

The Northfield Senior Center
FITNESS FORWARD!
– It's Time to Update!

**The Northfield Senior Center /
Wellness Center /
Fitness Center
opened in October 2000.**

Back in 2000 the idea of a fitness/wellness center within a senior center was revolutionary!

The idea that seniors would want to exercise regularly with state-of-the-art fitness equipment was inspired.

Those leaders of the Northfield Senior Center handed down to us a **legacy of wellness opportunities.**

This is who we are!

This is why we're here!

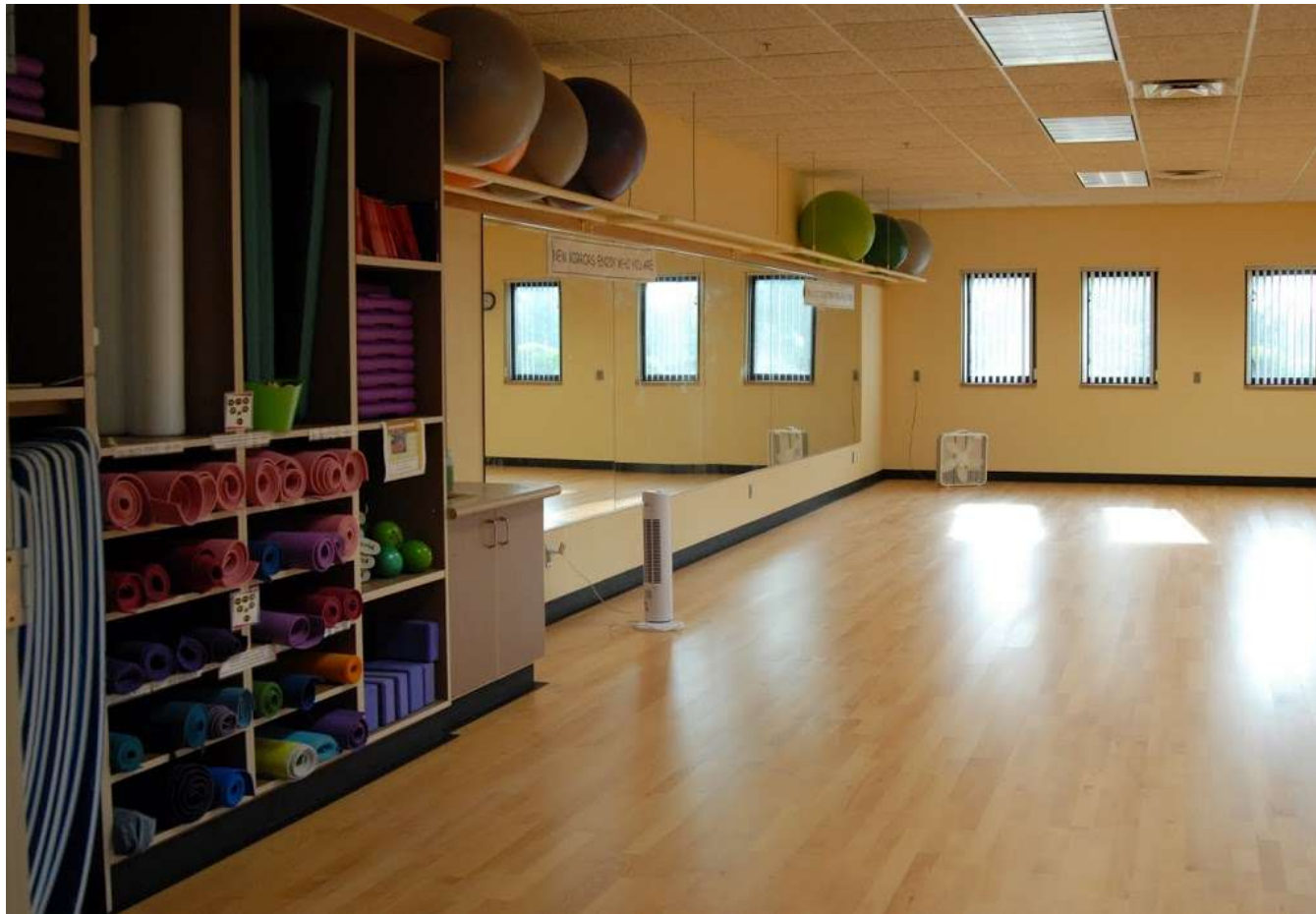
- **"The mission of the Northfield Senior Citizens, Inc. is**
- **to encourage area seniors to pursue active, meaningful, and healthy lives;**
- **to invite seniors to share their talents and interests;**
- **and to offer services, information, and social, intellectual and wellness opportunities."**

“Build it, and they will come...”

