

26 July 2005

Morale, Welfare, and Recreation

Standardization of Physical Fitness Facilities

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\*This regulation supersedes USAREUR Regulation 215-7, 15 August 2002.

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For the Director, IMA-EURO:

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**Summary.** This regulation prescribes standards for U.S. Army physical fitness facilities in the European theater, including mandatory fitness equipment, equipment room layout, and customer assistance.

**Applicability.** This regulation applies to area support groups and base support battalions.

**Supplementation.** Organizations will not supplement this regulation without IMA-EURO (IMEU-MWD-R) approval.

**Forms.** AE and higher-level forms are available through the Army in Europe Publishing System (AEPUBS).

**Records Management.** Records created as a result of processes prescribed by this regulation must be identified, maintained, and disposed of according to AR 25-400-2. Record titles and descriptions are available on the Army Records Information Management System website at <https://www.arims.army.mil>.

**Suggested Improvements.** The proponent of the regulation is the IMA-EURO (IMEU-MWD-R, DSN 370-8636). Users may suggest improvements to this regulation by sending DA Form 2028 to IMA-EURO (IMEU-MWD-R), Unit 29353, Box 200, APO AE 09014-9353.

**Distribution.** C (AEPUBS).

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### 1. PURPOSE

This regulation prescribes responsibilities and standards for physical-fitness-facility exercise equipment, layout, and customer service.

### 2. REFERENCES

- a. AR 25-400-2, The Army Records Information Management System (ARIMS).
- b. U.S. Army Physical Fitness Facilities Technical Criteria (<http://www.army.mil/cfsc/documents/recreation/fitnesstechcriteria.pdf>).
- c. American College of Sports Medicine (ACSM) Health/Fitness Facility Standards and Guidelines. (This publication is available at <http://www.acsm.org/publications/books.htm>.)
- d. DA Form 2028, Recommended Changes to Publications and Blank Forms.

### 3. EXPLANATION OF ABBREVIATIONS AND TERMS

#### a. Abbreviations.

ASG	area support group
BSB	base support battalion
DA	Department of the Army
DOD	Department of Defense
IDP	individual development plan
IMA-EURO	United States Army Installation Management Agency, Europe Region Office
U.S.	United States

#### b. Terms.

##### **cardiovascular equipment**

Programmable exercise equipment designed to improve the cardiovascular system. This equipment measures speed, distance, calories burned, and heart rate.

##### **circuit equipment**

Weight stacks with pins that permit the user to select the desired weight to provide varied resistance.

##### **free-weight equipment**

Weight-training equipment consisting of dumbbells, benches, weight plates, bars, and racks.

##### **physical fitness facility**

A facility that includes, but is not limited to, a gymnasium with multipurpose courts; racquetball or handball courts; cardiovascular, free-weight, circuit or plate-loaded (or both) areas; and group-exercise classrooms, as well as mens and womens locker rooms with showers, toilets, and saunas.

##### **plate-loaded equipment**

Weight-training equipment that uses weight plates for desired weight resistance.

### 4. RESPONSIBILITIES

- a. IMA-EURO (IMEU-MWD-R) will provide—

- (1) Technical assistance and information on the latest fitness equipment, facility layout, and fitness trends.

(2) Guidance on fitness center design and equipment authorized for purchase.

(3) Advice to commanders on resource allocation and prioritization.

(4) Specialized training for facility managers and personnel.

(5) Assistance to area support group (ASG) and base support battalion (BSB) personnel in their procurement of the required equipment through the bulk-buy process. Procurements must meet the specifications of this regulation.

b. ASG commanders will—

(1) Ensure physical fitness facilities in their areas meet the standards in this regulation.

(2) Provide resources to staff and maintain physical fitness facilities in their areas.

(3) Ensure that physical fitness facilities are operated professionally and at no cost to Soldiers, DOD civilian employees, family members, or other authorized personnel.

**NOTE:** Charges for special-interest fitness classes and resale activities are authorized.

(4) Ensure physical fitness facility personnel are trained in the proper use, safety, and maintenance of fitness equipment.

(5) Specify, when applicable, age limits for users for facilities and equipment. Children who are 12 years old and under will not be allowed in cardiovascular or strength areas. Children who are 16 years old and under must be actively participating in the same activity as and under the direct supervision of a parent or guardian at all times.

