Authorized Federal Supply Schedule Price List

Advanced Healthstyles Fitness Equipment Inc.

861 Southpark Drive, STE 100
Littleton, CO 80120
Telephone: 303-996-0048
Fax: 303-996-0063

Email: tspieker@advancedexercise.com
Website: www.advancedexercise.com

Federal Supply Schedule MAS

Contract Number: 47QSMA20D08Q1 / GS-03F-061KA

Contract Period: April 23, 2020 to April 22, 2025

Business Size: Certified Small Business (SB)

Federal ID# 84-1344433

DUNS# 147377373

UEI# DBV5JMMPCUF3

Cage# 4VTH2

CCR/SAM: Registered
The original Federal Supply Schedule Price List for contract 47QSMA20D08Q1 has been amended. This supplement is current as of the most recent modification #PS-0050 effective 7-21-22.

Contract Number: 47QSMA20D08Q1 / GS-03F-061KA
Contract Period: April 23, 2020 through April 22, 2025

1a. SINS: 339920S, 713940
1b. Lowest Priced Model: Iron Grip 2.5lb Urethane Plate - $8.51
1c. Hourly Rates: N/A

2. Maximum Order: $150,000.00
3. Minimum Order: $100.00

4. Geographic Coverage: Continental US
5. Points of Production: United States
6. Discount from List Prices: 10-40%
7. Quantity Discounts: N/A
8. Prompt Payment Terms: Net 30 days.

9a. Government Purchase Cards: Visa and MasterCard accepted up to micro-purchase threshold.
9b. Government Purchase Cards: Visa and MasterCard accepted above micro-purchase threshold.

10. Foreign Items: None
11a. Time of Delivery: 60 Days ARO
11b. Expedited Delivery: 30 Days ARO
11c. Overnight and 2-Day Delivery: Must call for availability and rates.
11d. Urgent Requirements: Must call for availability and rates.

12. FOB Origin Points:
   - Owatonna, MN 55060 (Cybex)
   - Tulsa, OK 74146 (SciFit)
   - Toronto, Canada, M1K5H4 (Aviron)
   - Eau Claire, WI 54703 (FitBench)
   - Santa Anna, CA 92701 (Iron Grip)
   - Eau Claire, WI 54703 (Dynamic)

13a. Ordering Address: Same as contractor
13b. Ordering Procedures: Supplies and services, ordering procedures, information on Blanket Purchase Agreements (BPA’s), and a sample BPA can be found at the GSA/FSS Schedule homepage (fss.gsa.gov/schedules). Quotes with freight charges, inside delivery and installation charges may be obtained by contacting Advanced Exercise, Inc.

14. Payment Address: 861 Southpark Drive, Ste 100, Littleton, CO 80120
16. Export Packing Charges: N/A
17. Terms and Conditions of government purchase card acceptance: Contractor will accept government purchase card for all orders.
18. Terms and conditions of rental, maintenance, and repair: N/A
19. Terms and conditions of installation: N/A
20. Terms and conditions of repair parts indicating date of parts price lists and any discounts from list prices: N/A
20a. Terms and Conditions for any other services: N/A
21. List of service and distribution points: N/A
22. List of participating dealers: N/A
23. Preventive Maintenance: N/A
24a. Environmental Attributes (e.g. recycled content, energy efficiency, and/or reduced pollutants): N/A
24b. Section 508 compliance: N/A
25. DUNS Number: 147377373
26. CCR / SAM Registration: Registered. Cage Code: 4VTH2
# SIN 713940 Labor Rates

