GENERAL SERVICES ADMINISTRATION  
FEDERAL ACQUISITION SERVICE  
AUTHORIZED FEDERAL SUPPLY SCHEDULE PRICE LIST  

SPORTS, PROMOTIONAL, OUTDOOR, RECREATION, TROPHIES, AND SIGNS  
(SPORTS)  
FSC GROUP 78  

CONTRACT NUMBER:  
GS-03F-047CA  

PERIOD COVERED BY CONTRACT:  
April 1, 2015 through March 31, 2025  

Aquila Fitness Consulting Systems, LTD.  
1221 Brickell Ave, Suite 1060  
Miami, FL 33131  
Phone: 800-806-8482  
Fax: 305-397-1843  
Internet Address: http://www.aquilaltd.com  
Contract Administration: Yvan Miklin  
E-Mail: yvanmiklin@aquilaltd.com  

BUSINESS SIZE: Small Business  

DUNS NUMBER: 969827187  

General Services Administration  
Management Services Center Acquisition Division  

Pricelist current through Modification #6  

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through GSA Advantage! ®, a menu-driven database system. The INTERNET address GSA Advantage! ® is: GSAAAdvantage.gov.
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ORDERING INFORMATION

1a. Awarded Special Item Number(s):
    192-03: Fitness Center Management Services
    192-04: Personal Trainer and Aerobic/Cardio Class Leader/Instructor

1b. Lowest priced model number and lowest unit price for that model for each SIN awarded in the contract:
    See attached pricelist

1c. A description of all corresponding commercial job titles, experience, functional responsibility and education for those types of employees who will perform services is provided below.

2. Maximum Order:
    192-03: $500,000
    192-04: $500,000

3. Minimum Order:
    $0

4. Geographic Coverage (delivery Area):
    Domestic - 48 States, DC

5. Point of production (city, county, and state or foreign country):
    Same as company address

6. Discount from list prices or statement of net price:
    Government net prices (discounts already deducted). See pricing below.

7. Quantity discounts:
    5%-22%- Varies per labor category. Consult with Contractor for specifics.

8. Prompt payment terms:
    1.0 % if Payment is made within 10 days
    0.5 % if Payment is made within 15 days
    Information for Ordering Offices: Prompt payment terms cannot be negotiated out of the contractual agreement in exchange for other concessions.

9a. Notification that Government purchase cards are accepted up to the micro-purchase threshold:
    Yes

9b. Notification whether Government purchase cards are accepted or not accepted above the micro-purchase threshold:
    Yes

10. Foreign items (list items by country of origin):
    None
11a. Time of Delivery (Contractor insert number of days):  
As Negotiated at the task order level

11b. Expedited Delivery.  
Consult with contractor

11c. Overnight and 2-day delivery.  
Consult with contractor

11d. Urgent Requirements.  
Consult with contractor

12. F.O.B Points:  
Destination

13a. Ordering Address:  
Same as Contractor

13b. Ordering procedures:  
Ordering procedures: For supplies and services, the ordering procedures, information on  
Blanket Purchase Agreements (BPA’s) are found in Federal Acquisition Regulation (FAR)  
8.405-3.

14. Payment address:  
Same as company address

15. Warranty provision:  
None

16. Export Packing Charges (if applicable):  
Not Applicable

17. Terms and conditions of Government purchase card acceptance (any thresholds above the  
micro-purchase level):  
Accepted at all levels

18. Terms and conditions of rental, maintenance, and repair (if applicable):  
Not Applicable

19. Terms and conditions of installation (if applicable):  
Not Applicable

20. Terms and conditions of repair parts indicating date of parts price lists and any discounts from  
list prices (if applicable):  
Not Applicable
20a. Terms and conditions for any other services (if applicable): Not Applicable

21. List of service and distribution points (if applicable): Not Applicable

22. List of participating dealers (if applicable): Not Applicable

23. Preventive maintenance (if applicable): Not Applicable

24a. Special attributes such as environmental attributes (e.g., recycled content, energy efficiency, and/or reduced pollutants): Not Applicable

24b. If applicable, indicate that Section 508 compliance information is available on Electronic and Information Technology (EIT) supplies and services and show where full details can be found (e.g. contractor’s website or other location.) The EIT standards can be found at: www.Section508.gov/. Not Applicable

25. Data Universal Numbering System (DUNS) number: 969827187

26. Notification regarding registration in System for Award Management (SAM.gov) database: Registered Cage Code 1Q5K0
Aquila Fitness Consulting Systems, LTD. Labor Category Descriptions

**Fitness Specialist**
The Fitness Specialist performs the following but not limited to: individual exercise assessments and program prescriptions following ACSM (American College of Sports Medicine) guidelines, adult fitness supervision, fitness equipment orientations, and daily program administrative duties.