(6) Ensure individual development plans (IDPs) include staff training and staff use of fitness equipment.

(a) Staff members will be allowed 45 minutes during their 8-hour workshift for training and use of equipment.

(b) IDPs will include training in the following:

1. Biomechanics of exercise.

2. Cardiopulmonary resuscitation/automatic external defibrillator.

3. First aid.

4. Organization and administration of fitness and sports programs.

5. Physical fitness program management for facility personnel.

(c) For administrative personnel, IDPs will include the following training:

1. Community Family Support Center Morale, Welfare, and Recreation Training Center Basic Management

Course.

2. Cooper Physical Fitness Specialist Certification.

## **5. POLICY AND PROCEDURES**

a. Physical fitness facilities in Europe will have at least the following:

(1) An office for fitness-facility staff equipped to handle administration, equipment issue, and safety.

(2) Ventilation and lighting that meets the guidelines in “ACSM’s Health/Fitness Facility Standards and Guidelines.” Ventilation guidelines are in appendix A, supplement 9; lighting guidelines are in appendix A, supplement 10.

- (3) Lockers, restrooms, and showers (available at no cost to users).
- (4) One sauna for males and one for females; or, when space is limited, a sauna that may be used by both.
- (5) Weight belts, towels, speed bags, and boxing gloves.
- (6) Four pairs of protective eyewear for each racquetball courts (available at no cost).
- (7) An area for free-weight equipment.
- (8) An area for cardiovascular equipment.
- (9) An area for circuit equipment or plate-loaded equipment (or both).

(10) Marked running and walking routes. Handouts that show alternate running routes must be available. Routes may or may not be entirely on U.S. Army installations.

b. Table 1 prescribes required equipment at each facility.

c. Table 2 provides DA standards for allocating spaces in different sizes of facilities.

d. Equipment-room layouts for each fitness facility will be coordinated with the IMA-EURO (IMEU-MWR) staff to provide a safe, customer-friendly environment. Figure 1 is a sample floor plan.

e. When two physical fitness facilities are on the same installation, one of the facilities must comply with the minimum standards in subparagraphs a through c above. Fitness areas may be located in different buildings on the same installation. To estimate the number of pieces of equipment that can fit into each facility, allocate 25 square feet for each piece of equipment.

f. Requests to purchase equipment not listed in table 1 must be sent to IMA-EURO (IMEU-MWR), Unit 29353, APO AE 09014-9353, before the equipment is purchased.

g. Each fitness area must be separated from the main multipurpose court by a wall or other protective divider.

## **6. FACILITY MANAGEMENT**

a. The facility staff must be trained to instruct patrons in the proper use of exercise equipment.

b. The number of machine brands must be kept to an absolute minimum.

c. All weight plates must have handholds, and there must be enough weight trees for weights.

d. Equipment sign-out logs must be maintained.

e. Exercise-machine usage must be tracked. This information will be used to make decisions about equipment purchases and elimination of machines that are not used.

