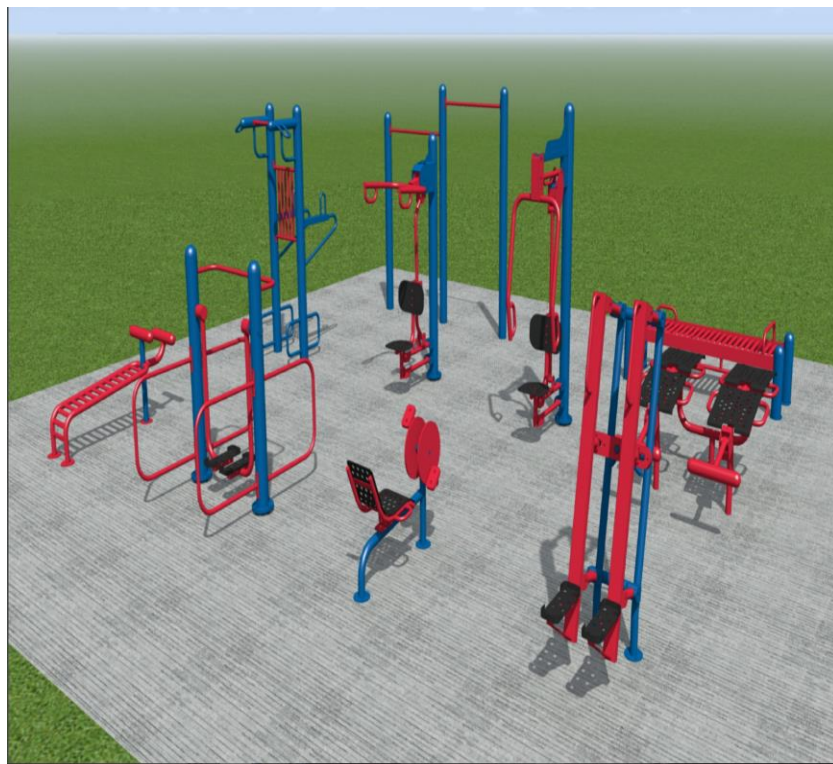


Proposal for
Maryland Sustainable Growth Challenge 2018

Edgewood Fit Zone

Free To Be Fit



Submitted by

Brandon Arnold, Megan Greene, Jessica Jennings, Cecile Tchoujan
Students

Anne Shugars, Tamara Biegas, Tami Imbierowicz
Faculty Advisors

TABLE OF CONTENTS

Executive Summary.....3

Introduction.....3

Benefits of Outdoor Fitness Gym.....5

Site Selection Process.....7

Design and Equipment Selection.....11

Community Engagement.....13

Cost & Funding.....13

Connection to Maryland’s 12 Visions.....14

Conclusion.....16

References.....17

Appendices.....18

EXECUTIVE SUMMARY

The Edgewood Fitness Zone project proposes a plan for Harford County Parks and Recreation to create an outdoor fitness center in Edgewood Village (Edgewood Recreation & Community Center), a low-income community in Harford County. The gym, to be built in a public park, would include eight pieces of all-weather, exercise equipment that will target varied muscle groups. In efforts to reach a large proportion of the population within the Edgewood area, this outdoor gym has been designed for people of ages 18-55 and is accessible to individuals with disabilities. The Edgewood Fitness Zone is a community-based, relatively low-cost project that directly addresses nine of Maryland's 12 Planning Visions and offers significant health, social and economic benefits. It is an extremely implementable project that can be utilized as a template for the creation of other outdoor fitness centers across the county.

INTRODUCTION

Outdoor recreation plays a significant role in American lives. It provides physical challenges and wellbeing, helps develop lifelong skills, provokes interest and inquiry, inspires wonder and awe of the natural world, and often provides an alternative to daily routines. Recreation contributes greatly to the physical, mental, and spiritual health of individuals, bonds family and friends, and instills pride in natural and cultural heritage. It is time to think about new ways to make physical activity and fitness equipment more affordable, more enjoyable, and ultimately, more beneficial to society.

Throughout Europe and Asia there are many outdoor gyms that encourage citizens to be actively fit. Australia is working to lower high health costs from the nation's epidemics of obesity, heart disease, diabetes, and cancer. The Trust for Public Land, a national nonprofit

devoted to park space, has created 68 outdoor exercise areas across the country in neighborhoods where gym memberships are too expensive. With the *Sydney Metropolitan Strategy: City of Cities*, Sydney is divided into four quadrants to narrow down the best gym locations and gym design to accommodate the individual needs of the specific, demographic area. Some parks' layouts and equipment promote both cardiovascular exercise as well as muscular strength while others promote just muscular strength (Caldwell). The London borough of Camden has nine outdoor gyms and their Council cites research suggesting that 26% of those using the outdoor gyms had never exercised before" (BBC).

