General Services Administration
Federal Supply Service
Authorized Federal Supply Schedule Price List

3D FITNESS, INC.
d.b.a. TNT Educational Services

10 Robert St.
Paterson, NJ 07503-2666
Phone: (973)-439-6886
Fax: (973)-439-6897
www.tntedu.com
POC: Traci Totino
traci@tntedu.com

FSG Schedule: 874
Mission Oriented Business Integrated Services (MOBIS)

Special Item Numbers: 874-7/7RC, 874-4/4RC, 874-2/2RC, 874-1/1RC
Program and Project Management, Training Services, Facilitation Services, Consulting Services

Contract Number: GS-10F-0480Y

Contract Period: September 22, 2012 – September 21, 2017

Business Size: Small
Socioeconomic indicators: Woman owned, WOSB, SBA Certified HUBZone Firm
Federal ID: 22-360-4858

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 for GSA *Advantage!* is: **GSAAdvantage.gov**. For more information on ordering from Federal Supply Schedules click on the GSA Schedules link at **www.gsa.gov**.

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CUSTOMER INFORMATION

1a. SPECIAL ITEM NUMBERS (SINs):

SIN	DESCRIPTION
874 1, 874 4, 874 7	Consultant 3
874 1, 874 4, 874 7	Consultant 2
874 1, 874 4, 874 7	Consultant 1
874 1, 874 4, 874 7	Project Manager 2
874 1, 874 4, 874 7	Project Manager 1
874 1, 874 4, 874 7	Facilitator 2
874 1, 874 4, 874 7	Facilitator 1

1b. LOWEST PRICED MODEL NUMBER AND PRICE FOR EACH SIN: NA

1c. HOURLY RATES: See Attachment

2. MAXIMUM ORDER*: $1,000,000.00

3. MINIMUM ORDER: $100.00

4. GEOGRAPHIC COVERAGE: Domestic Only

5. POINT(S) OF PRODUCTION: 3D Fitness, Inc.
10 Robert St.
Paterson, NJ 07503 07503-2666

6. DISCOUNT FROM LIST PRICES: Government net prices (discounts already deducted). See Attachment.

7. QUANTITY DISCOUNT(S):

- 16%on orders exceeding $100,000
- 21% discount on orders exceeding $500,000

8. PROMPT PAYMENT TERMS: Net-30 days

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

9b. Government Purchase Cards ARE accepted above the micro-purchase threshold. Contact contractor for limit.

10. FOREIGN ITEMS: None

11a. TIME OF DELIVERY: Specified on the Task Order

11b. EXPEDITED DELIVERY: Contact Contractor

11c. OVERNIGHT AND 2-DAY DELIVERY: Contact Contractor

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11d. URGENT REQUIREMENTS: Contact Contractor

12. F.O.B. POINT: Destination

13a. ORDERING ADDRESS: Same as Contractor's address.

13b. ORDERING PROCEDURES: For supplies and services, the ordering procedures, information on Blanket Purchase Agreements (BPA's) are found in FAR 8.405-3

14. PAYMENT ADDRESS: Same as Contractor

15. WARRANTY PROVISION: *Standard Commercial Warranty*

16. EXPORT PACKING CHARGES: *Not applicable*

17. TERMS & CONDITIONS OF GOVERNMENT PURCHASE CARD ACCEPTANCE: Contact Contractor

18. TERMS & CONDITIONS OF RENTAL, MAINTENANCE, & REPAIR: N/A

19. TERMS OF INSTALLATION: N/A

20. TERMS & CONDITIONS OF REPAIR PARTS INDICATING DATE OF PARTS PRICE LIST & ANY DISCOUNTSFROM LIST PRICES: N/A

20a. TERMS & CONDITIONS FOR ANY OTHER SERVICES: N/A

21. LIST OF SERVICE & DISTRIBUTION POINTS: N/A

22. LIST OF PARTICIPATING DEALERS: N/A

23. PREVENTIVE MAINTENANCE: N/A

24a. SPECIAL ATTRIBUTES SUCH AS ENVIRONMENTAL ATTRIBUTES: N/A

24b. SECTION 508 COMPLIANCE FOR EIT: 3DFitness will ensure that the services provided under this contract will be in compliance with the Americans with Disabilities Act (ADA) by vigorously adhering to the accessibility checklist in Section 508. See www.Section508.gov

