RESISTANCE TUBE, EXTRA HEAVY LF-RTB-1004-01		1	\$28.00	\$21.84	\$21.84
24	Hammer Olympic Plate 45LB,Rubber,RndX HS-OP-3000-01		6	\$166.00	\$129.48	\$776.88
25	Hammer Olympic Plate 25LB,Rubber,RndX HS-OP-3002-01		4	\$93.00	\$72.54	\$290.16
26	Hammer Olympic Plate 10LB,Rubber,RndX HS-OP-3003-01		4	\$38.00	\$29.64	\$118.56
27	Hammer Olympic Plate 5LB,Rubber,RndX HS-OP-3004-01		2	\$19.00	\$14.82	\$29.64

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Accessories						
28	Hammer Olympic Plate 2.5LB,Rubber,RndX HS-OP-3005-01		2	\$12.00	\$9.36	\$18.72
29	LF STUDIO DB, 2.5LB EACH, URETHANE, GRY/YLW LF-GDB-SIN-1001-01		4	\$30.00	\$23.40	\$93.60
30	LF STUDIO DB, 5LB EACH, URETHANE, GRY/GRN LF-GDB-SIN-1002-01		4	\$33.00	\$25.74	\$102.96
31	LF STUDIO DB, 7.5LB EACH, URETHANE, GRY/ORNG LF-GDB-SIN-1003-01		4	\$48.00	\$37.44	\$149.76
32	LF STUDIO DB, 10LB EACH, URETHANE, GRY/RED LF-GDB-SIN-1004-01		4	\$54.00	\$42.12	\$168.48
33	LF STUDIO DB, 12.5LB EACH, URETHANE, GRY/BLU LF-GDB-SIN-1005-01		4	\$71.00	\$55.38	\$221.52
34	LF STUDIO DB, 15LB EACH, URETHANE, GRY/PRPL LF-GDB-SIN-1006-01		4	\$79.00	\$61.62	\$246.48
35	LF STUDIO DB, 17.5LB EACH, URETHANE, GRY/DK GRY LF-GDB-SIN-1007-01		2	\$93.00	\$72.54	\$145.08
36	LF STUDIO DB, 20LB EACH, URETHANE, GRY/BLK LF-GDB-SIN-1008-01		2	\$113.00	\$88.14	\$176.28

QUOTE : CPQ-44114

DATE : 03-25-2026

BILL TO : PARKFAIRFAX CONDOMINIUM

SHIP TO : PARKFAIRFAX CONDOMINIUM

SHIPMENT :

FREIGHT TERMS : Prepaid

FOB : Shipping Point

PAYMENT TERM : CC - FULL PMT

TOTAL MSRP	:	\$109,774.00
CUSTOMER DISCOUNT	:	- \$34,225.67
SELLING PRICE	:	\$75,548.33
SURCHARGE	:	\$1,489.43
FREIGHT / FUEL/ INSTALLATION	:	\$11,915.42
ESTIMATED SALES TAX	:	\$4,622.27
TOTAL (USD)	:	\$93,575.45

REMITTANCE ADDRESS

2716 NETWORK PLACE
CHICAGO, IL 60673
USA

TERMS & CONDITIONS

This order quote is valid for 30 days. Buyer may accept by either (1) returning this quote with Buyer's signature or (2) by Buyer issuing a Purchase Order against this quote to Life Fitness. In all cases, this order quote and its acceptance are subject to the Life Fitness Commercial Terms & Conditions of Sale posted online at www.lifefitness.com/en-us/legal/terms-conditions which supersede any terms in Buyer's purchase orders, policies, vendor guidelines and any other documents that pre-date or post-date this purchase. Any inconsistent terms in Buyer's documents are deemed to have been rejected. Upon acceptance by Buyer and then Life Fitness, this Agreement shall become legally binding and constitutes the sole and complete agreement of the parties.

For avoidance of doubt, if Buyer and Life Fitness executed an active Master Agreement, the applicable Master Agreement will govern this Agreement and the Life Fitness Standard Terms and Conditions will supplement.

Life Fitness Proposal — Premium Equipment

LifeFitness

**HAMMER
STRENGTH®**

PREPARED BY

Christopher Simoncini

Email: chris.simoncini@lifefitness.com

Phone: (717) 688-6232

QUOTE : CPQ-42991

DATE : 03-25-2026

BILL TO : PARKFAIRFAX CONDOMINIUM

3360 GUNSTON RD

ALEXANDRIA

VA 22302-2133

US

SHIP TO : PARKFAIRFAX CONDOMINIUM

3360 GUNSTON RD

ALEXANDRIA

VA 22302-2133

US

ONSITE CONTACT

Megan Avery

meg.avery3@gmail.com

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Choosing the right fitness equipment can be daunting. The products you select must be easy to use and inviting for a variety of exercisers. They must be durable and reliable -- capable of standing up to the rigors of continued daily use. That is why partnering with an industry-leading manufacturer uniquely qualified to guide you through the process is so important.