Domestically, outdoor gym development has progressed more slowly but is beginning to take hold with gyms sprouting up across the country in cities such as Los Angeles, Detroit, New Orleans, Newark, Denver, Minneapolis, and areas in Florida (Attwood). "Nearly 50% of Americans get less than the minimum recommended amount of physical activity, and 36% of U.S. adults engage in no leisure-time physical activity at all, according to the U.S. Trust for Public Land" (Nasser). In Detroit "More than 69% of adult residents in Detroit were either overweight or obese" (Hester).

Park and recreation departments frequently are viewed as relatively high-cost centers in cities' annual budgets because operational costs exceed revenues. However, this narrow perspective is incomplete because it fails to recognize that money invested in park and recreation department services does not belong to the city council, rather it belongs to the city's residents. The state of knowledge is now such that park and recreation services must be planned and funded based on the known physical activity health benefits they provide. Many people experimenting with different forms of exercise, tend to stay with activities they enjoy; such activities include walking, running, bicycling, etc. These activities are commonly provided by

park and recreation services at little or no direct cost to users. On the other hand, paid fitness clubs are valuable, however, individuals are generally actively involved for only a short time and then end up wasting their money.

BENEFITS OF OUTDOOR FITNESS AREAS

Parks provide a great benefit to citizens, both those who live nearby and tourists. In addition to their many environmental benefits, including preserving plant and animal habitat, decreasing air pollution, and water filtration, parks create an economic benefit for both governments and individuals. Creating well planned parks and preserving sufficient land for them can generate financial returns that are often many times greater than the money initially invested into the project, even when maintenance costs are factored in. Homebuyers prefer homes close to parks, open space, and greenery. Proximity to parks increases property value, thereby increasing property tax revenue. Depending on their size, parks can draw visitors from near and far. Parks can host festivals, concerts and athletics events, bringing additional boosts to the local economy. Parks decrease health costs and support productivity, both through encouraging exercise and reducing air pollution. Parks provide low or no-cost recreation and encourage exercise. They bring people into nature, make outdoor recreation more accessible, and provide safe and attractive places for individuals and families to exercise and play.

Storm water flows off impervious surfaces like roads, parking lots and buildings, picking up pollutants and carrying them either directly to waterways or to water treatment plants. During large storms, capacity at treatment plans can be exceeded, resulting in untreated rainwater and household sewage being released into waterways. In parks, unpaved, pervious surfaces absorb rainwater, recharging ground water supplies and allowing storm runoff to be released more slowly. Vegetation stores water and allows some to be evaporated. Reduced runoff and increased

water storage can decrease the necessary size of a community's storm water management system and leads to significant savings in water treatment costs.

Adults and children alike benefit socially from outdoor physical activity. Participating in sports and recreation provides kids to seniors with an opportunity to meet and build relationships with others. People who use outdoor fitness parks often socialize with others while exercising, strengthening community and interpersonal relationships. These relationships may then support increased use of the fitness equipment as participants interact more with one another, offering encouragement, motivation, as well as support.

Economic Benefits

This community-based project will promote a healthy economy within Harford County. The outdoor gym will offer individuals of a lower income community an attractive, convenient, and affordable recreational activity that engages the community as well as the local government. A healthier labor force equals a more productive economy.

Health Benefits

An outdoor fitness center can improve mood and reduce depression. Outdoor exercise provides a mental health increase beyond that of an indoor gym. Outdoor exercising has been shown to reduce anger and depression, it would also improve overall mental health. The decline in physical activity has resulted in huge increases in overall physical disabilities, diseases, and mental illnesses. According to the State of Obesity's 2016 data, about 45% of United States adults are not sufficiently active enough to achieve health benefits (Physical Inability). This high percentage is attributed to technological advances, which have structured physical activity indoors, such as gymnasiums and sports halls. It is therefore essential to design alternative ways to promote healthy living and prevent further increase in non-communicable disease.

Social Benefits

Creating an outdoor fitness center in a lower income community offers an extraordinary amount of opportunities to impact the social culture of its residents. It offers an alternative physical fitness center option that can be accessed by the residents within the community. This outdoor physical fitness center aims to increase individual health while promoting quality time with family and friends.

SITE SELECTION PROCESS

Adults residing in lower-income communities are less likely to meet the US Department of Health and Human Services' recommended guidelines of 150 minutes of moderate to vigorous physical activity a week (Keith). Some barriers within low income communities such as Edgewood are the absent of accessible and affordable resources to facilitate physical activity participation. Physical activity and fitness are critical to maintaining one's health; lower income communities have limited access to fitness facilities, which has been identified as a contributor to low physical activity participation and poor fitness. This proposal aims to create a free fitness area that is accessible to all citizens, including those with mobility limitations.