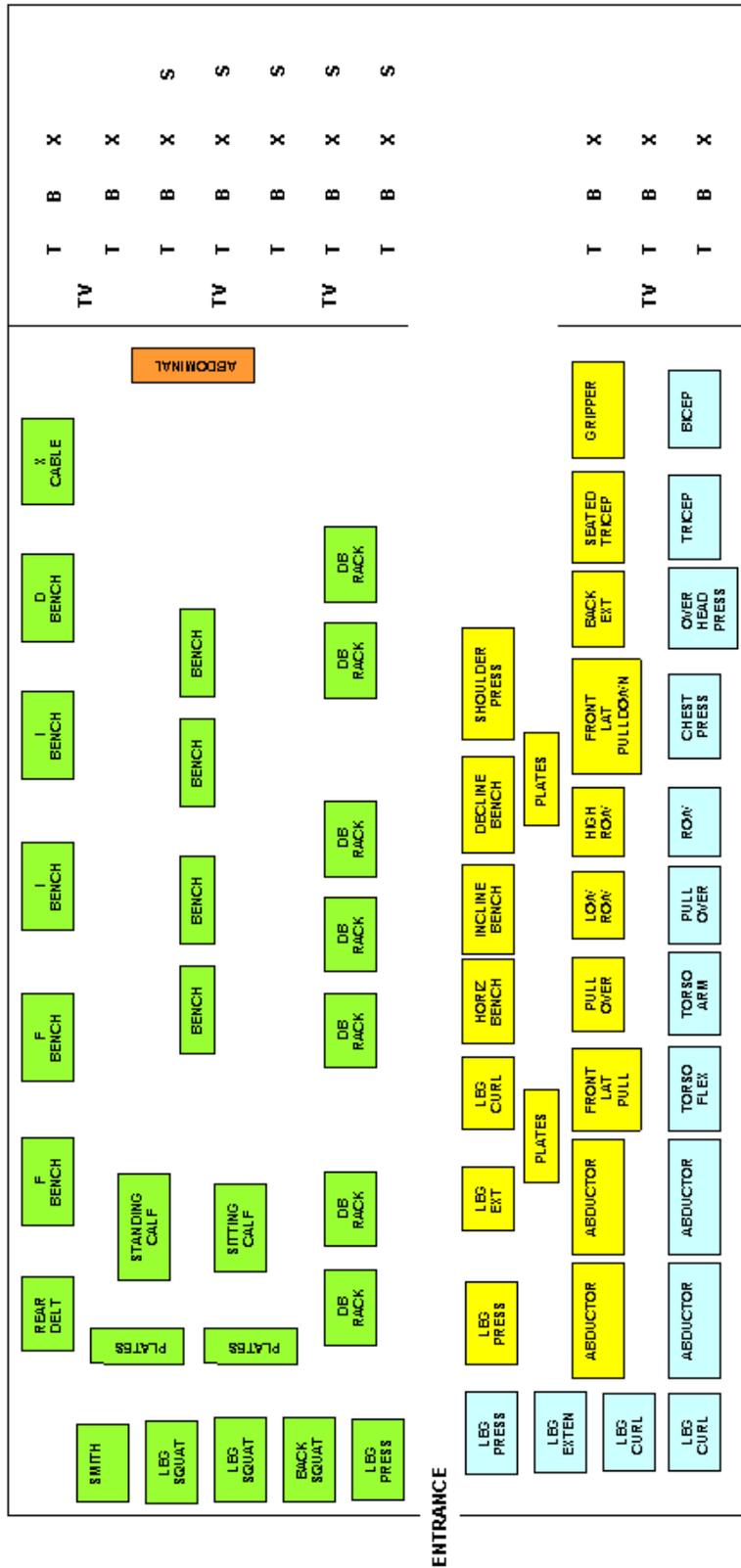
<b>Table 1 Required Fitness Equipment</b>					
<b>Free-Weight Equipment</b>					
2.5-pound weight plates		Calf raise (standing/seated)		Olympic incline bench press with rack	
5-pound weight plates		Curl bars with collars		Preacher curl	
10-pound weight plates		Double-tier dumbbell racks		Pull-up bars/dip bars	
25-pound weight plates		Dumbbells (18 pair, 5 to 100 pounds)		Shoulder press	
35-pound weight plates		Hack squat		Smith machine	
45-pound weight plates		Impact-resistance flooring (note 1)		Squat rack with pegs	
Abdominal boards		Leg press		Storage racks for weight plates	
Adjustable benches		Olympic bench press with rack		Stretch machine	
Bar with collars for benching		Olympic decline bench press with rack		T-bar row	
Beauty bells with rack (1 to 12 pounds)					
<b>Circuit and Plate-Loaded Equipment</b>					
Abdominal crunch		Hip adductor		Pullover	
Bicep curl		Incline chest press		Rear deltoid/pec fly	
Cable crossover		Lat pulldown		Seated leg curl	
Calf machine		Lateral raise		Seated leg press	
Chest press seated		Leg curl		Seated low row	
Decline chest press		Leg extension		Shoulder press	
Dip and chin assist		Lower back extension		Tricep extension	
<b>Additional Plate-Loaded Equipment (note 2)</b>					
Abdominal crunch		Iso-lateral leg curl		Seated bicep curl	
Gripper		Iso-lateral leg extension		Seated calf machine	
Hip abductor		Iso-lateral low row		Squat lunge	
Iso-lateral chest press		Iso-lateral shoulder press		Super horizontal calf	
Iso-lateral decline chest press		Kneeling leg curl		Tricep extension	
Iso-lateral front lat pulldown		Lower back extension		Tricep press	
Iso-lateral high row		Pullover		Uni-lateral leg press	
Iso-lateral incline chest press					
<b>Cardiovascular Equipment (note 3)</b>					
<b>Equipment ↓</b>	<b>Size of Facility →</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>
Cross trainer		2	8	15	25
Recumbent bikes		2	3	9	15
Stair climber		1	4	5	5
Treadmill		4	10	20	30
Upright bikes		1	2	2	5
<b>NOTES:</b> 1. The free-weight area must be equipped with proper flooring, wall mirrors, and posted instructional charts.					
2. When space is available, physical fitness centers may incorporate one line of circuit and one line of plate-loaded equipment.					
3. Instructions must be posted on or near each piece of equipment, and adequate space (see ACSM, 1.S20) must be provided between pieces of equipment to allow for safe use and for patrons to walk around safely. (XS=extra small; S=small; M=medium; L=large)					

