



SHS Fitness Center

1. In order to build the Learning Commons, the Fitness Center must move from its current location.
2. Current fitness center is overcrowded, unsafe and substandard to other similar area high schools.
3. Standard fitness center should allow for two classes simultaneously.
4. Curriculum requires aerobic and weight-training facilities for P/E and athletic teams need basic training space.

Solution

- 6,200 sf new fitness center below New Gym Construction includes 3 separate training areas: free weights, cardio machines, and circuit training, with additional space for warm-up and stretching.

Rationale

- The current location of the fitness center is an obstacle to realizing the Learning Commons and must move.
- The current fitness center is in disrepair: too small due to increased enrollment, and surrounded by a warren of unusable spaces that could be optimized for other instructional purposes.
- The proposed new location is logically situated near the athletics wing and closer to locker rooms and fields.
- The proposed new location has ample potential space to support the Physical Education curriculum, Fitness for Life, including 3 flexible areas for instruction and programs.
- Two full classes (each over 30 students currently) or interscholastic teams will be able to use the fitness center at one time.
- New electrical infrastructure is needed to power appropriate cardio machines and technology (to be donated by Maroon and White.)
- Provides training space for athletes and non-athletes after hours for conditioning, injury prevention as well as rehab after injury. Certified strength and conditioning trainer will be supervising. There will be no additional supervisory costs to the District if this space is built.

Components	
Energy Center	2,098 sf
Circuit Training	1,736 sf
Circuit Training	1,636 sf
Storage	472 sf
Corridor	875 sf
District Storage	2,185 sf

Cost: \$1,294,000