Edgewood consists of approximately 26,060 people, a median household income of \$56,021 and a poverty rate of 14.7%. Figure 1 displays the households in Edgewood, MD distributed between a series of income buckets compared to the national averages for each bucket (Data USA). This region's economy plays a major role in

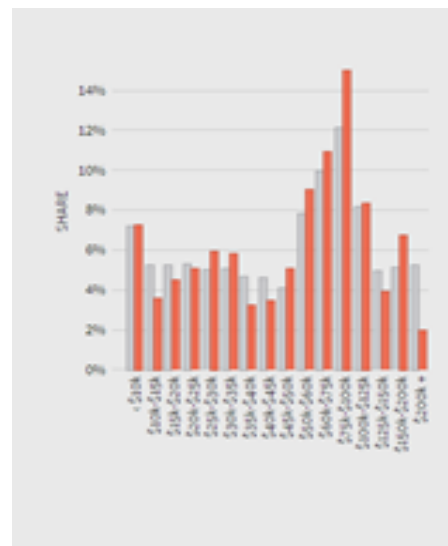


Figure 1 Edgewood Average Income vs. National Average.

why we chose it as the ideal area for implementing the outdoor fitness center.

Once the project was chosen, the next step in the process was to determine where the fitness center should be located. Location factors considered included an evaluation of how a community could effectively utilize the area. Factors that needed to be present on the site during selection included being close to a transit, in a low-income area, having additional attractions, a playground, a walking trail and covers a large expanse. A transit provides easily accessible transportation to and from the area for any individual. A targeted low-income area for the site selection will assist a vast amount of people who do not have the extra income to pay membership fees for a gym and be a benefit to their community. Additional attractions were necessary to interest people not just to attend the gym, but where copious amounts of individuals would be utilizing the area for other purposes, resulting in the area being able to accommodate a wide array of interests or needs. A playground was required for a target audience of parents with children. While the parent is working out, the playground will keep the children occupied and within the parents' sight. Having a large expanse of area provides a growth factor allowing the area to expand and grow over the years. The Edgewood Recreation & Community Center was chosen as the best area for the project because this site, in comparison to the others, exceeded determining criteria.

For the site selection, the demographics of each city in Harford County was compared on income level, median age of residents within the city and the ethnicity of the community, to get an idea of where the outdoor fitness area is most desired. Once the statistics were gathered, the places that would benefit from an outdoor fitness area included Aberdeen, Havre de Grace, Edgewood and Joppa as summarized in Table 1. Demographic Data.

Table 1. Demographic Data				
Site Location	Average Income	Median Income	Median Age	Ethnicity
Aberdeen	\$35,467	\$54,149	29	White: 54% Black: 33% Other: 13%
Havre de Grace	\$64,915	\$37,236	49	White: 75% Black: 20% Other: 5%
Edgewood	\$56,374	N/A	38	White: 51% Black: 37% Other: 12%
Joppa	\$66,098	N/A	39	White: 60% Black: 25% Other: 15%
Bel Air	\$98,752	\$69,629	42	White: 80% Hispanic: 15% Other: 5%
Fallston	\$107,818 - \$153,941	\$114,025	47	White: 94% Other: 6%
Forest Hill	\$124,743	\$93,258	43	White: 92% Other: 8%

The data above was gathered from ArcGIS online. To obtain these demographics, open a new map, search Demographics coverage: July 2017 by ESRI and add this layer to the map. Search 2016 USA Diversity Index, add to the map. Search 2016 USA Median Age and add it to the map. Search 2016 USA household income and add it to the map. Search 2016 USA Average household income and add it to the map. All data layers must be created by ESRI.

Using the Harford County Parks and Recreation website, parks located in Havre de Grace, Aberdeen and Joppa were evaluated. The team filtered the criteria for each park in these towns to determine which is best suited as possible locations based on the park's known facilities. The potential location was narrowed to the five locations summarized in Table 2. The

attributes of each park is marked with an X if it met the designated criteria for selection. (Harford County, MD, Parks & Recreation).

Table 2. Potential Park Locations						
	Transit	Attraction(s)	Low-Income	Trail	Playground	Area
Flying Point Park (Edgewood)			X		X	X
North Deen Park (Aberdeen)	X		X			
Robert Copenhaver (Joppa)		X			X	X
Edgewood Rec Center (Edgewood)	X	XX	X		X	X
Mariner Point Park (Joppa)		X		X	X	X

The potential site location was narrowed from the above five parks to two parks: Edgewood Recreation Center and Mariner Point Park. These two parks met the qualifications the best. Mariner Point Park is in Joppa, MD, in a secluded area that has a scenic view of the water, with additional attractions including a boat ramp, walking trail, and playground. Although this park is not near a transit, it experiences heavy foot traffic from individuals who utilize it. Edgewood Recreation Center is in Edgewood, MD, a community surrounded by houses, with outside attractions that include basketball courts, a playground and multisport court as well as additional indoor facilities that contain childcare, computer labs, fitness rooms and a gymnasium. This location is within proximity to a transit for easy transportation of individuals.