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If you have any questions or comments regarding our proposal, please contact us as indicated below. The Life Fitness team looks forward to supporting you in the future.

Sincerely,

LIFE FITNESS

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
1	ATMOS TREADMILL SE4 16 MRT-SE416-ALLXX-01	Atmos Treadmill Smooth Charcoal LV Base SE4 16 Eng NFC PROIDIOM Coax Power Cord DOM Low Volt 90 DEG 96 IN Atmos SE4 Console Conversion Kit Treadmill	4	\$8,799.00	\$5,719.35	\$22,877.40
	Preventive Maintenance, 2PM Per Year- 1 Year, Treadmill EW-TREAD-2PM-1YR		4	\$191.00	\$118.42	\$473.68
2	ATMOS ELLIPTICAL SE4 16 MRX-SE416-ALLXX-01	Atmos Elliptical Smooth Charcoal Base SE4 16 Eng NFC PROIDIOM Coax Power Cord DOM Low Volt Straight Atmos SE4 Console Conversion Kit Non-Tread	2	\$7,299.00	\$4,744.35	\$9,488.70
	Preventive Maintenance, 2PM Per Year- 1 Year, Crosstrainer EW-CROSTRAIN-2PM-1YR		2	\$139.00	\$86.18	\$172.36
3	ATMOS RECUMBENT BIKE SE4 16 MRR-SE416-ALLXX-01	Atmos Recumbent Bike Smooth Charcoal Base SE4 16 Eng NFC PROIDIOM Coax Power Cord DOM Low Volt Straight Atmos SE4 Console Conversion Kit Non-Tread	2	\$5,699.00	\$3,704.35	\$7,408.70
	Preventive Maintenance, 2PM Per Year- 1 Year, Upright and Recumbent Bike EW-BIKE-2PM-1YR		2	\$139.00	\$86.18	\$172.36
6	HEAT ROW LCD PRF-ROW-LCD-01		1	\$3,119.00	\$2,027.35	\$2,027.35
	Preventive Maintenance, 2PM Per Year- 1 Year, Rower EW-ROWER-2PM-1YR		1	\$139.00	\$86.18	\$86.18
4	Life Fitness ICG IC5 Indoor Cycle IC-LFICGIC5-01		2	\$2,807.00	\$1,824.55	\$3,649.10
	Preventive Maintenance, 2PM Per Year- 1 Year, Indoor Cycle EW-INDOORCYCLE-2PM-1YR		2	\$139.00	\$86.18	\$172.36
5	UNIVERSAL TABLET TRAY AND HANDLEBAR BRACKET IC4-7 VI-BYOD-01		2	\$113.00	\$73.45	\$146.90

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Strength						
1	AXIOM LEG PRESS OP-LP	 Charcoal Frame Standard Weight Black Upholstery Rear Shroud	1	\$5,847.00	\$4,092.90	\$4,092.90
2	AXIOM PULLDOWN/ROW OP-LR	 Charcoal Frame Black Upholstery Standard Weight Rear Shroud	1	\$4,749.00	\$3,324.30	\$3,324.30
3	AXIOM MULTI-PRESS OP-MP	 Charcoal Frame Black Upholstery Standard Weight Rear Shroud	1	\$5,253.00	\$3,677.10	\$3,677.10
4	AXIOM SEATED LEG CURL EXTENSION OP-SLCE	 Charcoal Frame Black Upholstery Standard Weight Rear Shroud	1	\$5,253.00	\$3,677.10	\$3,677.10
5	LF B&R 3-TIER SADDLE DUMBBELL RACK - LONG LBR-TL	Frame Charcoal	1	\$1,749.00	\$1,224.30	\$1,224.30
7	LF B&R BARBELL RACK 5 LBR-BB	 Charcoal Frame	2	\$990.00	\$693.00	\$1,386.00
8	LF B&R VERTICAL DUMBBELL RACK 8 LBR-DV	 Charcoal Frame	1	\$901.00	\$630.70	\$630.70
9	LF B&R ACCESSORY STORAGE RACK SAR	 Charcoal Frame English Mat & Rollers Beauty Bells	1	\$2,762.00	\$1,933.40	\$1,933.40
10	LIFE FITNESS ADJUSTABLE BENCH LBR-AD	 Frame Charcoal Black Single Stitch Upholstery	2	\$1,424.00	\$996.80	\$1,993.60
12	LIFE FITNESS LEG RAISE/DIP LBR-LD	 Charcoal Frame Black Single Stitch Upholstery	1	\$1,648.00	\$1,153.60	\$1,153.60
6	LF CABLE MOTION DUAL ADJUSTABLE PULLEY 2:1 OP-DAP	 Charcoal Frame Box 1 of 2 Charcoal Frame Box 2 of 2 OP-DAP SHROUD BOX -STD OP-DAP WEIGHT PLATE BOX -STD	1	\$5,952.00	\$4,166.40	\$4,166.40
11	LF PLATE LOADED SMITH RACK OP-SM	 Charcoal Frame	1	\$4,631.00	\$3,241.70	\$3,241.70

