



Fitness Center Expansion Project

Grand Park Community Recreation



GRAND PARK COMMUNITY RECREATION CENTER

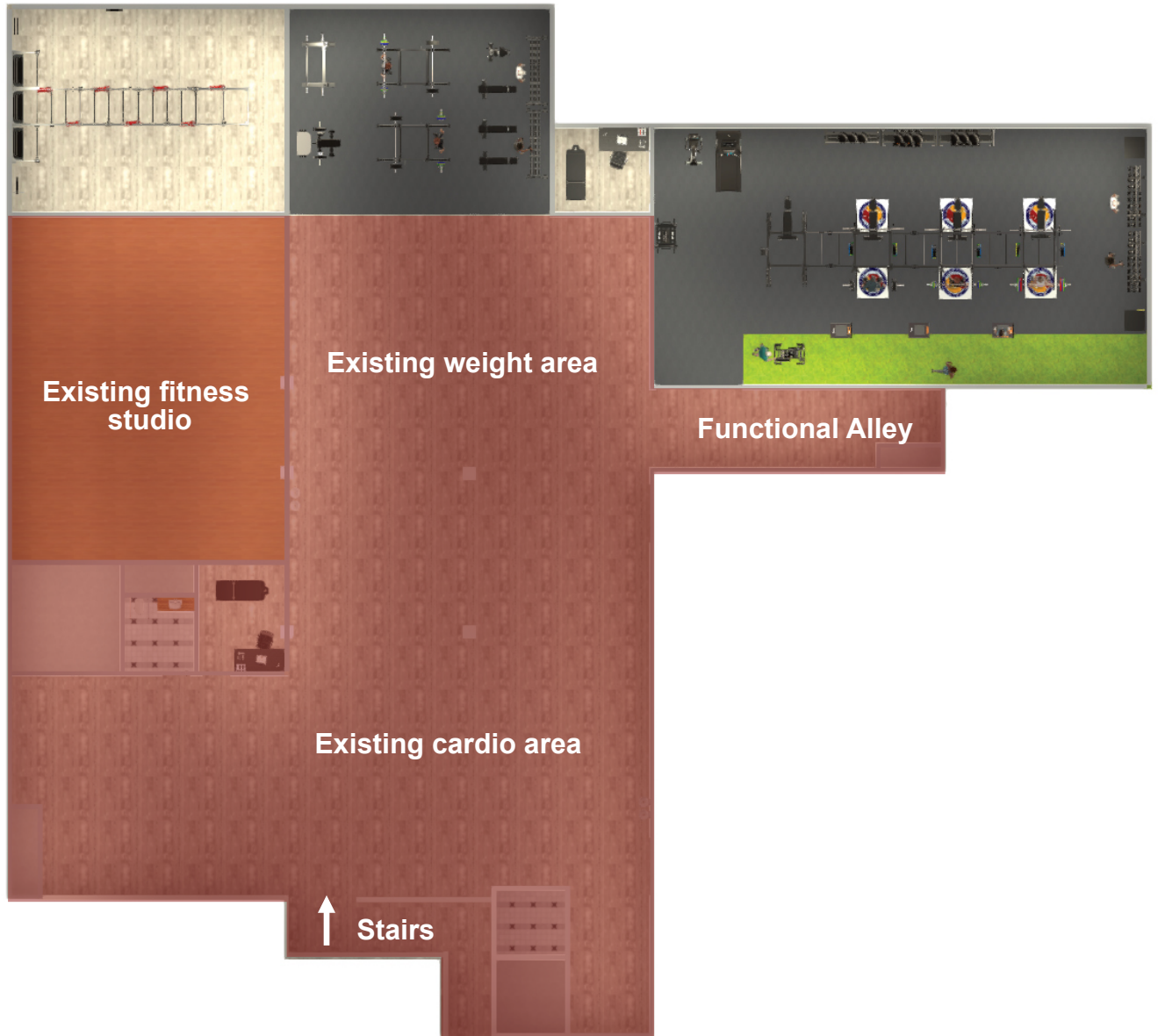
3,290-square-foot Fitness Center Expansion

