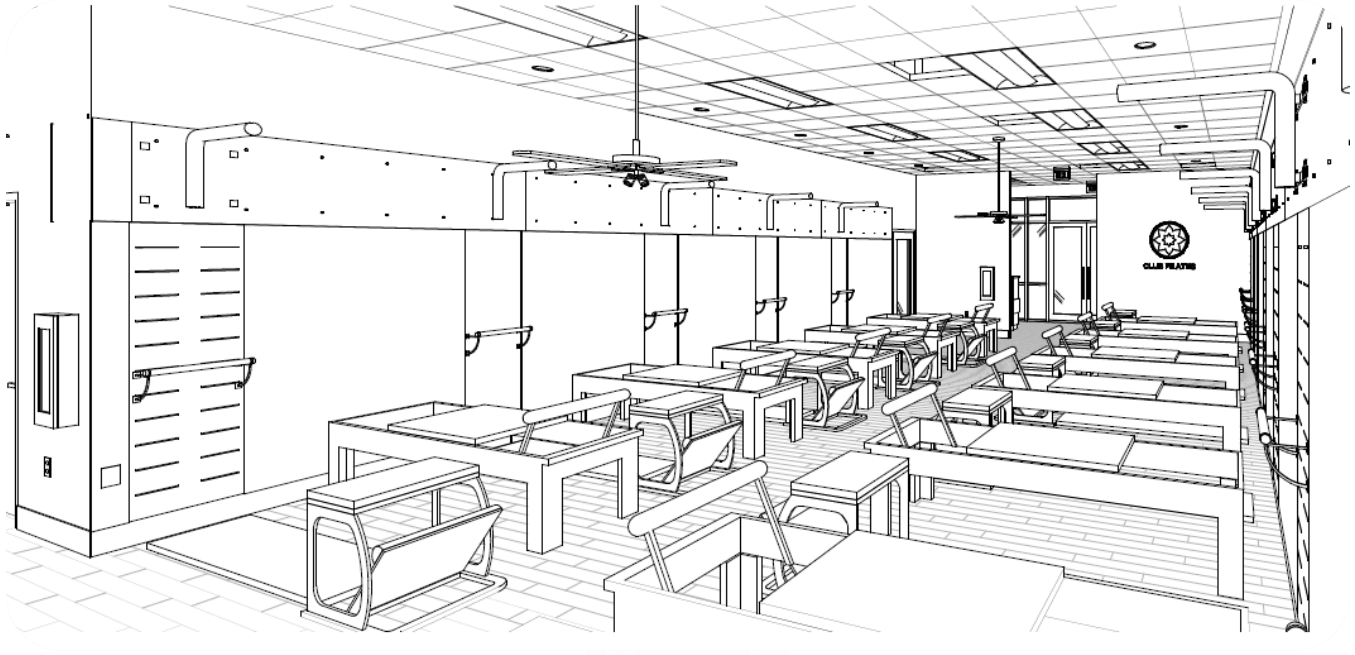




CLUB PILATES

Design Intent Package

December 2020

3.1.0v 10/2022

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03

DESIGN PROCESS – Introduction to the D.I.P.

INTRODUCTION

The Club Pilates studio facility plays a crucial role in the success of Club Pilates brand. With that in mind, it is critically important that our franchisees, architects and general contractors adhere to every aspect of this manual and follow all required brand standards. The information provided herein, are important tools to ensure the brand remains strong and consistent. Franchisees are required to follow all Club Pilates guidelines and cannot deviate from this design intent package or signage package.

Club Pilates Construction Support Team



CLUB PILATES

04 DESIGN PROCESS – Architect Panel

ARCHITECTS

Xponential Fitness has created an Architect Panel with two national architect firms for you to choose from. These two firms have been carefully chosen for their expertise in designing multiple Club Pilates studios.

