



Timberlane Regional Wellness Center

“ A Proposed Concept ”

**January 5, 2017
School Board Meeting**

Points to Consider

- CONCEPTUAL ONLY!
- Immediate, positive impact for students, staff, and community.
- Easily incorporated into future, strategic plans.
- May be sized up or down based upon input from stakeholders and costs.
- Seeking support to explore the concept further.



TRSD Wellness Center

- **A Solution To Current Needs:**

- Health and Fitness facility for ALL students, faculty, and community use.
- Storage space for equipment and materials.
- Trainer's office and privacy space.
- Safe, judgment-free environment that encourages healthy choices and positive lifestyles.
- Improved ventilation (HVAC), safe equipment, etc.
- Pathway to support the Opioid epidemic.
- Resources and tools to support PE and Health Classes at TRSD.
- PRIDE, Work-Ethic, Perseverance, Life-long healthy habits.



Wellness Center Attributes



Fitness:

- Cardiovascular equipment
- Free and plate-loaded weights
- Selector zed weights (ie: cable operated weight machines)
- Stretching/warm-up/cool-down spaces
- Indoor running lanes

Structured Activities:

- Climbing wall
- Spinning classes
- Non-competitive exercise options
- Incentive type health/fitness programs



Wellness Center Attributes Cont.



Administrative Support Area:

- Trainer's Office and Privacy Space
- Sign-in Reception Area
- Fitness Assessment Space
- Healthy Choices Resource Center

Facility Location








Wellness Center

Proposed Wellness Center

Legend

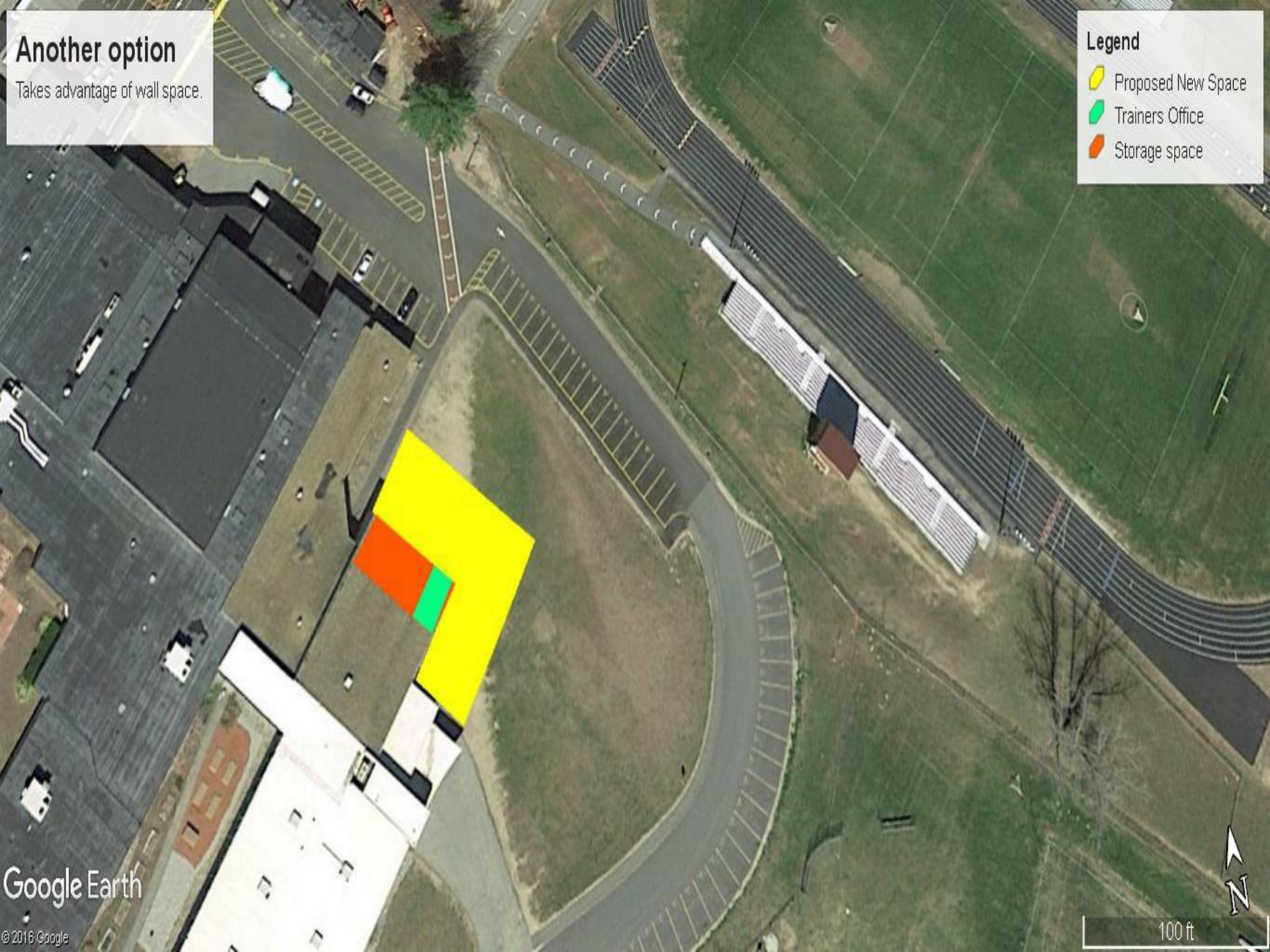
-  New Wellness Center
-  Storage room to Trainers office
-  Wt. room to Storage room

Google Earth



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100 ft





Legend

-  Proposed New Space
-  Trainers Office
-  Storage space

Another option
Takes advantage of wall space.

Costs



- Cost Drivers:

- Physical Size

- 5,000 to 7,500 Sq. Ft.
 - \$100 - \$200/Sq. Ft.

- Construction Type

- Standard building materials
 - Metal
 - Bubble
 - Potential Savings of 30%

Metal Buildings



Bubble / Modular Construction











SchoolDesigns.com



Example of shed roof & variety of equipment



Rock wall on interior wall





Funding



- Capital Reserve
- Raise and Appropriate
- Fundraising



Requests of the Board



- Support to form a committee to further explore the concept of a facility to improve and support student wellness.
- Support to hold a TPAF session to solicit input and further explore this opportunity with stakeholders.



Thank You!