

# **Yorktown Parks Department and The Arsenal Fitness Statement of Work**

## **Summary**

The purpose of this proposal is to establish a working relationship between Yorktown Parks Department and The Arsenal Fitness, LLC. The relationship is to create and facilitate more fitness opportunities for those living in Yorktown and surrounding areas.

## **The Arsenal Fitness, LLC:**

The Arsenal is a performance fitness facility located in Muncie, IN. Its team has been providing professional fitness training for over 10 years. Our purpose is to create a world where being fit is normal. This is done through our proven 4-step process of:

1. Assessment + Goal Setting
2. Onboarding + Accountability
3. Targeted Training + Development
4. Celebrating Meaningful Milestones

## **Proposal**

Yorktown Parks Department is seeking a partner to provide fun and engaging fitness opportunities in summer of 2024. Specifically, a program for longevity that would be for those aged 60+, and a performance-based class for those between age 10 to 60. This proposal is to provide Arsenal Longevity class 2 times per week for 8 weeks and provide a Arsenal Performance Fitness class 2 times per week for 8 weeks. The specific dates and times of the class are yet to be scheduled with Erin Hurley and Chase Burton.

## **Class Details**

### Arsenal Longevity Class

60-minute session

Focus on strength, flexibility, mobility, balance, coordination, and cardiovascular health.

This class will give older adults the ability to pick up their grandkids, play with grandkids, continue to perform daily activities of living alone, and further prevent assisted living.

### Arsenal Performance Fitness Class

60-minute session

This class will focus on constantly varied, functional movement, done at relative intensity. The programming includes a variety of approachable movements. The coaches are experts in their craft and can assist participants in finding the best option for them. Our primary goal is to keep participants safe, healthy, pain free, and motivated to return for the next class.

**Investment**

Product/Services	Cost per session	Number of sessions	Total
Arsenal Longevity Class	\$220	16	\$3,520
Arsenal Performance Fitness Class	\$220	16	\$3,520
<b>TOTAL</b>		<b>32</b>	<b>\$7,040</b>

**Let's get started!**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print name: \_\_\_\_\_

**Billing Terms:**

Total amount due upon acceptance (net 30 days). Classes may be rescheduled with at least 48 hours advanced email or text or call notice to Emily Martin/Arsenal POC.

Classes are non-transferrable to other services.

**Arsenal Point of Contact:**

Emily Martin  
Director of Operations  
emily@arsenalfitness.com  
Mobile: 260-705-7776