

# GYM REVIEW PROJECT 2021

## BACKGROUND

A motion to replace the multi-gym was successful at the 2021 AGM. In light of this decision, the opportunity was taken to review the use and type of equipment available in the gym. Owner and resident views were sought via a survey. The survey was conducted electronically with the project and link to the survey advertised in Aurora Newsletters, on the Resident Facebook Page and in the Gym. The survey asked owners, tenants, and short-term guests for their views about and experience in using the Gym and its equipment. The survey was conducted for more than 6 weeks and closed on 9 July 2021. All responses were anonymous unless the user specifically provided information.

Participants were reminded that the Aurora Gym is a home style gym for use by residents, be they short or long-term residents. It does not aim to provide the full functionality of a professional gym.

## RESULTS

Fifty-four people responded to the survey. Slightly more men responded (53%) compared to women (47%). Twenty-eight percent of respondents provided detailed qualitative information about their experiences and opinions about the equipment and their use of it. These detailed responses are found in Appendix A. The graphs below provide quantitative information from the survey responses.

### 1. How often do you use the gym

[More Details](#)

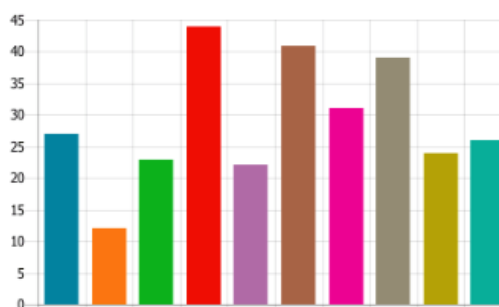
● Every day	5
● 4-6 days a week	12
● 1-3 days a week	22
● Occasionally when the m...	12
● Other	3



### 2. Which equipment do you use (tick all that apply)

[More Details](#)

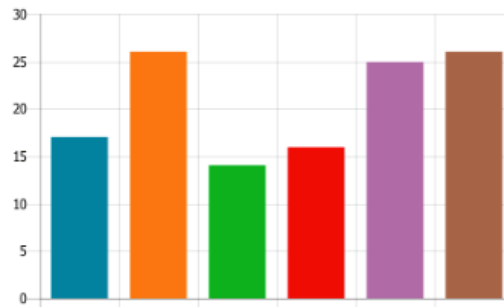
● Lifefitness treadmill	27
● Infiniti treadmill	12
● Rowing Machine	23
● Free weights and bench	44
● Cross trainer	22
● Multigym bench press st...	41
● Multigym leg curl station	31
● Multigym lats station	39
● Floor space for yoga mat ...	24
● Exercise bike	26



## 6. What time do you usually use the Gym (tick all that apply)

[More Details](#)

● Before work on weekdays...	17
● After work on weekdays ...	26
● Weekday mornings	14
● Weekday afternoons	16
● Saturday	25
● Sunday	26



## 7. I attend the Aurora gym as an:

[More Details](#)

● Owner / Occupier	41
● Long term tenant	9
● Guest of OAKS	1



## ANALYSIS

Information provided in this survey was reviewed against several factors, which included:

- The Gym is a home gym, not a professional gym
- Not all owners use the gym and body corporate resources need to reflect that
- The original motion called for the replacement of the multi-gym – this requirement must be met
- Recent complaints regarding reverberation when weights are dropped needs to be considered.

Two members of the Committee met with the current gym maintenance service provider as well as a resident owner who owns a Commercial Gym to discuss the findings and consider options.

## RECOMMENDATIONS

1. Replace the multigym with a **Bodycraft LX4 Multi 4 Station Gym** pending availability and final costs (See Appendix B)
2. Free up space for floor work
3. Move Weights to in front of mirrors.
4. Design for new thicker flooring to ensure mirrors are protected against accidental rolling of weights
5. Dispose of Infiniti treadmills through sale, if possible, thus making some additional floor space available.
6. Store one rowing machine for spare parts or reinstatement if demand dictates, thus making some additional floor space available
7. Reconfigure the Gym (See Appendix C) to:

- a. provide additional floor space
  - b. accommodate the different size and configuration of the proposed multi-gym
  - c. orient some cardio equipment away from the mirrors and towards outside view
8. Install Gym matting in the floor space area where the weights are located to improve noise and vibration levels, pending acceptable quotes and availability.
  9. Other equipment requested via the survey not be accepted at this time.
  10. Pass on comments about operating issues (sanitation, air-conditioning etc.) to Facilities Manager for action

## IMPLEMENTATION AND TIMELINES

Based on early and clear feedback from the survey, implementation has already commenced with the disposal of one Infinity Treadmill. The following steps and timeline is proposed.