The Grand Park Community Recreation Center (GPCRC) opened its doors on December 18, 2009 to provide citizens and guests of the Fraser Valley a much-needed community center. The GPCRC has not only become a tremendous community asset, it has also become the social hub of the community. The facility has exceeded usage predictions and has been extremely well loved with average daily visits exceeding 400 and annual visits topping 150,000. The GPCRC is also the training facility for the Winter Park Competition Center and the National Sports Center for the Disabled athletes and coaches.

In 2017, the Fraser Valley Metropolitan Recreation District (FVMRD) adopted the Parks, Recreation & Golf Master Plan that identified expanding the GPCRC amenities as a high priority. It also recommended that the FVMRD conduct a feasibility study to determine cost of expansion and potential programming opportunities. In 2019, the FVMRD engaged Perkins+Will, the original architectural firm, to develop a conceptual design and estimated budget for a fitness area expansion.

An expansion of the fitness area is needed to address capacity issues and the growing demand for fitness, functional and designated team training space. It would also allow us to increase fitness opportunities to improve our community's health and wellness. The expansion would provide for an additional 3,300 square feet split into four distinct areas. This would add a new High Intensity Training (HIT) studio for specialized workouts and strength training, an athletic performance testing consultation room, a new group exercise studio with modular equipment storage, and expansion of the existing free weight area.

