

Business Operations  
Ofelia San Pedro, Deputy Superintendent

**SUBJECT:           REQUEST AUTHORIZATION TO ACCEPT A DONATION OF EXERCISE EQUIPMENT FROM THE PRITIKIN LONGEVITY CENTER AND SPA FOR PLACEMENT IN SCHOOLS TO BE DETERMINED AT A LATER DATE**

**COMMITTEE:       INNOVATION, EFFICIENCY & GOVERNMENTAL RELATIONS**

**LINK TO DISTRICT STRATEGIC PLAN:       EVALUATE AND REDESIGN INTERNAL BUSINESS OPERATIONS**

In accordance with School Board Rule 6Gx13- 3B- 1.11 authorization is requested to accept a donation of exercise equipment from the Pritikin Longevity Center and Spa. The donation consists of an extensive amount of exercise equipments, including cardiovascular machines, plate-loaded weights, benches, and circuit training machines. The total retail value of the donated equipment is approximately \$100,000.

The machine weight circuit and plated loaded equipment will be utilized to enhance two school's strength and conditioning programs for physical education. The cardiovascular equipment will be spread over multiple locations for placement in their fitness areas. The schools that will receive the equipment will be determined at a later date to facilitate proper installation, set-up and training of the staff for proper use and safety.

**RECOMMENDED:** That The School Board of Miami-Dade County, Florida, Authorize the Superintendent to accept the donation of exercise equipment from the Pritikin Longevity Center and Spa, for placement in schools to be determined at a later date.

OSP/PP/sr

## Exercise Equipment Pritikin Longevity Center & Spa

### Cardio Equipment

#### Treadmills

Cybex 700T	9
Life Fitness 900 HR	11
Cybex 410T	1
Life Fitness 8500	2

#### Ellipticals

Arc Trainer	1
Precor EFX 544	1
LifeFitness Crosstrainer	2

#### Bikes

Monark 837E	1
Cybex 500	1
LifeFitness 93R	1
Lifecycle HR	2
Lifecycle 9500 HR (upright)	1
Airdyne Schwinn	2
Free Climber 4400 CL	1
Cybex UBE	1

### Weight Equipment

Triceps Extension 150lbs	1
Arm Curl 150lbs	1
Lateral Raise 150lbs	1
Fly 150lbs	1
Chest Press 200lbs	1
Body Master (Lat Pulldown and Row)	1
Seated Leg Curl 200lbs	1
Leg Extension 260lbs	1
Hip AB/AD 200lbs	1
Leg Press 500lbs	1
Cybex Flat Bench	1
Cybex Incline Bench	1
Cybex Preacher Curl	1
Cybex Smith	1

Cybex Mobile Flat Bench	1
Cybex Adjustable Bench	1
TDS Flat Bench	12
TDS Adjustable Bench	1
Cybex Cable and Modular with dip/chin/pulldown/tricep pushdown/roman chair	1
Chrome Dumbbells 15-80lbs	2 racks
Hexagonal Dumbbell Rack	
8 lbs	1 set
10 lbs	5 sets
12 lbs	2 sets
15 lbs	3 sets
20 lbs	1 set
Weight Tree Plates and Smith Machine Plates	
45 lbs	6
35 lbs	6
25 lbs	10
10 lbs	10
5 lbs	10
2.5 lbs	10
1.25 lbs	2
EZ Bar	1
Olympic Bar	3
Square Bar	1
Revolving Multi Exercise Bar (small and large)	1
Press Down Bar	1
Revolving Pressdown Bar	1
Revolving Straight Bar	1
Single Grip Handles	2
Single Grip Straps	4
Tricep Rope	1