- Since 2000 our membership has grown from 800 to 1,700 members!
- Each day 300-350 people come to use the Senior Center!
- 85% of the use of the Center is for Fitness – Fitness room, fitness studio, fitness classes, the warm-water pool.
- We **MUST** take care of the Center today so that it will be here to serve the growing senior population of tomorrow.

***FITNESS FORWARD!
IT'S TIME TO UPDATE***

We must update
the Wellness Center so that
we can continue to fulfill our mission
of providing wellness opportunities
for Northfield area seniors.



Phase 1, Update Fitness Studio

- In 2011 the Fitness Studio was refurbished with a spring-loaded wood floor, cabinets, storage.



Phase 2, Update Fitness Room

- In 2015 we will raise \$50,000 to update the Fitness Room with new equipment and carpet.



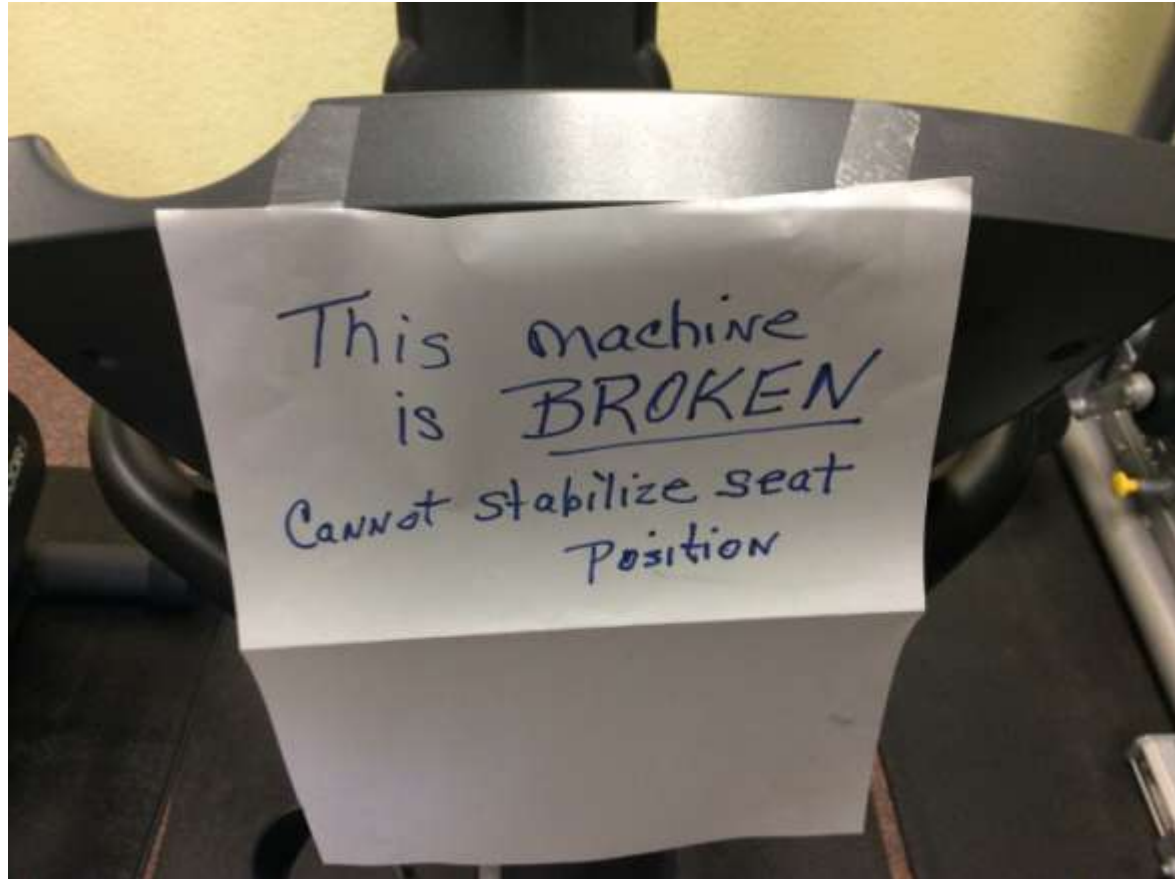
Phase 3, Update the Pool

- The pool infrastructure will need pumps, heaters, filters and ventilation.



The Fitness Center has been and is very popular with our members! The fitness equipment gets used – a lot!