After an evaluation of the two sites, Edgewood Recreation Center was decided best suited due to versatility. It has many attractions to be utilized in multiple ways by a vast number of individuals. By implementing an outdoor fitness area, one can truly see how well the fitness area is utilized for planning of future outdoor fitness projects in other parks. Along with its vast

diversity of attractions, Edgewood has a transit right in the middle of town that is easily accessible to anyone, thus meeting the transit attribute. This area is within a low-income area and would benefit from being placed on a site where the community has easy access to the fitness center. We were worried about vandalism, as all parks have this concern, but there is a daily presence at the center from 8:00 am until 8:00 pm that would likely ward off any type of vandalism or at the least keep the incidents at a minimum.

DESIGN AND EQUIPMENT SELECTION

There is a need to ensure that park and recreation facilities can attract visitors by providing an array of interesting and active recreation opportunities. Park design should focus on creating spaces where families feel safe. Design should allow childhood play and adolescent activity to be monitored at a close distance by adults who are engaging in their own recreational activities. Incorporating four different muscle groups allows the machines to be utilized for full-body circuit workouts. The circuit allows users to warm up with cardio equipment and then attack the rest of their workout starting with one of the three muscle groups available. Circuit training is very beneficial to keep the people interested in their work out by allowing them to move quickly through 8-10 different stations, individuals work different muscle groups with little to no rest in between stations (Robinson). The areas the equipment targets include core, arms, legs, glutes, and back while also attacking flexibility (Robinson). Following each exercise, the variety of equipment will allow users to either switch muscle groups to incorporate a full body workout or exercise the same muscle group with a different machine. For example, users could switch from the pull up station to the chest press to transfer from Lats to Pecs while staying with upper body exercises. By incorporating such a variety, it inspires users to work out more than just one section of their body, to maintain a well-rounded physique. Just solely

focusing on a particular muscle group is called specificity. Texts that revolve around physiology often mention the SAID principle. This stands for specific adaptations to imposed demands, which means that your body adapts physiologically to the demands placed upon it (Bergen). Another benefit to having a larger diversity of equipment gives the user the ability to utilize supersets. These are conducted by immediately following one exercise with another exercise of an adjacent muscle group.

Equipment Selection

The final selection of the eight pieces of exercise equipment revolves around specificity and variety. In this park, the intent is for users to focus on particular muscle groups while also having a variety of equipment options from which to choose. The two main components that can be utilized at this fitness area include cardiovascular endurance and muscular strength. At the fitness area, three pieces of machine revolve around cardiovascular health -- the stair climber, recumbent stationary bike, and air walker (see appendix B). Pieces of equipment that can be used for muscular strength or endurance include the incline crunch bench, lying leg curl, chest press, lat pull down, pull up/ dip station, sit up/push up bench, and horizontal bars (see appendix B). The specific muscle group utilized on the inclined crunch bench is the core. The main muscle groups used on the lying leg curl are either hamstrings or quadriceps depending which way the user uses the machine. The chest press focuses on the pectorals and deltoids, which are the chest and shoulders. The lat pull-down machine focuses on lats, which are basically the upper back muscles. The pull up and dip station can focus on triceps, biceps, lats, and deltoids depending on different types of grips the user may use while performing the exercise. The sit-up/push up bench focuses on pectorals, triceps, deltoids, and core. Lastly, the horizontal bars focus on most upper body muscle groups because of the wide range of exercises on these bars. As shown on the

prototype, the equipment selected targets a wide variety of muscle groups that can be utilized in one workout at this fitness zone: core, lower body, and upper body workouts. This way, users are able to specifically utilize a certain muscle group they wish to use along with having a variety so multiple muscle groups can be utilized in one workout session.

COMMUNITY ENGAGEMENT

Throughout the development of this project, various state and local agencies were consulted. The Deputy Director of Harford County Parks and Recreation, Paul Magness, was consulted to determine site selection, size, and cost estimate sources. A representative from Healthy Harford, Bari Klein, was consulted and provided information on how to differentiate between what we think people of a lower income class need versus what they actually need. This distinction plays a significant role in creating a project that effectively meets the needs of the Edgewood community. To determine the needs of the Edgewood community, plans for the Edgewood Fitness Zone were presented at an Edgewood Town Meeting. The project received a positive response from members of the community. Members were delighted with the prospect of an outdoor fitness center. Some concern was expressed regarding safety which was collectively decided could be addressed with a fence around the outdoor gym. Finally, outdoor fitness gym vendors, including Playcore, Greenfields and Playground Specialists, were consulted and provided a variety of options for the equipment pieces and installation criteria.

COST & FUNDING

Detailed cost estimates were obtained from two outdoor fitness companies. The cost estimate includes equipment and installation costs. Greenfields estimate does not include installation whereas Playground Specialists does.

Table 3. Cost Estimates for Playground Equipment and Installation		
	Greenfields Outdoor Fitness	Playground Specialists
Cost Estimates	\$46,640	\$39,116.70

See Appendix C for detailed estimates.

Some possible funding assistance is provided in Table 4.