## Commercial/GSA Price List

**Effective 4-1-2021**

<table>
<thead>
<tr>
<th>Lab Category</th>
<th>GSA per hour</th>
<th>Retail per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Desk Attendant**</td>
<td>$28.41</td>
<td>$30.00</td>
</tr>
<tr>
<td>Personal Trainer</td>
<td>$65.74</td>
<td>$75.00</td>
</tr>
<tr>
<td>Group Fitness Instructor</td>
<td>$61.36</td>
<td>$70.00</td>
</tr>
<tr>
<td>Specialty Group Fitness Instructor</td>
<td>$70.93</td>
<td>$80.00</td>
</tr>
<tr>
<td>Wellness Coach</td>
<td>$50.78</td>
<td>$60.00</td>
</tr>
<tr>
<td>Nutrition Coach</td>
<td>$50.78</td>
<td>$60.00</td>
</tr>
<tr>
<td>Lifeguard**</td>
<td>$33.15</td>
<td>$35.00</td>
</tr>
<tr>
<td>Fitness and Wellness Consultant</td>
<td>$126.95</td>
<td>$200.00</td>
</tr>
<tr>
<td>Fitness and Wellness Specialist</td>
<td>$42.08</td>
<td>$43.50</td>
</tr>
<tr>
<td>Fitness and Wellness Manager</td>
<td>$56.83</td>
<td>$60.00</td>
</tr>
<tr>
<td>Fitness and Wellness Director</td>
<td>$58.56</td>
<td>$62.50</td>
</tr>
<tr>
<td>Regional Manager</td>
<td>$63.93</td>
<td>$67.50</td>
</tr>
<tr>
<td>Regional Director</td>
<td>$73.40</td>
<td>$77.50</td>
</tr>
<tr>
<td>General Program Manager</td>
<td>$73.40</td>
<td>$77.50</td>
</tr>
<tr>
<td>Fitness Software</td>
<td>$198.99</td>
<td>$395.00</td>
</tr>
</tbody>
</table>

**Wage grade determined per location.**
Front Desk Attendant

**JOB SUMMARY**
The Front Desk Attendant is responsible for checking in members, overall front desk tasks, membership enrollment, member services and customer service.

**QUALIFICATIONS:**
- Customer service experience
- High School Degree or equivalent
- Preferred Fitness experience
- CPR/AED Certified

Personal Training

**JOB SUMMARY**
Responsible for working one on one with clients or in small groups to assist employees how to properly perform exercise.

**QUALIFICATIONS:**
- Customer service experience
- High School Degree or equivalent
- National Personal Training Certification
- In-House Personal Training Certification
- CPR/AED Certified

Group Fitness Instructor

**JOB SUMMARY**
Responsible for creating and conducting group fitness classes in a safe and educational manner.

**QUALIFICATIONS:**
- Customer service experience
- High School Degree or equivalent
- National Group Fitness Certification
- In-House Personal Training Certification
- CPR/AED Certified

Speciality Group Fitness Instructor

**JOB SUMMARY**
Responsible for creating and conducting group fitness classes in a safe and educational manner.

**QUALIFICATIONS:**
- Customer service experience
- High School Degree or equivalent
- Speciality Group Fitness Certification
- In-House Personal Training Certification
- CPR/AED Certified
Wellness Coach

JOB SUMMARY
The Wellness Coach will be responsible for developing a wellness coaching relationship with employees and assisting them through the process of actively working towards better health by providing support, encouragement, and education. The Coach will be responsible for documentation, tracking and reporting of outcomes and impact.

QUALIFICATIONS:
- 1 – 3 years coaching experience with wellness coaching certification
- Energetic, professional, self-motivated and an independent thinker with excellent written and oral skills.
- 1 – 3 years Health education/promotion
- Experience providing 1:1 coaching and documentation and tracking in portals

Nutrition Coach

JOB SUMMARY
The Nutrition Coach will be responsible for developing a nutrition coaching relationship with employees and assisting them through the process of actively working towards better health by providing support, encouragement, and education. The Coach will be responsible for documentation, tracking and reporting of outcomes and impact.

QUALIFICATIONS:
- 1 – 3 years coaching experience with wellness coaching certification
- Energetic, professional, self-motivated and an independent thinker with excellent written and oral skills.
- 1 – 3 years Health education/promotion
- Experience providing 1:1 coaching and documentation and tracking in portals

Lifeguard

JOB SUMMARY
Responsible for safety in the pool and pool area.

QUALIFICATIONS
- High School
- Lifeguard Certification
- Must have and maintain CPR and AED certification

Fitness and Wellness Consultant

JOB SUMMARY
Responsible for consulting on facility design, fitness center operations, technology, staffing and any other consulting needs.

QUALIFICATIONS
- BS in Exercise Science or related field
- 2-5 years of experience
- Must have and maintain CPR and AED certification
- Experience with facility design
- Experience with facility operations
- Experience in managing and staffing
- Experience in fitness software
Fitness and Wellness Specialist

JOB SUMMARY
Responsible for participating in all daily fitness center operations in order to ensure optimal performance of the Fitness Center. Provides safe, motivating, and effective exercise instruction with excellent customer service skills, strong communication skills, and the ability to motivate others. Interacts with members and program participants to deliver safe, effective, and enjoyable exercise classes in accordance with the objectives and policies set forth by Elevation Corporate Health.