**Table 2  
Standards for Critical Functional Areas**

AUTHORIZED PFF SPACE ALLOWANCE													INCREMENT (5000 increments over 10,000)			
CRITICAL FUNCTIONAL AREAS & TOTAL PFC BUILDING AREA (Areas in square feet)	X-SMALL (Population 251 - 1000)	SMALL (Population 1001 - 3000)	MEDIUM (Population 3001 - 6000)	LARGE (Population 6001 - 10,000)	X-LARGE (Population 10,001 - 15,000) / Large + 1 (increments)	Population 15,001 - 20,000	Population 20,001 - 25,000	Population 25,001 - 30,000	Population 30,001 - 35,000	Population 35,001 - 40,000	Population 40,001 - 45,000	45,001 - 50,000	50,001 - 55,000	55,001 - 60,000	60,001 - 65,000	INCREMENT (5000 increments over 10,000)
Cardiovascular Area	550	1,350	2,550	4,000	6,000	8,000	10,000	12,000	14,000	16,000	18,000	20,000	22,000	24,000	26,000	2,000
Circuit Area	800	1,150	1,500	2,300	3,450	4,600	5,750	6,900	8,050	9,200	10,350	11,500	12,650	13,800	14,950	1,150
Free Weight Area	975	2,145	3,250	5,200	7,800	10,400	13,000	15,600	18,200	20,800	23,400	26,000	28,600	31,200	33,800	2,600
Flexible Space - 10%	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Storage - 10%	2,325	4,645	7,300	11,500	17,250	23,000	28,750	34,500	40,250	46,000	51,750	57,500	63,250	69,000	74,750	5,750
Storage - 10%	233	465	730	1,150	1,725	2,300	2,875	3,450	4,025	4,600	5,175	5,750	6,325	6,900	7,475	575
Large Group Exercise	1,200	1,650	2,800	4,500	6,750	9,000	11,250	13,500	15,750	18,000	20,250	22,500	24,750	27,000	29,250	2,250
Small Group Exercise	1,000	1,250	1,750	2,500	3,750	5,000	6,250	7,500	8,750	10,000	11,250	12,500	13,750	15,000	16,250	1,250
Storage - 10%	2,200	2,900	4,550	7,000	10,500	14,000	17,500	21,000	24,500	28,000	31,500	35,000	38,500	42,000	45,500	3,500
Storage - 10%	220	290	455	700	1,050	1,400	1,750	2,100	2,450	2,800	3,150	3,500	3,850	4,200	4,550	350
Sauna, Lockers, Showers, Toilets	2,400	3,800	5,850	8,800	11,800	14,800	17,800	20,800	23,800	26,800	29,800	32,800	35,800	38,800	41,800	3,000
Racquetball Courts	850	850	850	1,700	2,550	3,400	4,250	5,100	5,950	6,800	7,650	8,500	9,350	10,200	11,050	850
Other Structured Activities	1,150	1,150	2,150	2,300	3,450	4,600	5,750	6,900	8,050	9,200	10,350	11,500	12,650	13,800	14,950	1,150
Storage - 10%	1,150	2,000	3,000	4,000	6,000	8,000	10,000	12,000	14,000	16,000	18,000	20,000	22,000	24,000	26,000	2,000
Storage - 10% of Struct. Act.	115	115	215	230	345	460	575	690	805	920	1,035	1,150	1,265	1,380	1,495	115
Basketball Courts (Gymnasium)	10,200	17,400	24,600	31,800	40,200	48,600	57,000	65,400	73,800	82,200	90,600	99,000	107,400	115,800	124,200	8,400
Support (Toilets & Storage)	1,020	1,740	2,460	3,180	4,020	4,860	5,700	6,540	7,380	8,220	9,060	9,900	10,740	11,580	12,420	840
Storage - 10%	11,220	19,140	27,060	34,980	44,220	53,460	62,700	71,940	81,180	90,420	99,660	108,900	118,140	127,380	136,620	9,240
Indoor Jogging Track	1,500	2,100	2,650	3,200	3,200	3,200	3,200	3,200	3,200	3,200	3,200	3,200	3,200	3,200	3,200	0