Table 4. Possible Funding Sources		
Quality Health Foundation Grants	Maryland	Funding is given for programs that focus on areas that improve the understanding of health issues and demonstrates improvement through measurable outcomes of stated goals. Types of projects QHF might fund include: Promotion of healthy lifestyles and quality of life.
The Abell Foundation	Maryland	The programs that are offered are designed to reach the underserved, disadvantaged, and at-risk populations. Their aim is to help them achieve fuller and more meaningful participation in the community and to promote physical and mental health well-being.
The Harriet and Jeannette Weinberg Foundation	Maryland	Foundation that gives grants for up to 30% of a project in the Maryland area.

CONNECTION TO MARYLAND’S 12 VISIONS

The Edgewood Fitness Zone directly addresses nine of Maryland’s 12 Planning Visions as summarized below:

Vision #1 - Quality of Life and Sustainability

The fitness zone supports a high quality of life by providing an accessible outdoor recreational fitness opportunity free to the general public. This aids in the protection of the environment by being able to build these structures on already existing parks and not needing to build a whole building to conceal the equipment out of the weather effects. This makes the community sustainable by having others get out and work out together building a sense of unison among individuals that will better the community.

Vision #3 – Growth Areas

The fitness zone provides an area where the park is able to continually expand by having a large area that can add new attractions to keep up with the ever-growing population demand of the community.

Vision #4 – Community Design

The fitness zone adds to an existing community area with available transit for individuals to access it. This makes land use and transportation more efficient, as well as enhancing the natural system, open area and cultural resources.

Vision #6 – Transportation

The fitness zone is located near a transit resulting in safe, efficient, convenient and affordable movement of people between business centers and populations.

Vision #8 – Economic Development

The fitness zone promotes employment opportunities for all income levels and provides an opportunity for community members and organizations throughout the area to enjoy the outdoor fitness center, including school groups, sports teams, scout troops, and community-based programming. The community center offers nutrition classes and adult gym classes. An increase in healthy related programming linked to the fitness zone will increase employment opportunities.

Vision #9 – Environmental Protection

The fitness zone has been designed following environmentally sustainable practices that allow for storm water drainage to be more efficient and maintain a healthy Chesapeake Bay.

Vision #10 – Resource Conservation

The location of the fitness zone was selected to minimize environmental impacts to the existing natural resources and impact to scenic views. Open space and natural beauty of the park is maintained.

Vision #11 – Stewardship

The project was designed to enhance the current community center facilities, to protect and enhance natural resources on site, and to provide an accessible outdoor recreational opportunity for all citizens.

Vision #12 – Implementation

The construction of the proposed fitness zone aligns with the existing goals of Harford County Parks & Recreation. Site selection and design were developed in cooperation with the Deputy Director of Harford County Parks & Recreation, Edgewood Community Center, and Healthy Harford, and in consultation with PlayCore, Greenfields, and Playground Specialists, external consultants. It is a fully implementable and community supported project.

CONCLUSION

Physical activity and fitness are critical to maintaining one's health; lower income communities have limited access to fitness facilities, which is a contributor to low physical activity participation and poor fitness. This project proposes the creation of an outdoor fitness center in a lower income community. The Edgewood Fitness Center is an outdoor gym built in a public park with exercise equipment that can withstand all types of weather. It will be composed of eight pieces of fitness equipment that target different muscle groups. In efforts to reach a large proportion of the population within the Edgewood area, this outdoor gym has been designed for people of ages 18-55 and contains equipment that is accessible to individuals with disabilities. This project has potential to stimulate Harford County's local economy by bringing a new affordable way of exercising. The Playground Specialist proposal appears to be the optimal choice for implementation as the cost of installation is included within the total cost estimate and the company already has a long-standing relationship with Harford County Parks and Recreation. Edgewood Fitness Zone is extremely implementable and can be utilized as a template for the creation of other outdoor fitness centers across the county.