Some of our current fitness equipment is FAILING!



Because we have taken good care of our equipment, it has outlasted its normal life expectancy.

13 pieces are original equipment from 2000 – 2004. 80% of our pieces need some repair. Some parts are no longer available.

Member safety is an important concern.



The Facilities Committee and Staff
have been studying what to do.

We believe it is time to
UPDATE THE FITNESS CENTER!

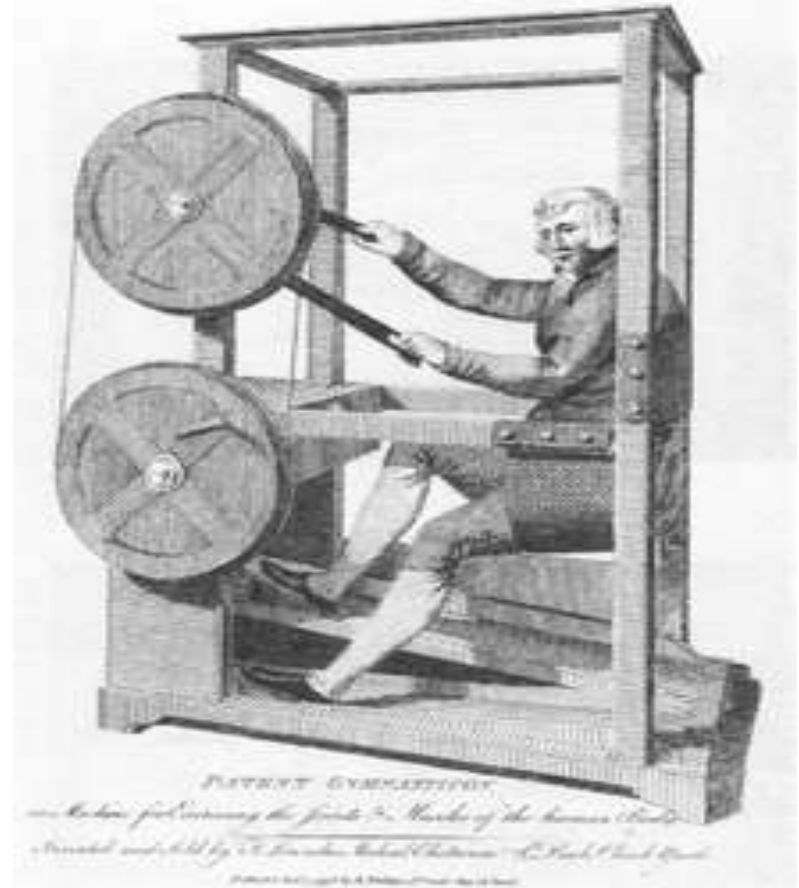
First, we will update cardio equipment.

Cardio Equipment

- 5 New Treadmills
- 3 New Ellipticals
- 4 New Bikes

- We will keep 2 of our current bikes.

(The Gymnasticon 1796)



Trade in our old treadmills...



- Keep exercise outfits and shoes!



Buy new Treadmills:

- 2 Precor Treadmills (similar to current treadmills)
- 2 True Fitness Treadmills
- 1 Matrix Treadmill (this is the current, low step-up we have)

Trade in old ellipticals...





Buy new Ellipticals:

1 new Precor Elliptical Cross trainer
(similar to our current one)

1 new Octane Elliptical

1 new Octane Seated Elliptical

Trade in old exercise bikes...