TOTAL NET OF MODULES	22,213	35,455	51,810	71,560	96,090	120,620	145,150	169,680	194,210	218,740	243,270	267,800	292,330	316,860	341,390	24,530
MISC. AREA (25% of the Net)	5,553	8,864	12,953	17,890	24,023	30,155	36,288	42,420	48,553	54,685	60,818	66,950	73,083	79,215	85,348	6,133
ROUNDING FACTOR																
MISC. AREA (30% of the Net)	6,664	10,636	15,543	21,468	28,827	36,186	43,545	50,904	58,263	65,622	72,981	80,340	87,699	95,058	102,417	7,359
TOTAL GROSS AREAS:	27,766	44,318	64,763	89,450	120,113	150,775	181,438	212,100	242,763	273,425	304,088	334,750	365,413	396,075	426,738	30,663
NOMINAL GROSS AREAS:	26,200	43,700	64,600	87,700	117,700	147,700	177,700	207,700	237,700	267,700	297,700	327,700	357,700	387,700	417,700	30,000
TOTAL GROSS AREA IN METRIC:	2,580	4,117	6,017	8,310	11,159	14,007	16,856	19,705	22,553	25,402	28,251	31,099	33,948	36,797	39,645	2,849
NOMINAL GROSS AREA IN METRIC:	2,580	4,120	6,020	8,310	11,160	14,010	16,860	19,710	22,560	25,410	28,260	31,110	33,960	36,810	39,660	2,850
ACTUAL SQ. FT. BASED ON METRIC:	27,771	44,347	64,799	89,448	120,125	150,802	181,480	212,157	242,834	273,511	304,188	334,865	365,542	396,220	426,897	30,677
TOTAL GROSS AREAS @ 30%:	28,876	46,091	67,353	93,028	124,917	156,806	188,695	220,584	252,473	284,362	316,251	348,140	380,029	411,918	443,807	31,889
<b>PARTICIPANT LOADS:</b>																
SF/part	50	27	51	80	120	160	200	240	280	320	360	400	440	480	520	40
Cardiovascular Area	11	9.00	8.50	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00
Spaces per 1000 population:	11.00	9.00	8.50	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00
50	23	30	46	69	92	115	138	161	184	207	230	253	276	299	323	23
SelectORIZED	16	7.67	5.00	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60
Spaces per 1000 population:	16.00	7.67	5.00	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60	4.60
65	33	50	80	120	160	200	240	280	320	360	400	440	480	520	40	40
Free Weight Area	15	11.00	8.33	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00
Spaces per 1000 population:	15.00	11.00	8.33	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00	8.00
Total pieces of equipment:	42	83	131	206	309	412	515	618	721	824	927	1,030	1,133	1,236	1,339	103
0																
Pieces of equipment per 1000 population:	42.00	27.67	21.83	20.60	20.60	20.60	20.60	20.60	20.60	20.60	20.60	20.60	20.60	20.60	20.60	20.60
50	33	56	90	135	180	225	270	315	360	405	450	495	540	585	630	45
Aerobic Exercise	24	11.00	9.33	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00
Spaces per 1000 population:	24.00	11.00	9.33	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00	9.00
125	10	14	20	30	40	50	60	70	80	90	100	110	120	130	140	10
Non-structured Exercise	8	3.33	2.33	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00
Spaces per 1000 population:	8.00	3.33	2.33	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00