REFERENCES

- Attwood, Emily. "Outdoor Gyms Catching On in U.S. Parks." *Athletic Business*, Oct. 2012, www.athleticbusiness.com/outdoor-gyms-catching-on-in-u-s-parks.html.
- BBC. "The Rise of the Adult Playground." *BBC News*, BBC, 7 May 2012, www.bbc.com/news/magazine-17818223.
- Bergen, Teresa. "Importance of Specificity in Aerobics." *Healthy Living*, AZ Central, 2010, healthyliving.azcentral.com/importance-specificity-aerobics-11680.html.
- Black, Eric. Personal Interview, Playground Specialists. 11 Dec 2017.
- Budzynski, Quynh. Comments made during public meeting, Edgewood Town Hall. 11 Jan 2018.
- Caldwell, Ellie. "Let's Get Physical: Planning for Outdoor Gyms in Sydney." *City Futures*, 2010, cityfutures.be.unsw.edu.au/documents/140/EllenCaldwellThesis.pdf.
- "Edgewood, MD." *Data USA*, 8 Jan. 2018, datausa.io/profile/geo/edgewood-md/.
- "Harford County, MD." *Harford County, Maryland*, 18 Jan. 2018, www.harfordcountymd.gov/Facilities?clear=False.
- Hester, Jessica Leigh. "A Clever Use for Awkwardly Sized Vacant Lots: Outdoor Gyms." *CityLab*, 23 Dec. 2015, www.citylab.com/life/2015/12/outdoor-exercise-equipment-parks-detroit/421017/.
- Keith, Nicole, et al. "PARCS: A Safety Net Community-Based Fitness Center for Low-Income Adults." *Progress in Community Health Partnerships: Research, Education, and Action*, U.S. National Library of Medicine, 2016, www.ncbi.nlm.nih.gov/pmc/articles/PMC4926668/.
- Klein, Bari. Personal interview, Healthy Harford. 27 Nov 2017.
- Magness, Paul. Personal interview, Harford County Parks & Recreation. 20 Nov 2017.
- Magness, Paul. Personal interview, Harford County Parks & Recreation. 18 Dec 2017.
- Mendelson, Sam. Personal interview, Greenfields Outdoor Fitness. 7 Dec 2017.
- Nasser, Haya El. "Fitness Parks' Catch on in Cities." *USA Today*, Gannett Satellite Information Network, 14 Dec. 2012, www.usatoday.com/story/news/nation/2012/12/08/fitness-parks-cities/1755249/.
- "Physical Inactivity in the United States." *Physical Inactivity in the United States - The State of Obesity*, 18 Jan. 2018, stateofobesity.org/physical-inactivity/.
- Robinson, Kara Mayer. "Circuit Training." *WebMD*, WebMD, 13 Apr. 2016, www.webmd.com/fitness-exercise/a-z/circuit-training.

APPENDIX A



Figure 2 Site location of proposed outdoor fitness area, Edgewood Recreation and Community Center, Edgewood, Maryland.

APPENDIX A



Figure 3 Schematic of proposed fitness area location, Edgewood Recreation and Community Center, Edgewood, Maryland.