25. DUNS NUMBER: 11-8187504

26. NOTIFICATION REGARDING REGISTRATION IN CENTRAL CONTRACTOR RGISTRATION (CCR) DATABASE: Registered

3D Fitness, Inc., dba TNT Educational Services (TNT) is a woman-owned, small business, HUBZone certified company. TNT's corporate headquarters is located in Paterson, New Jersey with regional offices in New York, Maryland, Florida, Mississippi, Illinois, Nevada, Hawaii, Texas and Rota, CNMI. TNT is recognized as a premier provider of training, facilitation, project/program management and consulting services. Our proven track record of delivering professional and personal development to our commercial clients and the federal government has earned us recognition as a leader in our industry. In addition to our core business of training and incentives, other TNT divisions provide first class business services in the areas of Employment Staffing, Video Production, Environmental response and remediation, Construction management, Design Build Projects, Engineering, Architecture services and information technology.

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AWARDED LABOR CATEOGIES AND RATES

SIN(s) Proposed	Service Propsoed (e.g. Labor Category or Job Title/Task)	Minimum Education / Certification Level	Minimum Years of Experience (cannot be a range)	Contractor or Customer Site	Domestic or Overseas	Unit of Issue (e.g. Hour, Task, Sq Ft)	Price Offered to GSA (including IFF)
874 1 (RC); 874 4 (RC); 874 7 (RC)	Consultant 3	PhD	10	Both	Domestic Only	Hour	$ 207.36
874 1 (RC); 874 4 (RC); 874 7 (RC)	Consultant 2	Masters	10	Both	Domestic Only	Hour	$ 155.52
874 1 (RC); 874 4 (RC); 874 7 (RC)	Consultant 1	Masters	7	Both	Domestic Only	Hour	$ 129.60
874 1 (RC); 874 4 (RC); 874 7 (RC)	Project Manager 2	Masters	5	Both	Domestic Only	Hour	$ 162.22
874 1 (RC); 874 4 (RC); 874 7 (RC)	Project Manager 1	Bachelors	3	Both	Domestic Only	Hour	$ 121.66
874 1 (RC); 874 4 (RC); 874 7 (RC)	Facilitator 2	Bachelors	3	Both	Domestic Only	Hour	$ 299.75
874 1 (RC); 874 4 (RC); 874 7 (RC)	Facilitator 1	Bachelors	2	Both	Domestic Only	Hour	$ 171.28

Course Title	Course Length	Course Description	Min. Participants	Max. Participants	GSA Rate (inclusive IFF)
Microsoft Word	8 hours	Create, save, edit and format a document, design the page layout and work with document, create/edit tables, columns, insert objects, work with Mail functions	3	30	$1,531.49
Microsoft Excel	8 hours	Create a spreadsheet, edit, save, format and enter data. Insert charts, tables, smart art and objects, create formulas and functions. Sorting and adding filters. Working with pivot tables, macros, subtotals.	3	30	$1,531.49
Microsoft Access	8 hours	Creating, editing, saving and working with tables and databases, using queries and functions that work with basic and more complex queries.	3	30	$1,531.49
Microsoft PowerPoint	8 hours	Creating, editing, saving, formatting and setting up a PowerPoint presentation. Using tools like animation, slide transitions, sounds and narration.	3	30	$1,531.49
Teambuilding	8 hours	Teaming skills that foster productivity are included: communication, team development principles, influence skills are covered. Activities offer experiential learning and practical application in the workshop.	3	30	$1,531.49