QUALIFICATIONS
- BS in Exercise Science or related field
- Must have and maintain CPR and AED certification
- Must have experience teaching all levels of group exercise classes
- Group fitness certification a plus
- Personal training experience a plus
- Nutrition experience a plus
- Wellness Coaching experience a plus

Fitness and Wellness Manager

JOB SUMMARY
Responsible for participating in and overseeing all daily program operations in order to ensure optimal performance of the Fitness Center and programs. Responsible for communicating and upholding company standards. Provides safe, motivating, and effective exercise instruction with excellent customer service skills, strong communication skills, and the ability to motivate others. Provide Fitness Assessments, Personal Fitness Programs, Equipment Orientations, and Group Fitness Instruction.

QUALIFICATIONS
- BS in Exercise Science or related field a plus
- 1-3 years of experience
- Personal training certification
- Group exercise certification
- CPR and AED certification

Fitness and Wellness Director

JOB SUMMARY
Responsible for participating in all daily fitness center operations in order to ensure optimal performance of the Fitness Center. Supervises program employees. Provides safe, motivating, and effective exercise instruction with excellent customer service skills, strong communication skills, and the ability to motivate others. Interacts with members and program participants to deliver safe, effective, and enjoyable exercise classes in accordance with the objectives and policies set forth by Elevation Corporate Health.

QUALIFICATIONS
- BS in Exercise Science or related field
- 2-5 years of experience
- Personal training certification
- Group exercise certification
- CPR and AED certification
Regional Manager

**JOB SUMMARY**
Responsible for participating in all daily fitness center operations in order to ensure optimal performance of the Fitness Center. Supervises program employees. Oversees multiple locations. Provides safe, motivating, and effective exercise instruction with excellent customer service skills, strong communication skills, and the ability to motivate others. Interacts with members and program participants to deliver safe, effective, and enjoyable exercise classes in accordance with the objectives and policies set forth by Elevation Corporate Health.

**QUALIFICATIONS**
- BS in Exercise Science or related field
- 2-5 years of experience
- Personal training certification
- Group exercise certification
- CPR and AED certification

Regional Director

**JOB SUMMARY**
Responsible for participating in all daily fitness center operations in order to ensure optimal performance of the Fitness Center. Supervises program employees. Oversees multiple locations and Managers. Provides safe, motivating, and effective exercise instruction with excellent customer service skills, strong communication skills, and the ability to motivate others. Interacts with members and program participants to deliver safe, effective, and enjoyable exercise classes in accordance with the objectives and policies set forth by Elevation Corporate Health.

**QUALIFICATIONS**
- BS in Exercise Science or related field
- 3-6 years of experience
- Personal training certification
- Group exercise certification
- CPR and AED certification

General Program Manager

**JOB SUMMARY**
Responsible for participating in all daily fitness center operations in order to ensure optimal performance of the Fitness Center. Supervises program employees. Oversees multiple locations and Managers. Ensures all facilities are staffed and running efficiently. Provides safe, motivating, and effective exercise instruction with excellent customer service skills, strong communication skills, and the ability to motivate others. Interacts with members and program participants to deliver safe, effective, and enjoyable exercise classes in accordance with the objectives and policies set forth by Elevation Corporate Health.

**QUALIFICATIONS**
- BS in Exercise Science or related field
- 3-6 years of experience
- Personal training certification
- Group exercise certification
- CPR and AED certification
Fitness Software
Both a Portal and App that is created and supported by Elevation Corporate Health. The following features are included in the software pricing:

- Touchless Check-In System
- Online Membership Enrollment with intake form and consent form
- Membership Management
- Group Fitness Scheduler with wait list
- Fitness Center Scheduler with wait list
- Even Scheduler with wait list
- Online secure Payment Platform
- Fitness Services Sign up
- Member Profile
- Resource Tab
- Tour of technology
- Elevation Station - Library of recorded group fitness classes and wellness programming
- Elevation LIVE - Live calendar of group fitness classes and wellness programming
- HIPAA and PCI compliance