APPENDIX B

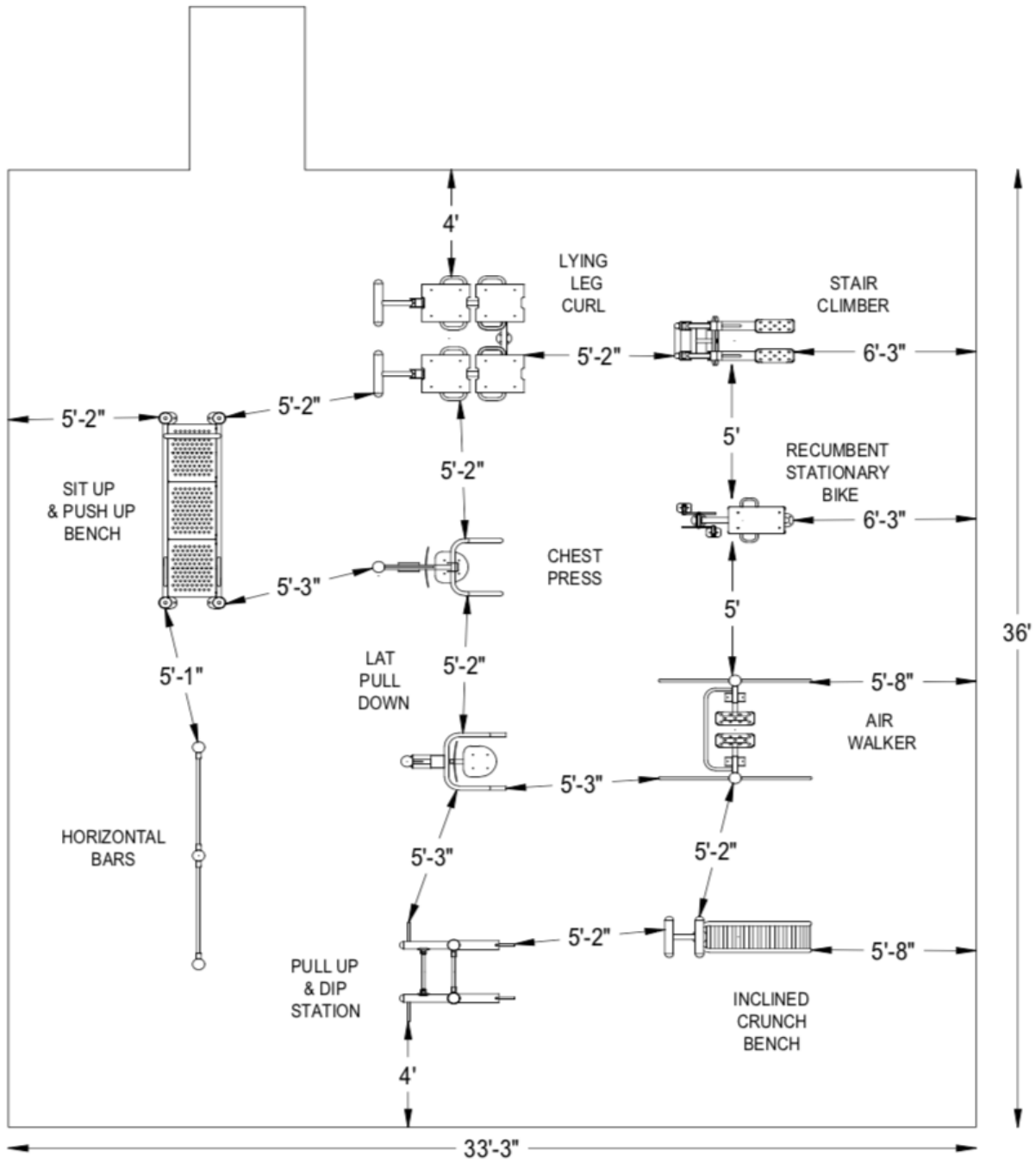


Figure 4 Schematic of proposed fitness equipment.

APPENDIX C



29 Apples Church Road
Thurmont, MD 21788
(800) 383-0075
www.playspec.com

ADDRESS
HARFORD COUNTY
COMMUNITY COLLEGE
ATTN: ANNE SHUGARS
401 THOMAS RUN RD
BEL AIR, MD 21015

SHIP TO
HARFORD COUNTY
COMMUNITY COLLEGE
C/O PLAYGROUND
SPECIALISTS

PROPOSAL 16820A

DATE: 01/09/2018

P.O. NUMBER

SALES REP
ERIC BLACK

DESCRIPTION	QTY	RATE	AMOUNT
NOTE ALL PRICING BELOW PER BALTIMORE COUNTY CONTRACT BID #B-975			
PARIS 78000015 - 2 PERSON LYING LEG CURL - \$3,136 PLUS FREIGHT	1	3,336.00	3,336.00
PARIS 78000019 - STAIR CLIMBER - \$3,300 PLUS FREIGHT	1	3,480.00	3,480.00
PARIS 78000036 - RECLUMBENT STATIONARY BIKE - \$2,136 PLUS FREIGHT	1	2,316.00	2,316.00
PARIS 78000042 - AIR WALKER - \$3,372 PLUS FREIGHT	1	3,552.00	3,552.00
PARIS 78000027 - INCLINED CRUNCH BENCH - \$1,248 PLUS FREIGHT	1	1,428.00	1,428.00
PARIS 78000001 - PULL UP/DIP STATION - \$2,070 PLUS FREIGHT	1	2,250.00	2,250.00
PARIS 78000044 - LAT PULL DOWN - \$2,790 PLUS FREIGHT	1	2,970.00	2,970.00
PARIS 78000045 - CHEST PRESS - \$3,654 PLUS FREIGHT	1	3,834.00	3,834.00
PARIS 78000005 - SIT UP/PUSH UP BENCH - \$1,668 PLUS FREIGHT	1	1,848.00	1,848.00
LINE #5 MANUFACTURER'S LIST PRICE LESS 15% DISCOUNT	1	-3,509.00	-3,509.00

DESCRIPTION	QTY	RATE	AMOUNT
LINE #6 LUMBER, TREATED, ACQ C2 40 LBS, PINE SOUTHERN YELLOW, NO 2 DENSE KD 6" X 6" X 8' FOR PLAYGROUNDS	35	29.00	1,015.00
LINE #12 REBAR, #5 X 2' LENGTH FOR PLAYGROUNDS	70	2.00	140.00
LINE #7 MELTCH WOOD FIBER, FOR PLAYGROUNDS	47	21.00	987.00
LINE #41 FREIGHT CHARGES FOR WOODCARPET EWF	1	525.00	525.00
LINE #17 FABRIC, GEOTEXTILE FOR PLAYGROUND INSTALLATIONS, PER SQ FT	1,222	0.10	122.20
LINE #13 CONCRETE WALK, 5' WIDE, PER LIN FT	20	18.00	360.00
LINE #9 STONE, CR6 - PER TON	5	20.00	100.00

*3% surcharge on Visa/MasterCard
*Valid for 30 days unless otherwise noted
*50% deposit or P.O. Balance due Net 30
Sign and return with approved colors for order placement

SUBTOTAL 39,116.70
TAX (0%) 0.00

TOTAL \$39,116.70

Accepted By

Accepted Date



2617 West Woodland Drive, Anaheim, CA 92801 USA
T: 888.315.9037 F: 866.308.9719 Info@Greenfieldsfitness.com

Customer Quotation

Date	Quote #
1/7/2018	Q009658

Sold To
Harford Community College
Anne Shugars
401 Thomas Run Rd,
Bel Air, MD 21015

Tel: (443)412-2638 Fax:
E-mail: AShugars@harford.edu

Ship To
Harford Community College
Anne Shugars
401 Thomas Run Rd,
Bel Air, MD 21015