**Table 2  
Standards for Critical Functional Areas—Continued**

AUTHORIZED PFF SPACE ALLOWANCE																
CRITICAL FUNCTIONAL AREAS & TOTAL PFC BUILDING AREA (Areas in square meters)	X-SMALL (Population 251 - 1000)	SMALL (Population 1001 - 3000)	MEDIUM (Population 3001 - 6001)	LARGE (Population 6001 - 10,000)	X-LARGE (10,001 - Large + 1 Increment)	20,001 -	25,000 -	30,001 -	35,001 -	40,001 -	45,001 -	50,001 -	55,001 -	60,001 -	INCREMENT (5000 increments over 10,000)	
						20,000	25,000	30,000	35,000	40,000	45,000	50,000	55,000	60,000		
11/27/01	51.0	126.0	237.0	371.5	557.5	743.5	929.5	1115.5	1301.5	1487.5	1673.5	1859.5	2045.5	2417.5	186.0	
Cardiovascular Area																
Circuit Area	74.5	107.0	139.5	213.5	320.5	427.5	534.5	641.5	748.5	855.5	962.5	1069.5	1176.5	1283.5	107.0	
Free Weight Area	91.0	200.0	303.0	483.0	724.5	966.0	1207.5	1449.0	1690.5	1932.0	2173.5	2415.0	2656.5	3139.5	241.5	
Flexible Space - 10%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
subtotal	216.5	433.0	679.5	1068.0	1602.5	2137.0	2671.5	3206.0	3740.5	4275.0	4809.5	5344.0	5878.5	6413.0	534.5	
Storage - 10%	21.7	43.3	68.0	106.8	160.3	213.7	267.2	320.6	374.1	427.5	481.0	534.4	587.9	641.3	53.5	
Large Group Exercise	111.5	153.5	260.5	417.5	626.5	835.5	1044.5	1253.5	1462.5	1671.5	1880.5	2089.5	2298.5	2507.5	209.0	
Small Group Exercise	93.0	116.0	163.0	233.0	349.0	465.0	581.0	697.0	813.0	929.0	1045.0	1161.0	1277.0	1509.0	118.0	
subtotal	204.5	269.5	423.5	650.5	975.5	1300.5	1625.5	1950.5	2275.5	2600.5	2925.5	3250.5	3575.5	3900.5	325.0	
Storage - 10%	20.5	27.0	42.4	65.1	97.6	130.1	162.6	195.1	227.6	260.1	292.6	325.1	357.6	390.1	32.5	
Sauna, Lockers, Showers, Toilets	223.0	353.3	543.5	817.5	1098.5	1375.5	1654.5	1933.5	2212.5	2491.5	2770.5	3049.5	3328.5	3607.5	279.0	
Racquetball Courts	79.0	79.0	79.0	158.0	237.0	316.0	395.0	474.0	553.0	632.0	711.0	790.0	869.0	948.0	79.0	
Other Structured Activities	107.0	107.0	200.0	214.0	321.0	428.0	535.0	642.0	749.0	856.0	963.0	1070.0	1177.0	1284.0	107.0	
subtotal	186.0	186.0	372.0	372.0	558.0	744.0	930.0	1116.0	1302.0	1488.0	1674.0	1860.0	2046.0	2232.0	186.0	
Storage - 10% of Struct. Act	10.7	10.7	20.0	21.4	32.1	42.8	53.5	64.2	74.9	85.6	96.3	107.0	117.7	128.4	10.7	
Basketball Courts (Gymnasium)	947.2	1616.5	2285.4	2954.0	3734.8	4515.5	5296.3	6077.0	6857.8	7638.5	8419.3	9200.0	9980.8	10761.5	780.8	
Support (Toilets & Storage)	94.7	161.7	228.5	295.4	373.5	451.6	529.6	607.7	685.8	763.9	841.9	920.0	998.1	1076.2	78.1	
subtotal	1041.9	1778.2	2513.9	3249.4	4108.2	4967.1	5825.9	6684.7	7543.5	8402.4	9261.2	10120.0	10978.8	11837.7	858.8	
Indoor Jogging Track	139.3	195.1	246.2	297.3	297.3	297.3	297.3	297.3	297.3	297.3	297.3	297.3	297.3	297.3	0.0	
TOTAL NET OF MODULES	2064.0	3296.0	4815.9	6648.0	8927.9	11207.9	13487.9	15767.9	18047.8	20327.8	22607.8	24887.8	27167.7	29447.7	2280.0	