Buy new Bikes:

1 more True Recumbent Bike

2 Nustep Recumbent Cross Trainers (we will replace current one and add another)

1 True Upright Bike



We will keep two current Exercise Bikes:

We plan to keep the True Recumbent Bike from 2014
We plan to keep the Magnum Total Body Cycle from 2010

How much will the Cardio Equipment cost?

- 2 Precor treadmills @ \$5,310 each = \$10,620.
- 2 True Fitness treadmills @ \$5,100 each = \$10,200.
- 1 Matrix treadmill @ \$3,895.
- 1 Precor elliptical @ \$5,340.
- 1 Octane elliptical @ \$4,295.
- 1 Octane seated elliptical @ \$3,695.
- 1 True recumbent bike @ \$2,525.
- 1 True upright bike @ \$2,285.
- 2 Nustep recumbent bikes @ \$3,595 = \$7,190.

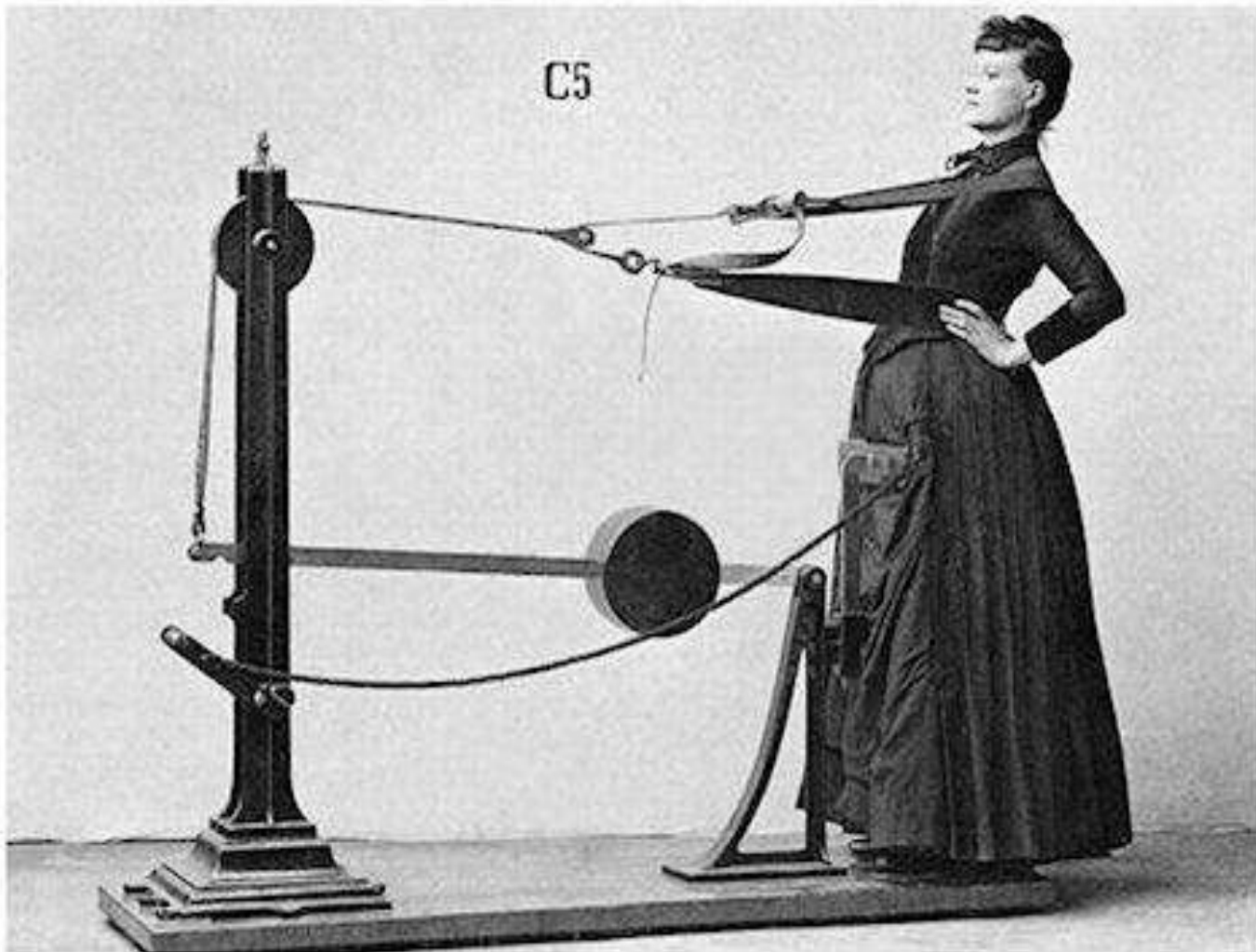
• **TOTAL CARDIO COST = \$50,045**



(The Zander Machine)

We will update the strength equipment.

Trade in old strength equipment...





Adjust seat so legs are at a 90 degree angle



- WE WILL BUY: 1 Precor Discovery Leg Press
...1 Precor Discovery Leg Extension
...1 Precor Discovery Leg Curl
...1 Precor Inner/Outer Thigh
...1 Precor Abdominal/Back Extension
...1 Free Motion Chest Press
...1 Free Motion Shoulder Press
...1 Free Motion Lateral Pulldown
...1 Free Motion Seated Row

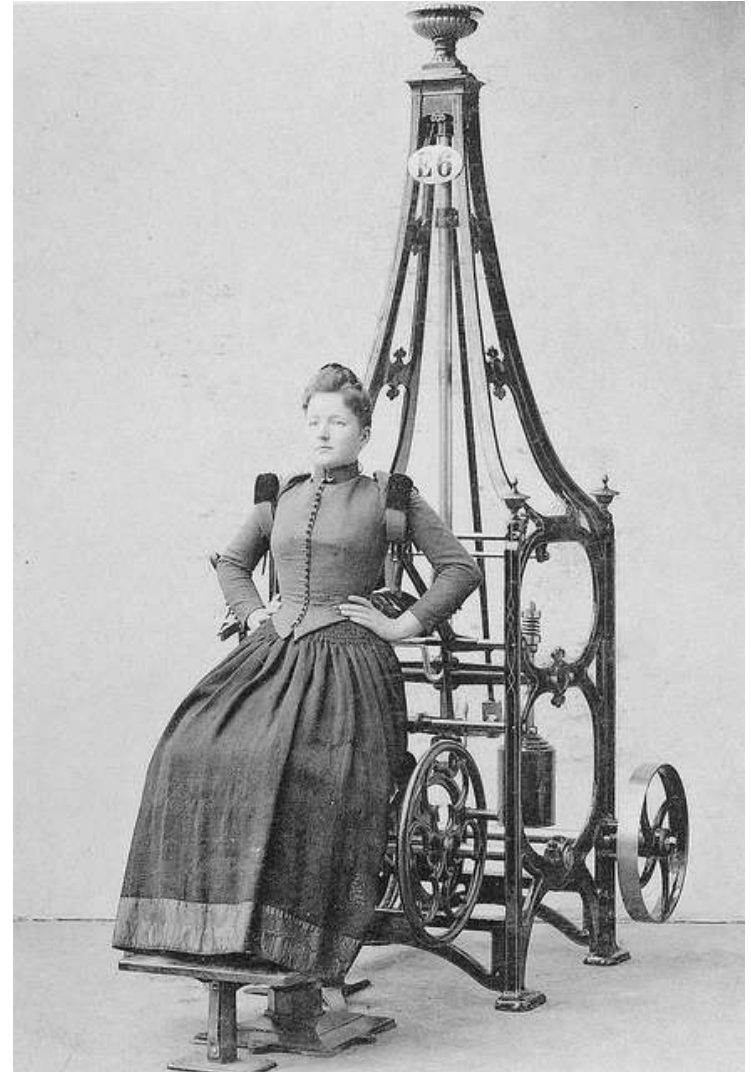
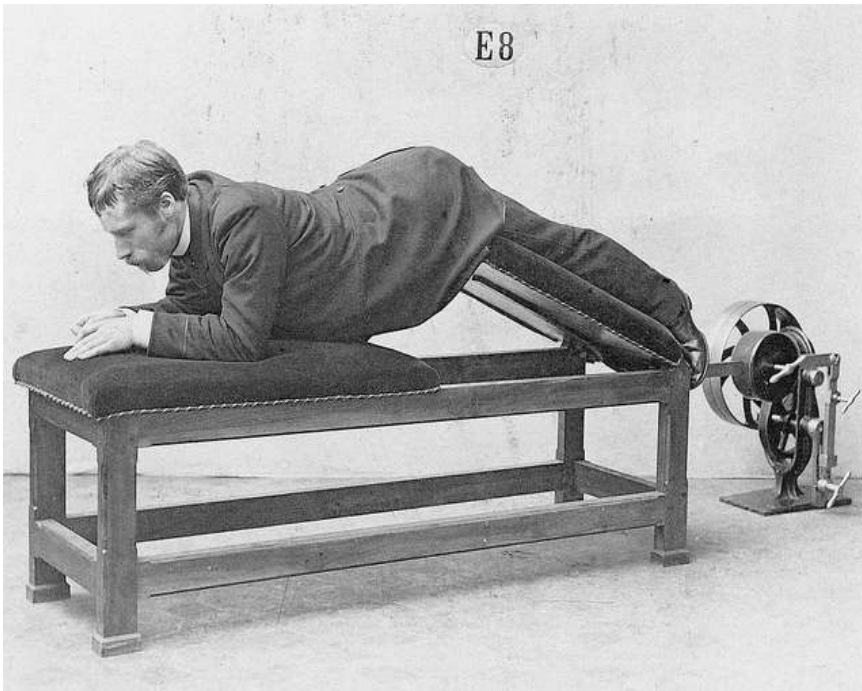


