

**FORM A: BID**  
(See B7.5.1)

1. Contract Title SUPPLY AND DELIVERY OF FITNESS EQUIPMENT

2. Bidder

\_\_\_\_\_  
Name of Bidder

\_\_\_\_\_  
Usual Business Name of Bidder as it appears on Invoice (if different from above)

\_\_\_\_\_  
Street

\_\_\_\_\_  
City

\_\_\_\_\_  
Province

\_\_\_\_\_  
Postal Code

(Mailing address if different)

\_\_\_\_\_  
Email Address of Bidder

\_\_\_\_\_  
Facsimile Number

\_\_\_\_\_  
Street or P.O. Box

\_\_\_\_\_  
City

\_\_\_\_\_  
Province

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
GST Registration Number (if applicable)

(Choose one)

The Bidder is:

a sole proprietor

a partnership

a corporation

carrying on business under the above name.

3. Contact Person

The Bidder hereby authorizes the following contact person to represent the Bidder for purposes of the Bid.

\_\_\_\_\_  
Contact Person

\_\_\_\_\_  
Title

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Facsimile Number

4. Definitions

All capitalized terms used in the Contract shall have the meanings ascribed to them in the General Conditions.

5. Offer

The Bidder hereby offers to perform the Work in accordance with the Contract for the price(s), in Canadian funds, set out on Form B: Prices, appended hereto.

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6. Commencement  
of the Work

The Bidder agrees that no Work shall commence until he/she is in receipt of a notice of award authorizing the commencement of the Work.

7. Contract

The Bidder agrees that the Bid Opportunity in its entirety shall be deemed to be incorporated in and to form a part of this offer notwithstanding that not all parts thereof are necessarily attached to or accompany this Bid.

8. Addenda

The Bidder certifies that the following addenda have been received and agrees that they shall be deemed to form a part of the Contract:

| No.   | Dated |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

9. Time

This offer shall be open for acceptance, binding and irrevocable for a period of thirty (30) Calendar Days following the Submission Deadline.

10. Signatures

The Bidder or the Bidder's authorized official or officials have signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_ .

Signature of Bidder or  
Bidder's Authorized Official or Officials

\_\_\_\_\_

(Print here name and official capacity of individual whose signature appears above)

\_\_\_\_\_

(Print here name and official capacity of individual whose signature appears above)

**FORM B: PRICES**  
 (See B8)

**SUPPLY AND DELIVERY OF FITNESS EQUIPMENT**

**UNIT PRICES**

| ITEM NO.   | DESCRIPTION                                     | SPEC. REF. | UNIT | APPROX. QTTY | UNIT PRICE | AMOUNT |
|--|---|------------|------|--------------|------------|--------|
| 1.   | Treadmill                                       | Form N:    | ea   | 8            |            |        |
| 2.   | Spin Bike                                       | Form N:    | ea   | 1            |            |        |
| 3.   | Cross Trainers (Elliptical/ Total Body Trainer) | Form N:    | ea   | 2            |            |        |
| 4.   | Jacobs Ladder                                   | Form N:    | ea   | 2            |            |        |
| 5.   | Ascent Trainer                                  | Form N:    | ea   | 5            |            |        |
| 6.   | Stair Mill                                      | Form N:    | ea   | 4            |            |        |
| 7.   | Upright Bike                                    | Form N:    | ea   | 1            |            |        |
| 8.   | Rower Machine                                   | Form N:    | ea   | 2            |            |        |
| 9.   | Spinning Computer                               | Form N:    | ea   | 4            |            |        |
| TOTAL BID PRICE (GST and MRST extra) (in figures) \$ _____<br>_____<br>_____ |   |            |      |              |            |        |

\_\_\_\_\_  
 Name of Bidder

**FORM N: DETAILED SPECIFICATIONS**

**1. DESCRIPTION OF EQUIPMENT:**

- 1.1 These specifications describe fitness equipment and features as specified herein.
- 1.3 The equipment shall be furnished complete and ready for operation (including associate technical data (user manuals etc.)). Any parts or accessories not specifically mentioned, but which are required to complete and place the equipment and associated attachments in successful operation shall be furnished as though specifically mentioned in these specifications.