MISC. AREA (25% of the Net)	516.0	824.0	1204.0	1662.0	2320.0	2802.0	3372.0	3942.0	4512.0	5082.0	5651.9	6221.9	6791.9	7361.9	570.0	
ROUNDING FACTOR																
MISC. AREA (30% of the Net)	619.2	988.8	1444.8	1994.4	2678.4	3362.4	4046.4	4730.4	5414.3	6098.3	6782.3	7466.3	8150.3	8834.3	684.0	
TOTAL GROSS AREAS:	2580.0	4120.0	6019.9	8309.9	11159.9	14009.9	16859.8	19709.8	22559.8	25409.8	28259.7	31109.7	33959.7	36809.6	2850.0	
NOMINAL GROSS AREAS:	26200.0	43700.0	64600.0	87700.0	117700.0	147700.0	177700.0	207700.0	237700.0	267700.0	297700.0	327700.0	357700.0	387700.0	30000.0	
TOTAL GROSS AREA IN METRIC:	239.7	382.8	559.3	772.0	1036.8	1301.6	1566.3	1831.1	2095.9	2360.6	2625.4	2890.2	3155.0	3419.7	264.8	
NOMINAL GROSS AREA IN METRIC:	2580.0	4120.0	6020.0	8310.0	11160.0	14010.0	16860.0	19710.0	22560.0	25410.0	28260.0	31110.0	33960.0	36810.0	2850.0	
ACTUAL SQ. FT. BASED ON METRIC:	27770.9	44347.3	64798.7	89448.1	120125.2	150802.4	181479.5	212156.7	242833.8	273511.0	304188.1	334865.3	365542.4	396219.5	30877.1	
TOTAL GROSS AREAS @ 30%:	2683.2	4284.8	6260.7	8642.3	11606.3	14570.3	17534.2	20498.2	23462.2	26426.1	29390.1	32354.1	35318.0	38282.0	2964.0	
<b>PARTICIPANT LOADS:</b>																
<b>m<sup>2</sup>/part</b>																
4.65	11.0	27.0	51.0	80.0	120.0	160.0	200.0	240.0	280.0	320.0	360.0	400.0	440.0	480.0	520.0	40.0
Cardiovascular Area																
Spaces per 1000 population:	11.0	9.0	8.5	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0
4.65	16.0	23.0	30.0	46.0	69.0	92.0	115.0	138.0	161.0	184.0	207.0	230.0	253.0	276.0	299.0	23.0
SelectORIZED																
Spaces per 1000 population:	16.0	7.7	5.0	4.6	4.6	4.6	4.6	4.6	4.6	4.6	4.6	4.6	4.6	4.6	4.6	4.6
6	15.0	33.0	50.0	80.0	120.0	160.0	200.0	240.0	280.0	320.0	360.0	400.0	440.0	480.0	520.0	40.0
Free Weight Area																
Spaces per 1000 population:	15.0	11.0	8.3	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0
Total pieces of equipment:	42.0	83.0	131.0	206.0	309.0	412.0	515.0	618.0	721.0	824.0	927.0	1030.0	1133.0	1236.0	1339.0	103.0
0																
Pieces of equipment per 1000 population:	42.0	27.7	21.8	20.6	20.6	20.6	20.6	20.6	20.6	20.6	20.6	20.6	20.6	20.6	20.6	20.6
4.65	24.0	33.0	56.0	90.0	135.0	180.0	225.0	270.0	315.0	360.0	405.0	450.0	495.0	540.0	585.0	45.0
Aerobic Exercise																
Spaces per 1000 population:	24.0	11.0	9.3	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0
11.6	8.0	10.0	14.0	20.0	30.0	40.0	50.0	60.0	70.0	80.0	90.0	100.0	110.0	120.0	130.0	10.0
Non-structured Exercise																
Spaces per 1000 population:	8.0	3.3	2.3	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0



- T = TREADMILLS
  - B = BIKES
  - X = CROSS TRAINERS
  - S = LIFE STEP
- MEDEX CIRCUIT
  - HAMMER PLATE LOADED
  - FREE WEIGHTS
  - ABDOMINAL AREA

Figure 1. Sample Floor Plan