How much will the Strength Equipment cost?

- 1 Precor Leg Press @ \$4,370
- 1 Precor Leg Extension @ \$3,100
- 1 Precor Seated Leg Curl @ \$2,250
- 1 Precor Inner/Outer Thigh @ \$2,333
- 1 Precor Abdominal/Back Extension @ \$2,500
- 1 FreeMotion Seated Chest Press @ \$3,065
- 1 FreeMotion Shoulder Press @ \$3,065
- 1 FreeMotion Lateral Pulldown @ \$2,825
- 1 FreeMotion Seated Row @ \$2,825

TOTAL STRENGTH COST = \$26,333

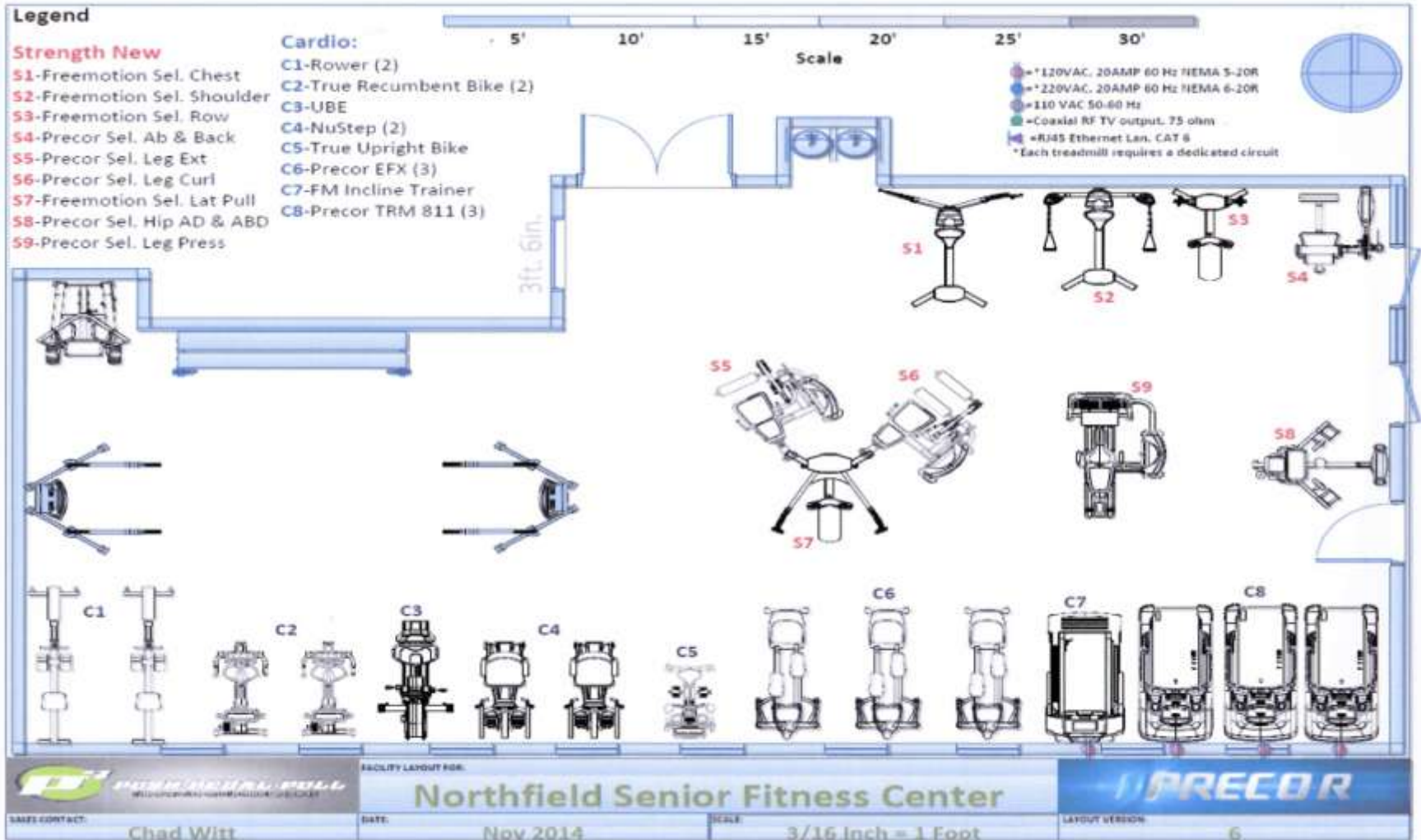
We will miss the old, familiar equipment. Change is hard.



We will not trade in our spa for this...



We will install new carpet and we have a new floor plan ...





How will we pay for the update to the fitness room and the new fitness equipment?

THE FITNESS FORWARD CAPITAL FUND DRIVE!

A special capital fund drive has been started to raise \$50,000 to refurbish the fitness room and replace the old fitness equipment.

This fund drive is in addition to our regular annual fund drive coming in June.

The update will be a shared expense!



- We will use \$40,000 from the Wellness Reserve Replacement Fund.
- This is a fund held by the City of Northfield for the on-going replacement of equipment in the Wellness Center.
- We will raise \$50,000 from YOU, our members.
- This is the first capital fund drive since the building opened in 2000.

Here are some ways you can help:

Adopt A Fitness Piece:

- We are buying 21 new pieces of fitness equipment...
- Ranging in price from \$2,250 up to \$5,340.
- Adopt a piece and “donate” it as your gift to the Seniors of Northfield!

Gather a Group of Friends:

- Talk to your friends or family about joining together to “donate” one or more pieces.
- Give your group a name, and be recognized together.
- We will celebrate with a Grand Re-opening Party!

Two more ways to help:

Give a gift in honor or memory of someone.

- Did you have a coach, teacher, or friend who helped you learn the value of exercise? Honor them and tell their story with a gift.

Show how much the Senior Center means to you.

- **We have received a gift of \$15,000** from a donor who uses and believes in the Northfield Senior Center.

Or choose a gift amount that works for you:

\$10 - \$99

\$100 - \$249

\$250 - \$499

\$500 - \$999

\$1,000 - \$2,499


\$2,500 - \$4,999

\$5,000+



We really do need your help -
Before it's too late.....

for prompt control of
senile agitation



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chlorpromazine, H.P.F.1

*Thorazine® can control the agitated, belligerent senile and help the patient to live a composed and useful life.

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NY, N. J., PH., PA.



The FITNESS FORWARD *FUND!*

- Any amount will help. Every gift helps us reach our \$50,000 Goal!
- THANK YOU!