**2. INSTRUCTIONS FOR COMPLETION OF SPECIFICATIONS:**

- 2.1 All items in these specifications **must** be answered indicating compliance or non-compliance.
- 2.2 Bidders **shall state** "yes" for compliance **or** state deviation, **or** give reply where requested to do so.
- 2.3 Deviations shall be clearly stated and fully detailed. Alternatives will be considered subject to the Substitutes clause and Evaluation clause.
- 2.4 Each bidder is required to fill in every blank. Failure to do so may be used as a basis for rejection of bid.

| ITEM NO. | <b>3.5 SPECIFICATIONS</b>   | BIDDER SHALL STATE <b>YES</b> FOR COMPLIANCE | OR, BIDDER SHALL STATE <b>DEVIATION</b> (submitted in accordance with clause B6.) |
|----------|---|--|---|
| 1.       | Treadmill shall be a full commercial treadmill (equivalent to STAR TRAC E-TRx),with a minimum of the following salient features:                                |  |   |
|          | Motor shall be 5 HP AC motor with internal cooling fan;   |  |   |
|          | Incline range shall be 0-20% in 0.5% increments;  |  |   |
|          | Speed range shall be 0.5 to 15 mph** (0.8 to 24km/h) in 0.1 mph increments;   |  |   |
|          | User weight capacity shall be 500 lbs (227 kg);   |  |   |
|          | Shall include twelve (12) programs including heart rate control, constant heart control, fitness test;  |  |   |
|          | Warranty shall be five (5) years parts and labor on motor; two (2) years manufactured warranty on all other parts; one (1) year manufactured warranty on labor. |  |   |
| 2.       | Spin bike shall be Full commercial (equivalent to STAR TRAC Spinner NXT) with a minimum of the following salient features:                                      |  |   |
|          | No slip grip handlebars and seat settings that provide vertical and fore/aft user adjustment.   |  |   |

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| ITEM NO.  | <b>3.5 SPECIFICATIONS</b>  | BIDDER SHALL STATE<br><b>YES</b> FOR COMPLIANCE | OR, BIDDER SHALL STATE<br><b>DEVIATION</b><br>(submitted in accordance with clause B6.) |
|-----------|--|---|---|
|           | Oversized easy access water bottle on handle bars;   |   |   |
|           | Dual sided pedals with toe cage;   |   |   |
|           | Resistance knob with direct pressure emergency stop;   |   |   |
|           | Non rusting leveling feet;   |   |   |
|           | Minimum weight capacity of three hundred and fifty (350) lbs;  |   |   |
|           | Size: no larger than twenty one (21) inches wide, fifty four (54) inches in length forty (40) inches in height;  |   |   |
|           | Overall weight maximum is one hundred and thirty three (133) lbs.;   |   |   |
|           | Warranty shall be as follows:<br>Ten (10) years Frame for structural failure;<br>Three (3) years parts and labour; Flywheel assembly, brake knob assembly, handle bar assembly, seat post, and foot adjustments;<br>Two (2) years parts and labour; Handle bar post plastic sleeve, seat post plastic sleeve, bottom bracket assembly, seat saddle assembly, and pop pin assembly<br>One (1) year parts and labour; Pedals, chain, brake pad assembly, frame guard, brass brake nut and remaining parts; |   |   |
|           | Advance warranty replacement kit which should include one (1) brake pad and two (2) pedal strap.   |   |   |
| <b>3.</b> | Elliptical/Total Body Trainer/Cross Trainer shall be full commercial (similar to the Star Trac E-CT Total Body Trainer) with a minimum of the following salient features:  |   |   |
|           | Console Feedback: Speed, Distance, calories, RPM, Level, Watts, Times, METs, Heart Rate;   |   |   |

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| ITEM NO.  | <b>3.5 SPECIFICATIONS</b>   | BIDDER SHALL STATE<br><b>YES</b> FOR COMPLIANCE | OR, BIDDER SHALL STATE<br><b>DEVIATION</b><br>(submitted in accordance with clause B6.) |
|-----------|---|---|---|
|           | Console: LED continual feedback with reading shelf;   |   |   |
|           | Handlebars: Dual action and ergonomic;  |   |   |
|           | Programming:<br>Twenty (20) resistance levels;<br>Eight (8) Programs; iPod compatibility;<br>Heart Rate: Contact and Telemetry;<br>Personal Fan, a cup holder as well as an accessory holder; |   |   |
|           | Self Powered, no external power needed;   |   |   |
|           | User weight minimum capacity three hundred and fifty (350) lbs and (159) kg;  |   |   |
|           | Warranty shall be as follows:<br>Two (2) year warranty on parts;<br>One (1) year warranty on wear items parts and labour<br>One (1) year warranty on labour.                                  |   |   |
| <b>4.</b> | Jacobs Ladder shall be Full Commercial Jacobs Ladder, with a minimum of the following salient features:   |   |   |
|           | Frame: Welded tubular steel;  |   |   |
|           | Case: ABS Polyethylene;   |   |   |
|           | Power: Self Powered;  |   |   |
|           | Width: 31.25';  |   |   |
|           | Length: 76';  |   |   |
|           | Height: 65.5";  |   |   |
|           | Weight: 325 lbs.;   |   |   |
|           | Rungs: Solid Maple;   |   |   |
|           | Ceiling Height Requirement: 7.5 feet;   |   |   |
|           | Digital Readouts: elapsed time, feet climbed, rate (feet/min), calories burn, Heart rate;   |   |   |
|           | Warranty shall be as follows:<br>Four (4) years Parts<br>One (1) year Labor.  |   |   |