1	Committee discuss, amend, or ratify recommendations	12/08/2021
2	Outcomes of Gym Review provided in next Newsletter	Aug/Sept
3	Notification of changes to Gym layout and proposed multi-gym posted in Gym	13/08/2021
4	Formal quotes requested for multi-gym	13/08/2021
5	Formal quotes requested for flooring	13/08/2021
6	Multi- gym ordered (delay in delivery likely due to supply chain issues)	27/08/2021
7	Flooring ordered	27/08/2021
8	Installation according to delivery of multi-gym and flooring	

## APPENDIX A – Detailed responses from the Gym User Survey

Is there any equipment you would like to use that is not available in the gym	Are there any other changes you would like to see in the gym	Do you have any comments to make about any items of equipment in the gym	Do you have any other comments you would like to make
Free style kettle weights (maybe). We used to have them but I guess someone stole them?		It's too old	
leg press;	An intercom to front desk (or some other form of communication) in case of emergency. I had a small accident in there one day when I was on my own and was laying on the ground for a short time. Luckily, I quickly recovered but I may have been waiting a while otherwise as it was quiet time of the day.	I think the gym is a very good facility even in its current state but a new station as proposed would be fabulous as the current one is getting a bit clunky and it can be hard to keep the pin in.	Maybe a sign about who to contact if equipment is faulty of machine is broken?
Add ons to multi gym lat station, eg. Ropes and V handles	Get rid of a couple of the treadmills and create more floor space near mirrors. Put in mirror by free weights area to watch form. Air con is often not on in summer.	Would like to see a couple of wall fans installed, with 30min timers, to use if air con is not on regularly. This would cool the place down quickly.	Great to have the sanitising wipes station in there now! Love it!
		I fo not like the infiniti treadmill. It slips.	
Pull up machine			
Squat machine + resistance bands	Add squat machine More free weights if possible	Signage to remind users to share equipment (not to hog equipment or machines if doing sets). Signage/policy to ensure gym is not being used	Please, please, please can we have a squat machine :)
a power rack for squats, seated leg press and leg extension would be awesome! stretch/resistance bands would be a bonus	can we have pigeon holes or small lockers to put our keys/phones in so we don't have to carry them around from station to station??	I like the variety of equipment	there are no lockers or pigeon holes for people who go into the sauna..?!
	A better multi station, wipes to wipe the equipment down and bins for same, and a request for people to ensure they use a towel when using the equipment	The current multi station is unsafe and I would use the gym more regularly if it was safer	
TRX straps	I would love to see everyone wiping down the equipment after use. It is yuck seeing people hop off all sweaty and not wiping it down.	There are 4 treadmills, 2 not in use because of covid, 1 is broken stuck on the incline which makes only one working treadmill.	We are looking at buying in Aurora as we love the location and the residents are lovely, be great if we could get the gym at a point where I don't have to pay for Goodlife membership and can have the luxury I thought I was going to have of just going downstairs to the gym. Thank you for looking at improving the gym, you are amazing and your time and effort is appreciated!!!! I apologise for my whinging I am just a passionate gym user lol. :)
Reformer (pilates machine)	Space for a reformer		
	A better and more functional up to date multi use station		Would be more suitable if weekends residents did not have access to the gymnasium. They don't use towels or wear shoes and I nearly had a physical disagreement with a bunch of guys who had no shoes or towels and went in to do a couple bicep curls and stuff around before the gym. I stopped going on weekends due to the variety of people and attitudes.
			Not to do with equipment, but I like how 1 tv has a remote velcroed to it. Is it possible to do the same with the other tvs. I can't reach the tv buttons. 😊
Aductor/Abductor			
Kettlebells, and free weights in smaller increments	It would be good to be able to change the air conditioner temperature sometimes	In general the equipment is great for an apartment/hotel gym	
(1) Yoga mats (alho there is one there at present, it isn't mentioned above) that hang on a wall (saves space, tidy, dries out)	(1) Better cleaning (evidence of COVID-standard cleaning of all equipment by cleaning staff daily). (2) A mechanism to prevent entry to the gym if (a) person has not used COVID Qld Check In app before entry (b) person doesn't have appropriate shoes and/or towel as listed. (3) A mechanism to remove user if they are non-compliant with current rules/exhibit anti-social behaviour inc. abuse/swearin. (4) An emergency phone. (5) Current placement of the cross trainer behind one of the stationary bikes - given the aerosol nature of COVID and simultaneous users of these 2 items of equipment, should this cross trainer be reversed? (6) Does the current air conditioning/air flow meet COVID requirements? (7) Pleased to see that, finally, an anti-bacterial wipes/disinfecting station has been installed. This was suggested years ago, long before COVID came on the scene. Members of the public use the gym (hotel guests) so a public health issue. Wiping down equipment using your sweaty, bacteria-laden towel doesn't cut it.	(1) Although the Committee says it is a 'home-style' gym the amount of use the equipment gets in addition to owners' use (i.e. the use by hotel guests) suggests that professional-standard equipment is required. For example, the flimsiness of the Infiniti treadmills - no. times they have been 'out of use' and just watch the treadmills shake and hear the noise generated when men run on them compared to the more robust Lifefitness treadmills. (2) A gym equipment depreciation/replacement schedule implemented - the Multigym and the Lifefitness treadmills have been rusty for quite some time. Rather than an owner having to raise an AGM motion to ask that gym equipment be replaced, the equipment should be on the asset register and replaced in a timely manner. (3) Gym equipment maintenance agreement - a weight selector pin on the Multigym had been broken for some time without being fixed. Its replacement is the incorrect length (too short) which means the equipment doesn't work properly using that pin. This pin is not fit for purpose. How was it allowed to be installed?	Given that hotel guests use the gym I don't believe that the Committee can call it a 'home gym'. Hotel guests are essentially members of the public. Public health and safety issues are at stake. The gym does not need to have all the equipment found in professional gyms, but the equipment that is there does need to meet professional gym standards in terms of robustness, maintenance, cleanliness and scheduled replacement.

