

# FAQ | FITNESS EQUIPMENT REVITALIZATION PROJECT

## Q: What is the Fitness Equipment Revitalization Project?

The Fitness Equipment Revitalization Project is an exciting upgrade to the Fitness Centre at the Leduc Recreation Centre (LRC). We are replacing much of the equipment that was originally installed in 2009, expanding the variety of equipment, and adding new features to ensure that the Fitness Centre meets the evolving fitness needs of our community.

## Q: Why is the Fitness Centre being upgraded?

The upgrades are based on customer feedback and growing demand. Fitness Centre usage has doubled in recent years, increasing from 104,000 visits in 2019 to 206,000 in 2023. This project will reduce wait times for popular equipment, provide a wider range of options for all fitness levels, and improve accessibility.

## ▶ Q: What kind of new equipment will be available?

The new equipment includes expanded offerings for cable-driven, plate-loaded, and selectorized machines (pin & weight stack). Key features include:

- QR Code Demonstrations: Get video instructions on how to use each piece of equipment.
- Gas-Assisted Seat Adjustments: For ease of customization.
- 5lb Toggle Switch: Easily add incremental weight for a more tailored workout.

## Q: Are all of the new machines from the same brand?

No, we chose to diversify the equipment brands to provide more variety and reduce costs. However, the majority of the new equipment will be supplied by Precor, a well-known and respected manufacturer.

## Q: Will the upgrades make the Fitness Centre more accessible?

Yes, we are expanding our accessible equipment options to make the Fitness Centre inclusive for users of all abilities. This includes both refurbishing our existing accessible machines and adding new features to ensure that everyone feels comfortable and confident while working out.

## Q: How will the new layout of the Fitness Centre improve user experience?

The new layout has been designed to improve flow, accessibility, and reduce congestion during peak times. Maps of the revised layout will be available in the Fitness Centre, and our Fitness Attendants will be available to help you navigate the changes.

## Q: Will the Fitness Centre be closed during the installation?

Yes, the Fitness Centre will be closed from December 20 - 26 to facilitate the installation. We understand that closures can be inconvenient, and we appreciate your patience as we work to bring you these important upgrades.

## ▶ Q: What are the key dates for the project?

The Fitness Centre will be closed Dec 20 – 26 while the new equipment is installed, and changes are made to the layout of the area.

Starting Dec. 16, some equipment will be removed from the Fitness Centre to make sure work is completed during the closure period.

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▶ **Q: What will be available while the Fitness Centre is closed?**

Track Availability: The indoor track will remain open, with select equipment relocated for temporary use on this level.

High Performance Zone (HPZ) Access: The High Performance Zone (HPZ) is an exclusive area of the Track usually reserved for personal training sessions and group fitness classes. During the Fitness Centre closure, the HPZ will be available for public use during the following times:

December 20: 8:30 - 11:00 a.m., Noon - 2:00 p.m., and 6:00 - 8:00 p.m.

December 21 & 22: 8:00 - 9:00 a.m., Noon - 3:00 p.m., and 6:00 - 9:00 p.m.

December 23: 8:30 - 11:00 a.m., Noon - 2:00 p.m., and 6:00 - 8:00 p.m.

December 24: 8:30 - 11:00 a.m., Noon - 2:00 p.m.

December 26: 10:00 - 11:00 a.m., Noon - 3:00 p.m., and 6:00 - 8:00 p.m.

**Q: Will group fitness classes be affected by the equipment installation?**

No group fitness classes will not be directly affected by the Fitness Centre closure or during the period leading up to the closure.

▶ **Q: How will the Fitness Centre closure affect other LRC amenities?**

The closure is limited to the Fitness Centre only, and the rest of the Leduc Recreation Centre, including the pool, indoor track, fieldhouses, and arenas, will remain open.

We are committed to minimizing the impact on other services.

**Q: Can I put my membership on hold during the Fitness Centre closure?**

Membership holds are not available for this short period. We always aim to minimize inconveniences during necessary facility closures and this closure period was carefully selected to minimize the number of users affected. Additionally, we are making efforts to temporarily enhance the offerings on the track level to accommodate your fitness needs. The High Performance Zone (HPZ) will also be open for public use during scheduled times. We appreciate your understanding and are committed to making this transition as smooth as possible for all of our members.

**Q: Will there be any impact on membership fees or taxes because of these upgrades?**

No, the equipment upgrade project will have no fees or tax impact on residents in 2025. The City paused spending on equipment upgrades during COVID-19 when the facility was closed, and usage was low. These upgrades are being funded using savings accumulated during the pandemic, demonstrating the City's commitment to fiscal responsibility and sustainability.

**Q: What will happen to the old equipment?**

Our used but functional equipment will be rehomed to the New Sarepta Agriplex to support our partners at Leduc County, as well as to deserving community organizations through our vendor's ReFit program, giving this equipment another life and minimizing waste.

**Q: How can I learn to use the new equipment?**

Many of the new machines will include QR codes that link to video demonstrations for easy learning. Additionally, our Fitness Attendants will be available to assist users and help them get comfortable with the new features.

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**Q: How can I give feedback on the new equipment or layout?**

We value your feedback! After trying out the new equipment, you are encouraged to share your thoughts with our team. You can fill out a feedback form at Guest Services or speak directly with our Fitness Attendants. Based on user and staff input, we anticipate making minor refinements to the layout in the weeks following the Fitness Centre reopening.

▶ **Q: What if there are delays in the equipment delivery or installation schedule?**

We are making every effort to ensure the project remains on schedule, but there is always a possibility of delays due to unforeseen circumstances such as shipping issues or weather. If there are any delays, we will promptly communicate the revised timelines to our members and customers.

**Q: Who can I contact if I have questions or concerns about the project?**

If you have any questions or concerns, feel free to speak with one of our Fitness Attendants or contact the Leduc Recreation Centre Guest Services. We are here to ensure a smooth transition and are happy to provide any information you need.

▶ *Thank you for your patience and support as we work to make the Leduc Recreation Centre an even better place for fitness and community wellness!*