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| ITEM NO.  | <b>3.5 SPECIFICATIONS</b>   | BIDDER SHALL STATE<br><b>YES</b> FOR COMPLIANCE | OR, BIDDER SHALL STATE<br><b>DEVIATION</b><br>(submitted in accordance with clause B6.) |
|-----------|---|---|---|
| <b>5.</b> | Ascent Trainer shall be full commercial (equivalent to Matrix Ascent A5x), with the minimum of the following salient features:  |   |   |
|           | Handlebar: Multi-position dual action/premium ergo bend stationary (upper body workout);  |   |   |
|           | Self powered;   |   |   |
|           | LED console display;  |   |   |
|           | Adjustable stride length of 20-24 inches (51-61 cm);  |   |   |
|           | Incline range of 24%-54%;   |   |   |
|           | Resistance Range 1-25;  |   |   |
|           | Display Feedback Speed, level, RPM, incline, heart rate, time elapsed, time remaining, total program time, distance (miles), distance (kilometers), calories, watts, METs, workout profile;                     |   |   |
|           | User Weight Maximum 400 lbs (182 kg);   |   |   |
|           | Warranty shall be as follows<br>Frame Seven (7) years<br>Generator Five (5) years<br>Parts Three (3) years<br>Labor Three (3) years.  |   |   |
| <b>6.</b> | Stairmill shall be full commercial (equivalent to Star Trac E-SM Stairmill), with the minimum of the following salient features:  |   |   |
|           | Self powered no external power needed;  |   |   |
|           | Step up platform for easy entry & exit;   |   |   |
|           | Minimum of 20 levels of intensity;  |   |   |
|           | Programs: 11 workouts including Famous Steps, Quick Start, Glut Sculptor; Thigh Toner, Fat Burner, Multi-Stage Fitness Test, Dynamic Heart Rate Control; Constant Heart Rate Control, and three custom workout; |   |   |
|           | User weight minimum 350lbs;   |   |   |
|           | Foot print: 34" width (86.4cm), 58" (147.3cm) length 90" (228.6 cm);  |   |   |
|           | Warranty shall be as follows:<br>Two (2) years on parts<br>One (1) year on labor<br>One (1) year parts & labor on wear part items.  |   |   |
| <b>7.</b> | Upright Bike shall be full commercial use (equivalent shall be Star Trac E-UB Upright Bike) with a minimum of the following salient features:   |   |   |
|           | Custom aluminum frame;  |   |   |

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| ITEM NO.  | <b>3.5 SPECIFICATIONS</b>  | BIDDER SHALL STATE<br><b>YES</b> FOR COMPLIANCE | OR, BIDDER SHALL STATE<br><b>DEVIATION</b><br>(submitted in accordance with clause B6.) |
|-----------|--|---|---|
|           | Three (3) piece crank with sealed bearings, dual sided pedals, extra-long straps;  |   |   |
|           | Self contained power supply (no external power);   |   |   |
|           | Resistance Levels: 1 to 20;  |   |   |
|           | Ten (10) programs including: heart rate control; auto pilot; warm up; and fitness test;  |   |   |
|           | Personal cooling fans;   |   |   |
|           | User weight Capacity of three hundred and fifty (350lbs) (159 kg);   |   |   |
|           | Warranty shall be as follows:<br>Two (2) years manufactured warranty of all parts;<br>One (1) year manufactured warranty on labor; |   |   |
| <b>8.</b> | Rower Machine shall be Full Commercial (equivalent to a Matrix Fitness Rower) with a minimum of the following salient features:    |   |   |
|           | Battery powered LCD display;   |   |   |
|           | Console with LCD display; time, distance, strokes per minute, watts, heart rate and calories;                                      |   |   |
|           | A minimum of twelve (12) resistance levels;  |   |   |
|           | Aluminum extended slide rail;  |   |   |
|           | Have minimum 3 workout mode displays; manual, race, training modes;  |   |   |
|           | Warranty shall be as follows:<br>Two (2) years parts;  |   |   |
| <b>9.</b> | Star Trac Spinning Computer with a minimum of the following salient features:  |   |   |
|           | One touch start;   |   |   |
|           | Dedicated Heart Rate and cadence (RPM) display, summary of calories burned; distance traveled, time elapsed;                       |   |   |
|           | Must fit Star Trac Spinner bike NXT.   |   |   |
|           | Warranty shall be as follows:<br>One (1) year on computer and transmitter.   |   |   |