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Accessories						
1	HAMMER DUMBBELL SET 5-50LB,Rubber,4 Sided HS-DB-3100-02		1	\$3,375.00	\$2,632.50	\$2,632.50
2	HAMMER DUMBBELL SET 55-75LB,Rubber,4 Sided HS-DB-3100-03		1	\$3,060.00	\$2,386.80	\$2,386.80
3	HAMMER BARBELL,STRAIGHT,SET 20-110LB,RUBBER,4 Sided HS-BB-5200-02		1	\$3,350.00	\$2,613.00	\$2,613.00
4	Collar, Spring, With Rubber Handle (Pair) ACC-CL-1000-02		1	\$28.00	\$21.84	\$21.84
5	LIFE FITNESS FOAM ROLLER, GRAY, SOFT, 36IN LF-FR-1000-01		3	\$56.00	\$43.68	\$131.04
6	LF KETTLEBELL, 10LB, RUBBER, STAINLESS HANDLE LF-KB-1120-01		1	\$98.00	\$76.44	\$76.44
7	LF KETTLEBELL, 15LB, RUBBER, STAINLESS HANDLE LF-KB-1122-01		1	\$110.00	\$85.80	\$85.80
8	LF KETTLEBELL, 20LB, RUBBER, STAINLESS HANDLE LF-KB-1124-01		1	\$127.00	\$99.06	\$99.06
9	LF KETTLEBELL, 25LB, RUBBER, STAINLESS HANDLE LF-KB-1125-01		1	\$141.00	\$109.98	\$109.98
10	LF KETTLEBELL, 30LB, RUBBER, STAINLESS HANDLE LF-KB-1126-01		1	\$157.00	\$122.46	\$122.46
11	LF KETTLEBELL, 35LB, RUBBER, STAINLESS HANDLE LF-KB-1127-01		1	\$173.00	\$134.94	\$134.94
12	LF KETTLEBELL, 40LB, RUBBER, STAINLESS HANDLE LF-KB-1128-01		1	\$186.00	\$145.08	\$145.08
13	LF KETTLEBELL, 45LB, RUBBER, STAINLESS HANDLE		1	\$203.00	\$158.34	\$158.34

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Accessories						
	LF-KB-1129-01					
14	LF KETTLEBELL, 50LB, RUBBER, STAINLESS HANDLE LF-KB-1130-01		1	\$219.00	\$170.82	\$170.82
15	LF CORE MAT,55Lx24Wx0.39in(139x61cm x 10mm),BLK LF-CM-1000-01		4	\$63.00	\$49.14	\$196.56
16	LIFE FITNESS MEDICINE BALL,6LB,GREEN LF-MB-1131-01		1	\$70.00	\$54.60	\$54.60
17	LIFE FITNESS MEDICINE BALL,8LB,ORANGE LF-MB-1132-01		1	\$86.00	\$67.08	\$67.08
18	LIFE FITNESS MEDICINE BALL,10LB,RED LF-MB-1133-01		1	\$100.00	\$78.00	\$78.00
19	Hammer Olympic Bar,28MM,Chrome,Bushing,20KG HS-OB-1004-01		1	\$651.00	\$507.78	\$507.78
20	LIFE FITNESS COVERED RESISTANCE TUBE, LIGHT LF-RTB-1001-01		1	\$24.00	\$18.72	\$18.72
21	LIFE FITNESS COVERED RESISTANCE TUBE, MEDIUM LF-RTB-1002-01		1	\$26.00	\$20.28	\$20.28
22	LIFE FITNESS COVERED RESISTANCE TUBE, HEAVY LF-RTB-1003-01		1	\$27.00	\$21.06	\$21.06
23	LIFE FITNESS COVERED RESISTANCE TUBE, EXTRA HEAVY LF-RTB-1004-01		1	\$28.00	\$21.84	\$21.84
24	Hammer Olympic Plate 45LB,Rubber,RndX HS-OP-3000-01		6	\$166.00	\$129.48	\$776.88
25	Hammer Olympic Plate 25LB,Rubber,RndX HS-OP-3002-01		4	\$93.00	\$72.54	\$290.16