air bike , to have floor space for yoga mat or stretching , cable crossover .	upgrade treadmill , put air freshener in the gym,		
Potentially more free weights at a higher KG level!			
Abduction and adduction equipment for legs (part of a multigym) Resistance bands		Multigym replacement - please ensure at least like-for-like i.e. the new equipment has at a minimum bench press, leg curl & lats stations. And that users are consulted during the selection process so that we can comment/express our view as to preferred equipment.	
	Remove the TVs		
	More weights	It's old and needs replacing	
Straight barbell set rack, chin-up bar, leg press,	Remove the 2 Infiti treadmills and make the two life fitness treadmills accessible at all times-free up some space. Pointless having one life fitness treadmill out of action due to COVID 19 spacing.	Great to finally have disinfectant wipes in gym	
Squat rack. Proper bar bell bench press. Cable machine			
Weightlifting bar set			
Dumbbells up to 30kg	Better multigym		
NA	No TV	No	
Ketbells bar ( to do pull ups) -Power tower Trend-mil Functional trainer			
It would be great to have 2 more dumbbells sets a pair of 25KG each and a pair of 30 KG each.	The Rowing Machines are not often in use , however the bench press is the most used and we could keep that machine set instead of changing to a new one.	I would replace the Rowing Machines for the new multigym station instead of multigym with bench press station.	
A squat rack, even if just a machine version	All TVs working with remote controls		
Yes, a pull up bar (which can be used for pull ups, tricep dips, and stretching out the back/herniated discs).	Yes, more functionality in pressing and pulling motions.	It would be disappointing if the BC reduced the number of workout stations, effectively making the space a treadmill/cardio equipment area. People can go outside to run, compared to pulling movements and stability exercises, which usually require specialised equipment. Providing this equipment for these pulling exercises would balls be beneficial to the older users of the gym (for back and posture support).	
The most effective muscle exercises are squats and dead lifts. These can be trained with heavy dumbbells but ideally to be done with a bar and plate weight. Both exercises can be done in a squat rack, preferably not a squat rack with a rail system that guides the bar as dead lifting is not ideal in this type. Benefits of a squat rack is that you can also train bench press, shoulder press and lateral rows. For example Technogym has a similar set up <a href="https://www.technogym.com/au/power-personal-superior-kit.html">https://www.technogym.com/au/power-personal-superior-kit.html</a> Dumbbells are good for a variety of exercises, weights start from 5kg and go up to 25 kg or more.	Currently only one rowing machine. Rowing it one of the most effective cardio exercises, so ideally two of these. Not a huge fan of Elliptical machines, which there seems to be two in the gym. These could be replaced with the two rowing machines and maybe a step climber, 2 treadmills, 2 stationary bikes.  The entry way to the gym is 1.5m x 1.5m and does not serve anything else than a door way. Maybe modify the entry with a sliding door to open up the gym for more space.	Water station is great, also in the hallway. The analog clock is great.	As space is limited in the gym, I would focus more on having actual weights and strength training machines in the gym. Cardio equipment is good, but weather in Brisbane is generally pretty good and outdoor cardio by the river and botanic gardens is much better than doing it indoors. This would mean less treadmills and elliptical equipment. Not everyone own bicycles or rowing boats.
Heavier dumbbells in increments of 5kg up to at least 35kg Straight bar			
	Better cleaning routines Often there are sweat marks and the wipes have only just arrived very late after COVID I have never seen a cleaner enter the gym for maintenance		
Larger free weights up to 30kg	Another bench		
An ab/pull up station	Definitely need free weights up to at least 30kgs. 20kg don't cut it if your slightly into weights.	I own a gym. Very happy to provide any input and help. Not sure if this is anonymous. So this is Justin 641.	Be good to have the gym open earlier on weekends
		Please keep a machine bench press and lat station	