3,290-square-foot expansion

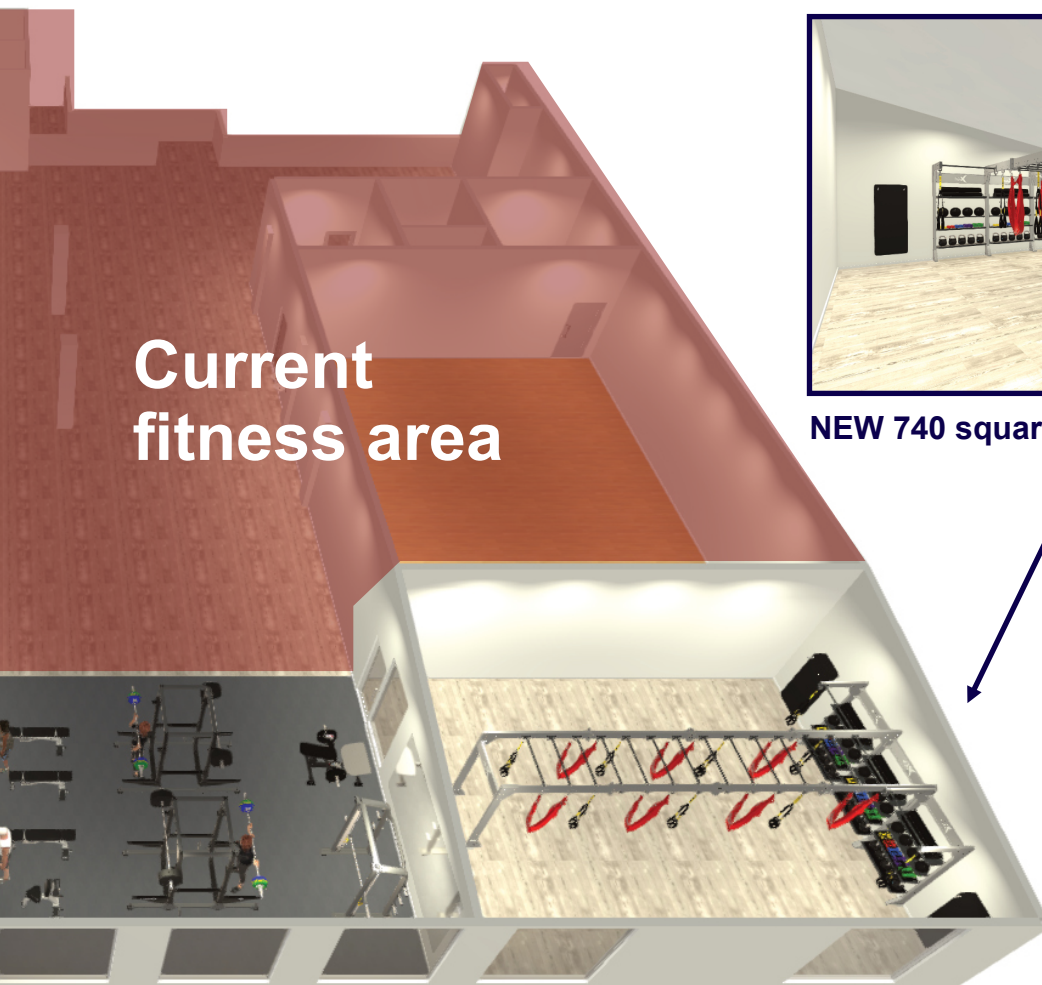




**NEW 1,700 square foot
High Intensity Interval Training
(HIIT) Studio**



NEW Wellness Evaluation Room



**Current
fitness area**



NEW 740 square foot Group Exercise Studio



**Expansion of current fitness
center by 850 square feet**



**NEW 1,700 square foot
High Intensity Interval Training
(HIIT) Studio**



**Expansion of current fitness
center by 850 square feet**



**NEW 740 square foot
Group Exercise Studio**

Plan Description

Interior finish upgrades including new fitness flooring, paint, LED light fixture replacement.
New addition on existing balcony slab designed for floor loading.

Includes removal of roofing and drainage, new construction of 3,290 square feet of interior fitness space would increase current space by 60%. This would include:

- New high intensity training (HIIT) studio for specialized workout and training, Crossfit and strength training.
- Expansion of the existing fitness center by 850 square feet for additional equipment and open plyometric and resistance training.
- New 740-square-foot group exercise studio with resilient wood flooring, mirrors and modular equipment storage.

Cost Summary

3,290-square-foot addition (60% increase of space)

Soft Costs (Architectural Fees, Permits etc.) \$ 181,380

Construction Costs

High Intensity Interval Training Studio	\$ 680,000
Free Weight Area Expansion	\$ 340,000
Group Exercise Studio	\$ 296,000*
Wellness Evaluation Room	\$ 48,000
Renovation Construction Costs	\$ 147,500
Fitness Flooring & Equipment Project	\$ 194,280
Contingency	\$ 100,000
<hr/>	
Total Project Cost	\$ 1,987,160

**includes fees, equipment, submittals*

Donate Today

I would like to support the Fraser Valley Recreation Foundation in providing the opportunity to expand the Grand Park Community Recreation Center Fitness area to meet our growing community. If you would like to donate in another manor, ie. in-kind or stock donations, please contact us directly.

Your donation is tax deductible and you will receive a donation receipt.

☐ \$5,000

☐ \$10,000

☐ \$15,000

☐ I would like to make a donation of...

Donor Recognition

We are working on designing an on-site permanent display to recognize our "Heavy Weight" donors and celebrate our generous supporters.

**Please make check payable to
Fraser Valley Recreation Foundation
and mail your donation to the:**

Fraser Valley Recreation Foundation
PO Box 1331
Winter Park, CO 80482

*For additional information please contact
scott@fraservalleyrec.org*



It is the mission of the Fraser Valley Recreation Foundation to solicit, collect and manage contributions including, monetary, real and personal property. These contributions shall be used to initiate, support and continue recreational programs, cultural events, health and wellness projects and education opportunities for the benefit and enjoyment of residents and visitors of the Fraser Valley, as well as, support and maintain venues and facilities used for these opportunities. Funds shall also be used to offer scholarships and financial assistance to Grand County residents for access to these opportunities.