#	DESCRIPTION	CONFIGURATION DETAILS	QTY	MSRP	UNIT PRICE	TOTAL PRICE
Accessories						
26	Hammer Olympic Plate 10LB,Rubber,RndX HS-OP-3003-01		4	\$38.00	\$29.64	\$118.56
27	Hammer Olympic Plate 5LB,Rubber,RndX HS-OP-3004-01		2	\$19.00	\$14.82	\$29.64
28	Hammer Olympic Plate 2.5LB,Rubber,RndX HS-OP-3005-01		2	\$12.00	\$9.36	\$18.72
29	LF STUDIO DB, 2.5LB EACH, URETHANE, GRY/YLW LF-GDB-SIN-1001-01		4	\$30.00	\$23.40	\$93.60
30	LF STUDIO DB, 5LB EACH, URETHANE, GRY/GRN LF-GDB-SIN-1002-01		4	\$33.00	\$25.74	\$102.96
31	LF STUDIO DB, 7.5LB EACH, URETHANE, GRY/ORNG LF-GDB-SIN-1003-01		4	\$48.00	\$37.44	\$149.76
32	LF STUDIO DB, 10LB EACH, URETHANE, GRY/RED LF-GDB-SIN-1004-01		4	\$54.00	\$42.12	\$168.48
33	LF STUDIO DB, 12.5LB EACH, URETHANE, GRY/BLU LF-GDB-SIN-1005-01		4	\$71.00	\$55.38	\$221.52
34	LF STUDIO DB, 15LB EACH, URETHANE, GRY/PRPL LF-GDB-SIN-1006-01		4	\$79.00	\$61.62	\$246.48
35	LF STUDIO DB, 17.5LB EACH, URETHANE, GRY/DK GRY LF-GDB-SIN-1007-01		2	\$93.00	\$72.54	\$145.08
36	LF STUDIO DB, 20LB EACH, URETHANE, GRY/BLK LF-GDB-SIN-1008-01		2	\$113.00	\$88.14	\$176.28

QUOTE : CPQ-42991

DATE : 03-25-2026

BILL TO : PARKFAIRFAX CONDOMINIUM

SHIP TO : PARKFAIRFAX CONDOMINIUM

SHIPMENT :

FREIGHT TERMS : Prepaid

FOB : Shipping Point

PAYMENT TERM : CC - FULL PMT

TOTAL MSRP	:	\$131,374.00
CUSTOMER DISCOUNT	:	- \$41,785.67
SELLING PRICE	:	\$89,588.33
SURCHARGE	:	\$1,770.23
FREIGHT / FUEL/ INSTALLATION	:	\$14,161.82
ESTIMATED SALES TAX	:	\$5,481.51
TOTAL (USD)	:	\$111,001.89

REMITTANCE ADDRESS

2716 NETWORK PLACE
CHICAGO, IL 60673
USA

TERMS & CONDITIONS

This order quote is valid for 30 days. Buyer may accept by either (1) returning this quote with Buyer's signature or (2) by Buyer issuing a Purchase Order against this quote to Life Fitness. In all cases, this order quote and its acceptance are subject to the Life Fitness Commercial Terms & Conditions of Sale posted online at www.lifefitness.com/en-us/legal/terms-conditions which supersede any terms in Buyer's purchase orders, policies, vendor guidelines and any other documents that pre-date or post-date this purchase. Any inconsistent terms in Buyer's documents are deemed to have been rejected. Upon acceptance by Buyer and then Life Fitness, this Agreement shall become legally binding and constitutes the sole and complete agreement of the parties.

For avoidance of doubt, if Buyer and Life Fitness executed an active Master Agreement, the applicable Master Agreement will govern this Agreement and the Life Fitness Standard Terms and Conditions will supplement.