*Minimum Education and Experience:*
- The Fitness Specialist holds a national fitness certification (ACE, AFAA, NSCA, NASM, Cooper or similar)
- CPR & First Aid certifications
- 0-1 years of relevant experience

**Exercise Specialist**
The Exercise Specialist performs the following but not limited to: individual exercise assessments and program prescriptions following ACSM (American College of Sports Medicine) guidelines, adult fitness supervision, fitness equipment orientations, and daily program administrative duties.

*Minimum Education and Experience:*
- Bachelor’s Degree in the Exercise Science/Health field
- Certified by a national fitness agency
- Holds CPR & First Aid certification
- Minimum of one (1) year of experience

**Health & Fitness Program Manager**
Coordinates various project functions in health, fitness, and wellness arena that include but are not limited to: fitness or wellness program administration following ACSM (American College of Sports Medicine) guidelines, fitness facility management, exercise assessment & prescriptions, program evaluation and recommendations, delivery of wellness & worksite health promotion programs. The Health & Fitness Program Manager has at minimum an undergraduate degree in Exercise Science or Health field, at least 3 years of program management experience, is certified by ACSM, NSCA, ACE, AFAA or Cooper Institute, and holds CPR & First Aid Cert.

*Minimum Education and Experience:*
- Bachelor’s degree in Exercise Science or Health field,
- 3 years of program management experience.

**Assistant Health & Fitness Program Manager**
Assists in coordinating various project functions in health, fitness, and wellness arena that include but are not limited to: fitness or wellness program administration following ACSM (American College of Sports Medicine) guidelines, fitness facility management, exercise assessment & prescriptions, program evaluation and recommendations, delivery of wellness & worksite health promotion
programs. The Assistant Health & Fitness Program Manager has at minimum an undergraduate degree in Exercise Science or Health field, at least 2 years of program assistance management experience, is certified by ACSM, NSCA, ACE, AFAA, Cooper Institute, or a national certification, and holds CPR & First Aid certification.

Minimum Education and Experience:
- Holds a nationally approved group fitness certification
- CPR & First Aid certified
- 2 years of program assistance management experience

Group Fitness Instructor
Group Fitness Instructor instructs a variety of advanced group fitness movement classes to include but not limited to Yoga, Pilates, Spinning, and similar. The Group Fitness Instructor holds a specialized group fitness certification, is CPR & First Aid certified, and has at minimum 2 years of group exercise movement experience.

Minimum Education and Experience:
- Holds a nationally approved group fitness certification
- CPR & First Aid certified
- 2 years of group exercise movement experience

Group Fitness Instructor – Level II
Group Fitness Instructor instructs a variety of advanced group fitness movement classes to include but not limited to Yoga, Pilates, Spinning, and similar. The Group Fitness Instructor holds a specialized group fitness certification, is CPR & First Aid certified, and has at minimum 2 years of group exercise movement experience.

Minimum Education and Experience:
- Holds a nationally approved group fitness certification
- CPR & First Aid certified
- 2 years of group exercise movement experience

Program Development & Administration Management
The Senior Manager provides directions in health, fitness, or wellness facility design & development, program analysis, fitness & wellness program management and implementation. Has at least 10 years of experience in health & fitness program administration and management. Works with clients to establish departmental procedures, program directions, organizational standards of operations, and similar.

Minimum Education and Experience:
- Bachelor’s degree in Business, Exercise Science or Health field
- 10 years of experience in health & fitness program administration and management
Aquila Fitness Consulting Systems, LTD. Authorized GSA Pricing

<table>
<thead>
<tr>
<th>Labor Category</th>
<th>Price for Year 2019</th>
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<tr>
<td>Health &amp; Fitness Program Manager</td>
<td>$41.50</td>
</tr>
<tr>
<td>Assistant Health &amp; Fitness Manager</td>
<td>$33.11</td>
</tr>
<tr>
<td>Fitness Specialist**</td>
<td>$27.66</td>
</tr>
<tr>
<td>Exercise Specialist</td>
<td>$33.01</td>
</tr>
<tr>
<td>Group Fitness Instructor</td>
<td>$51.35</td>
</tr>
<tr>
<td>Group Fitness Instructor Specialty Level II</td>
<td>$69.83</td>
</tr>
<tr>
<td>Program Development &amp; Administration Management</td>
<td>$123.23</td>
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</tbody>
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Service Contract Act

<table>
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<tr>
<th>Contract Labor Category</th>
<th>SCA Equivalent Code – Title</th>
<th>WD Number</th>
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<tr>
<td>**Fitness Specialist</td>
<td>28510 RECREATION AIDE/HEALTH FACILITY ATTENDANT</td>
<td>2015-4544</td>
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The Service Contract Labor Standards, formerly the Service Contract Act (SCA), apply to this contract and it includes SCLS applicable labor categories. Labor categories and fixed price services marked with a (**) in this pricelist are based on the U.S. Department of Labor Wage Determination Number(s) identified in the SCLS/SCA matrix. The prices awarded are in line with the geographic scope of the contract (i.e., nationwide).