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Leadership	8 hours	Leadership principles - communication, delegation, conflict resolution, building relationships and motivation are covered.	3	30	$2,680.10
Cultural Competency	8 hours	Diversity in the workplace offers learning that will aid individuals in interactions with the ever-changing multi-cultural populations that are present in the workplace.	3	30	$1,531.49
Time Management	8 hours	Time Management Tools and Techniques, Barriers to productivity, activities and exercises to develop better use of time and organization skills that will aid them	3	30	$1,531.49
Problem solving	8 hours	Problem Solving includes concepts of Critical Thinking, Decision Making, Six hats, brainstorming and SWOT analysis.	3	30	$1,531.49
Customer Service	8 hours	Principles of excellent customer service - communication, needs analysis, customer focused problem solving and service recovery.	3	30	$1,531.49
Business Communication	8 hours	Diverse aspects of business communication theories and practices, and provide instruction in understanding basic principles and the importance of appropriate and professional business communication.	3	30	$1,531.49
Alzheimers	8 hours	Early. Middle, Late Stages of the disease and the recommended treatment and care for patients	3	30	$1,531.49
Body Mechanics	8 hours	Correct Body Mechanics of handling patients are covered to avoid injury and reduce accidents.	3	30	$2,680.10
Occupational Health Hygiene	8 hours	Infection Control; Barrier techniques, PPE and importance of control and prevention	3	30	$2,680.10
Food Science/Serv Safe	16 hours	Safe Food handling offers a Serv Safe certification that is required for any one that handles or is involved in the preparation of food.	3	30	$5,360.20
Basic Caregiver Trainer	24 hours	Modules cover patient care, in bathing, feeding and daily routines, medication and nutrition needs of the elderly.	3	30	$4,594.46
Health Assistants - Personal Care	16 hours	Modules cover the needs of the elderly and caring for patients with person care needs	3	30	$3,062.97
Elder Abuse	8 hours	Causes and methods for detection and prevention of elder abuse.	3	30	$2,680.10
Suicide in the Elderly	8 hours	Causes and methods for risk assessment of suicide in the elderly	3	30	$2,680.10
Pain Management	8 hours	Techniques and common treatment in Pain Management - medication and treatments that can relieve a patient from experiencing pain	3	30	$2,680.10
Drug Interactions	8 hours	Common Drug Interactions, Importance of Understanding symptoms of interaction, documentation needs and methods for prevention	3	30	$2,680.10
Fall Prevention	8 hours	Techniques and knowledge that can help to reduce the incidents of injury in the workplace	3	30	$2,680.10

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Geriatrics	8 hours	Geriatric topics that cover the spectrum of issues in the specialty including trends and new treatments and diagnosis	3	30	$2,680.10
Wound Care	8 hours	Proper care, cleansing and bandaging in wound care.	3	30	$2,680.10
HIPPA	8 hours	Laws are reviewed that will help students understand their role in upholding HIPPA regulations	3	30	$2,680.10
Assessment in Gerontology	8 hours	Common trends in the field that help to assess the patients in this specialty -- methods and changes to tools and new practices that are being used.	3	30	$2,680.10
Safety Training	8 hours	OHSA training covers workplace issues such as common injuries and causes, tips for prevention and reporting requirements	3	30	$2,680.10
Project Management	16 hours	Project Management Principles Plan, Implement, Execute, Monitor and Close a project - ensuring project success.	3	30	$5,360.20

Service Contract Act: The Service Contract Act (SCA) is applicable to this contract as it applies to the entire MOBIS Schedule and all services provided. While no specific labor categories have been identified as being subject to SCA due to exemptions for professional employees (FAR 22.1101, 22.1102 and 29 CRF 541.300), this contract still maintains the provisions and protections for SCA eligible labor categories. If and / or when the contractor adds SCA labor categories / employees to the contract through the modification process, the contractor must inform the Contracting Officer and establish a SCA matrix identifying the GSA labor category titles, the occupational code, SCA labor category titles and the applicable WD number. Failure to do so may result in cancellation of the contract.