PARKFAIRFAX CONDO CLUBHOUSE – LVL 1

3360 GUNSTON RD, ALEXANDRIA VA

Christopher Simoncini

(717) 688-6232

chris.simoncini@lifefitness.com

Date: 3/25/2026

Version: 1.01

Scale: 3/16"=1'-0"

Ceiling Ht.: -

SQ.FT.: -

Refresh: ☒ New Build: ☐

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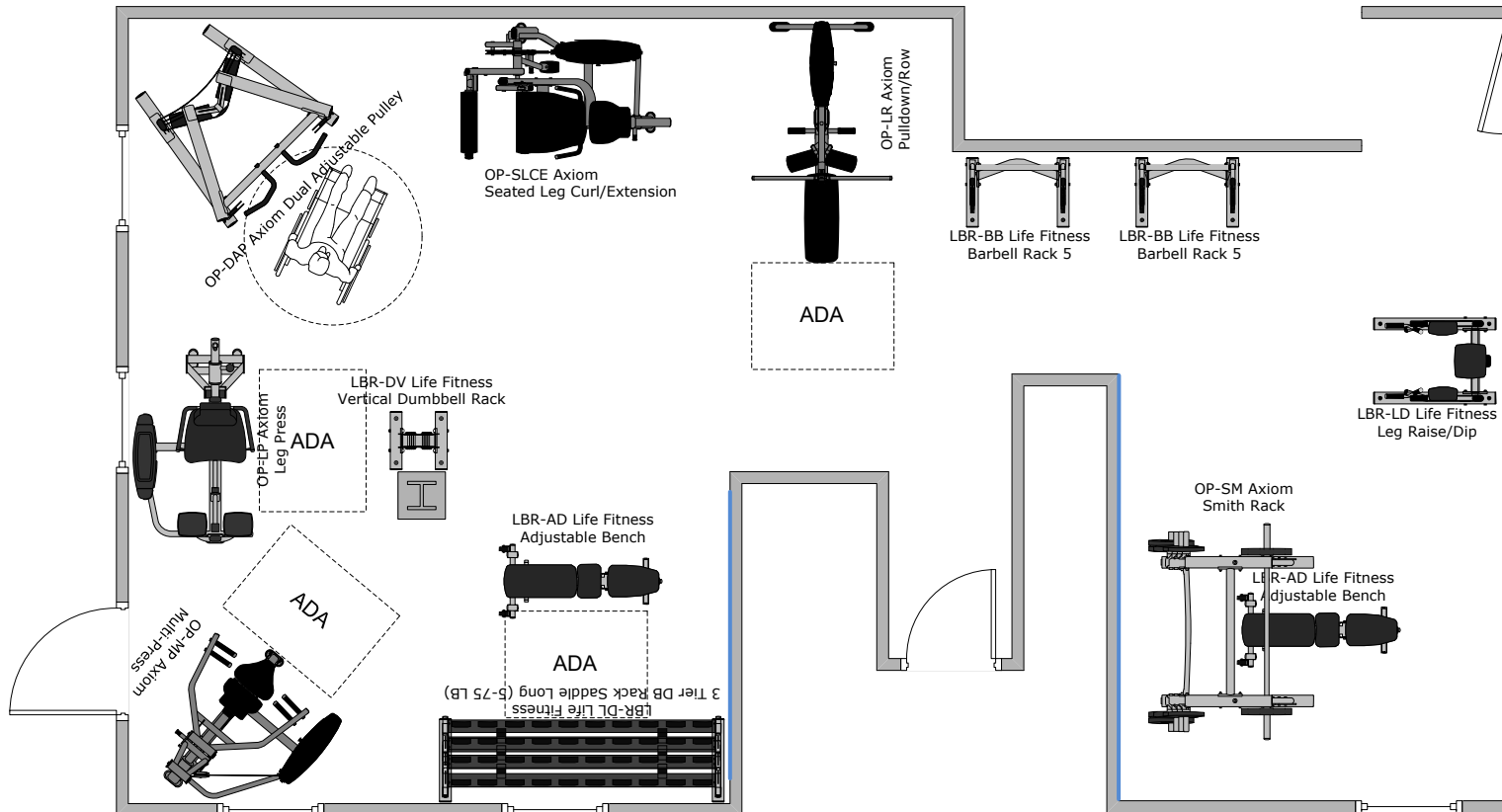
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Electrical Legend:

-  DEDICATED RECEPTACLE
-  STANDARD RECEPTACLE
-  OPTIONAL RECEPTACLE
-  WIFI / WIRED INTERNET
-  TV CONNECTION

CONSULT A QUALIFIED ELECTRICAL PROFESSIONAL TO DETERMINE POWER REQUIREMENTS AND PLACEMENT.

POWER, DATA, AND TV REQUIREMENTS VARY BASED ON OPTIONS SELECTED.



PARKFAIRFAX CONDO CLUBHOUSE – LVL 2

3360 GUNSTON RD, ALEXANDRIA VA

Christopher Simoncini

(717) 688-6232

chris.simoncini@lifefitness.com

Date: 3/25/2026

Version: 1.01

Scale: 1/4"=1'-0"

Ceiling Ht.: -

SQ.FT.: -

Refresh: ☒ New Build: ☐

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