## APPENDIX B – Proposed Multi Gym



### **Bodycraft LX4 Multi 4 Station Gym**

The Bodycraft LX4 Multi 4 Station Gym has four workout stations each with a 200lb weight stack that work independently of each other. The Four Weight Stack System which can accommodate up to four simultaneous users at once! Adding strength training to your routine will increase lean muscle mass, helping you burn calories more effectively and efficiently. Warranted for light commercial use, this gym is perfect for club houses, fire stations, hotels, and corporate gyms.

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Workout Stations:

- **Station 1:** Fully adjustable Functional Training/Cable Arms provide over 100 exercises! Every exercise you have ever performed with dumbbells can be duplicated here. Also, a great station for Sports Specific exercises, and Functional Training exercises. This station also includes a High Pulley for Lat Pull Downs, Triceps Push Down, etc.
- **Station 2:** Adjustable Dual Cable Column for Functional Training. Duplicate Every Day, or Sports Specific movements. This station provides resistance at any angle, at any desired height. Either standing, or on a Stability Ball. Static Handles are mounted to frame to help keep your balance when performing leg exercises.
- **Station 3:** Row/Press Arm for safe machine style Bench Press, Incline Press, Shoulder Press, and Seated Rows. Self-aligning Leg Extension/Leg Curl provides seated Leg Extension and Standing Leg Curls. Mid Pulley for Ab Crunches, Triceps Extensions.
- **Station 4:** Leg Press/Calf Raise for full leg development. The creative cabling of this station provides a 1:2 ratio for up to 400 pounds of resistance.

**Specifications:**

- Frame: 2" X 3", and 2" X 2", Heavy gauge steel tubing.
- Finish: Platinum Gray multi-stage electrostatic powder coat paint.
- Pulleys: 4-1/2" diameter, fiberglass reinforced nylon and rotate on sealed ball bearing hub.
- Cables: Internally lubricated, 7 X 19 strand construction, rated at 2000 pound tensile strength.
- Upholstery: Double-stitched heavy gauge vinyl covering contoured, extremely-dense foam.
- Weight Plates: 1" thick precision milled with EZ Glide nylon bushings.
- Pivot Points: Rotate around sealed roller bearings.
- Dimensions: 221cm (87") W x 279cm (110") L x 211cm (83")

APPENDIX C – Proposed Layout