Project Name	Terms	Quote Valid Until	Rep		
	50% Deposit, Balance	3/31/2018	SM		
Item	Description	Color	Qt	Rate	Total
SHP2009-5-03	Acrobic Single Elliptical Cross Trainer (surface mount)	Green / Tan	1	3,145.00	3,145.00
UBX-292	Single Cardio Stepper (adjustable resistance)	Green	1	5,995.00	5,995.00
UBX-244	Upper Body Single Triceps Press (adjustable resistance)	Green	1	4,695.00	4,695.00
UBX-246	Single Chest Press (adjustable resistance)	Green	1	4,695.00	4,695.00
UBX-247	Single Vertical Press (adjustable resistance)	Green	1	4,695.00	4,695.00
SGR2005-1-22	Core 4-Person Pendulum, Abs & Dip Station (surface mount)	Green / Tan	1	3,945.00	3,945.00
UBX-223	Sit-Up Bench Lower Body	Green	1	2,295.00	2,295.00
SGR2005-1-21	4-Person Lower Body Combo (surface mount)	Green / Tan	1	4,245.00	4,245.00
SGR2005-1-104N	4-Person Leg Press (surface mount)	Green / Tan	1	5,245.00	5,245.00
UBX-217	Single Squat (adjustable resistance)	Green	1	4,695.00	4,695.00
SHP2009-5-03	Subtotal		1	3,145.00	3,145.00
UBX-292	Single Elliptical Cross Trainer (surface mount)	Green / Tan	1	5,995.00	5,995.00
UBX-244	Single Cardio Stepper (adjustable resistance)	Green	1	5,995.00	5,995.00
UBX-246	Upper Body Single Triceps Press (adjustable resistance)	Green	1	4,695.00	4,695.00
UBX-246	Single Chest Press (adjustable resistance)	Green	1	4,695.00	4,695.00
UBX-247	Single Vertical Press (adjustable resistance)	Green	1	4,695.00	4,695.00
SGR2005-1-22	Core 4-Person Pendulum, Abs & Dip Station (surface mount)	Green / Tan	1	3,945.00	3,945.00
UBX-223	Sit-Up Bench Lower Body	Green	1	2,295.00	2,295.00
SGR2005-1-21	4-Person Lower Body Combo (surface mount)	Green / Tan	1	4,245.00	4,245.00
SGR2005-1-104N	4-Person Leg Press (surface mount)	Green / Tan	1	5,245.00	5,245.00
UBX-217	Single Squat (adjustable resistance)	Green	1	4,695.00	4,695.00
Shipping	Subtotal				43,650.00
GRANT	Ships in large crates - forklift is needed to unload All units are Surface Mount installation method			2,990.00	2,990.00
				-13,000.00	-13,000.00

Additional Terms and Conditions of Sale

1. THIS QUOTE IS LIMITED TO AND GOVERNED BY THE TERMS CONTAINED HEREIN. Greenfields Outdoor Fitness, Inc. ("Greenfields") objects to any other terms proposed by Customer, in writing or otherwise, as material alterations, and all such proposed terms shall be void. Customer authorizes Greenfields to ship the Equipment and agrees to pay Greenfields the total amount specified. Shipping terms are FOB the place of shipment via common carrier designated by Greenfields. Payment terms are specified on Quote and all charges are due and payable in full to Greenfields Outdoor Fitness Inc, 2617 West Woodland Drive, Anaheim, CA 92801 unless notified otherwise by Greenfields in writing. Customer agrees to pay all additional service charges for past due invoices. Customer must provide proper tax exemption certificates to Greenfields, and shall promptly pay and discharge all otherwise applicable taxes, license fees, levies and other impositions on the Equipment at customer's own expense. Purchase orders and payments should be made to the order of Greenfields Outdoor Fitness, Inc.
2. Use & Maintenance. Customer agrees to regularly inspect and maintain the Equipment as recommended by Greenfields.
3. Default, Remedies & Delinquency Charges. Customer's failure to pay any invoice when due, or its failure to otherwise comply with the terms of this Quote, shall constitute a default under all unaffiliated invoices ("Event of Default"). Upon an Event of Default, Greenfields shall have all remedies available to it at law or equity, including, without limitation, all remedies afforded a secured creditor under the uniform Commercial Code.
Customer agrees to assist and cooperate with Greenfields to accomplish its filing and enforcement of mechanic's or other liens with respect to the Equipment or its location or its repossession of the Equipment, and Customer expressly waives all rights to possess the Equipment after an Event of Default. All remedies are cumulative and not alternative, and no exercise by Greenfields of a remedy will prohibit or waive the exercise of any other remedy. Customer shall pay all reasonable attorney's fees plus any costs of collection incurred by Greenfields in enforcing its rights hereunder. Subject to any limitations under law, Customer shall pay to Greenfields as liquidated damages, and not as a penalty, an amount equal to 1.5% per month of any payment that is delinquent in such month and is not received by Greenfields within ten (10) days after the date on which due.

CUSTOMER APPROVAL I hereby approve this order, the item selection, color selection and overall Terms & Conditions of this order.	Subtotal	\$33,640.00
Name: _____ Date: _____	Sales Tax (0.0%)	\$0.00
Signature: _____ PLEASE SIGN & FAX BACK TO: 866-308-9719	Total	\$33,640.00