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POSITION DESCRIPTIONS

CONSULTANT 3

Consultant 3

- Developing work plans to deliver key business impact on high priority issues, mostly focused on top-line growth
- Manage and mentor a team of Strategy Analysts
- Coaching and guiding a combined direct and virtual team in the execution of that plan
- Understanding and staying current with the competitive landscape
- Providing thought leadership and analytical firepower related to corporate valuations, mergers & acquisitions
- Taking creative risks to develop breakthrough opportunities
- Structuring, analyzing and presenting key strategic analyses and findings to C-level executives

Minimum Education: PhD

Minimum Years: 10 years

CONSULTANT 2

Consultant 2

- Develop knowledge of quality improvement and performance improvement concepts.
- Develop business principles, strategy, technology processes and operations.
- Manage and mentor a team.
- Understanding and staying current with the competitive landscape
- Providing thought leadership and analytical firepower related to corporate valuations, mergers & acquisitions
- Structuring, analyzing and presenting key strategic analyses and findings to C-level executives

Minimum Education: Masters

Minimum Years: 10 years

CONSULTANT 1

Consultant 1

- Manages all daily operations, staff assignments, and resource allocation.
  Reviews and approves all staff tasks and milestones prior to delivery date.
- Manages all client requests and change orders assuring that milestones are obtained.
- Responsible for all project milestone planning and execution.
- Knowledge of basic economic and accounting principles and practices
- Knowledge of office administrative procedures
- Proficient in relevant software applications

Minimum Education: Masters

Minimum Years: 7 years

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PROJECT MANAGER 2

Project Manager 2

- Assisting the manager in their daily tasks
- Setting up appointments and meeting for them throughout the day
- Taking their signature of approval on all the orders that are issued
- Coordinating with all the departments that come under the guidance of the manager
- Taking over the daily tasks if the manager is absent due to some reason
- Compiling of all the reports that have to be checked on a daily basis
- Assisting the manager in conducting meeting that are done with many other departments
- Maintain communication with all the departments
- They have to act like a bridge between the senior management and the employees
- They are an important part of the company and have to show a lot of versatility
- They have to know about the functioning of each department
- This post is a like a stepping stone into more responsible roles, hence, they have to display good leadership skills

Minimum Education: Masters

Minimum Years: 5 years

PROJECT MANAGER 1

Project Manager 1

- Gather and organize information on problems or procedures.
- Analyze data gathered and develop solutions or alternative methods of proceeding.
- Confer with personnel concerned to ensure successful functioning of newly implemented systems or procedures.
- Develop and implement records management program for filling, protection, and retrieval of records, and assure compliance with program.
- Review forms and reports and confer with management and users about format, distribution, and purpose, and to identify problems and improvements.
- Interview personnel and conduct on-site observation to ascertain unit functions, work performed, and methods, equipment, and personnel used.
- Document findings of study and prepare recommendations for implementation of new systems, procedures, or organizational changes.
- Prepare manual and train workers in use of new forms, reports, procedures or equipment, according to organizational policy.
- Design, evaluate, recommend, and approve changes of forms and reports.
- Plan study of work problems and procedures, such as organizational change, communications, information flow, integrated production methods, inventory control, or costs analysis.

Minimum Education: BA/BS

Minimum Years: 3 years

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FACILITATOR 2

Facilitator 2

A successful facilitator 2 must simultaneously manage the four basic elements of a facilitator: resources, time, money, and most importantly, scope. All these elements are interrelated. Each must be managed effectively. All must be managed if the project, and the facilitator, is to be successful.

- Resources: People, equipment, material
- Time: Task durations, dependencies, critical path
- Money: Costs, contingencies, profit
- Scope: Project size, goals, requirements

Minimum Education: BA/BS

Minimum Years: 3 years

FACILITATOR 1

Facilitator 1

- Develops lesson plans, standard course curriculum, and syllabi. Instructor guides, trainee guides, and other related course content.
- Develop templates and standards to improve the consistency of training, materials, and courseware.
- Utilizes various software authoring tools and department resources to create interactive and technically functional courseware including multimedia elements, graphics, animations, audio and video to make the course dynamic, visually appealing, and interactive.
- Audits existing relevant courses and programs and makes recommendations for addressing gaps and integrating activities.

Minimum Education: BA/BS

Minimum Years: 2 years