FMGroup Inc. | Nationwide

Greg McBride

P:: 602-277-7877

E:: gmcbride@fmgroup.net

Arch Street Architecture, DPC | Northeast, East Coast & Southeast

Michael J. Russo

P:: 516-655-5834

E:: mjr@archst.us

PSA Architects | Central, East, Southeast

Darrell Sears or Chuck Hunter

P:: Darrell: 513-745-7900 / Chuck: 513-745-7902

E:: Darrell@PSAArchitect.com / Chuck@PSAArchitect.com



RESPONSIBILITY MATRIX

Description		Not Required	Existing	Franchisee		G.C.		Remarks
				Furnish	Install	Furnish	Install	
Division 01 – General Requirements								
1.	Permits, Fees & Insurance (G.C.)					X		Permits & Fees paid by G.C.
2.	Certificate of Occupancy					X		
3.	Trash Removal					X		Recycle/No Landfill
4.	Dumpster					X	X	Coordinate w/On-Site Operation Mgr.
5.	Final Cleaning			X		X		
Division 02 – Existing Conditions								
1.	Demolition					X		
2.	Utility Services			X				
3.	Trash Enclosure			X				
Division 03 & Division 04 – Not Used								
Division 05 – Metals								
1.	Steel Framing							
	A. Metal Studs, Track & Fasteners					X	X	
2.	Miscellaneous					X	X	
Division 06 – Wood & Plastics								
1.	Wood Framing – Studs, Blocking (TRX)					X	X	
2.	Wood Carpentry – Casework, Millwork					X	X	
3.	Misc.: Wall Mounted/Millwork Equipment			X			X	Franchisee/Tenant provides millwork equipment for GC to install
Division 07 – Not Used								
Division 08 – Openings								
1.	Interior Doors & Frames					X	X	
2.	Hollow Metal Frames					X	X	
3.	Door Hardware					X	X	
4.	Entrances & Storefront		X			X	X	If Required
5.	Mirrors – Lobby/Retail, Exercise, PT Room					X	X	Tenant to advise / GC to provide & install per CP standards
Division 09 – Finishes								
1.	Gypsum Wallboard & Accessories							
	A. Interior Partitions					X	X	(Framing & Gypsum)
	B. Column Enclosures					X	X	If required
2.	Ceiling Systems							
	A. Acoustic Tile					X	X	
	B. Suspended Ceiling Sys.					X	X	
	C. Hard Lid Ceiling Sys.					X	X	
3.	Paint					X	X	Per CP Standards
4.	Flooring							Required Vendor: Sports Performance Surfacing
	A. Lobby/Retail Flooring			X			X	Tenant to purchase / GC to install per CP standards
	B. Workout Area Flooring			X			X	Tenant to purchase / GC to install per CP standards
	C. Private Training Room Flooring			X			X	Tenant to purchase / GC to install per CP standards
	D. Wood Base (Entire Studio)					X	X	Per CP Standards
	E. Restroom Tile			X			X	Tenant to purchase/GC to install per CP Standards

RESPONSIBILITY MATRIX Cont.

Description		Not Required	Existing	Franchisee		G.C.		Remarks
				Furnish	Install	Furnish	Install	
Division 10 – Specialties								
1.	Interior Signage & Graphics							Preferred Vendor: Priority Signs
	A. Brand/Logo Signage			X	X			Mirror behind Dividing Wall
	B. Wall Mural Graphics			X	X			
	C. Blue LED Logo (Wall MTD)			X			X	(AKA – Cash Wrap Sign) Franchisee/Tenant Provides GC to install
2.	Exterior Signage							Preferred Vendor: Priority Signs
	A. Storefront Signage			X	X			
	B. Storefront Signage – Window			X	X			
3.	Toilet Accessories							Per CP Standards
	A. Lavatory		X			X	X	Color: White
	B. Sink		X			X	X	Color: White
	C. Toilet Paper & Paper Towel Dispenser			X		X	X	Preferred Vendor: Cintas
	D. Grab Rails		X			X	X	Color: Brushed Stainless Steel / Pewter
	E. Mirror - Restroom		X	X		X	X	Type: Polished Edge Bath Mirror
	F. Sanitary Napkin Dispenser			X		X	X	Preferred Vendor: Cintas
Division 12 – Furnishings								
1.	Window Blinds/Roller Shades			X			X	
2.	Casework (Bathroom Storage)			X			X	Reference CP F,F & E list for approved furniture
3.	Countertops (Front Desk, Pedestals, Etc.)			X	X			Corp. Required Vendor: Mass Movement
4.	Retail Furniture			X	X			Corp. Required Vendor: Mass Movement
Division 21 – Fire Suppression								
1.	Fire Sprinklers Equipment					X	X	If Required/Replace/Relocate*
2.	Fire Extinguishers			X		X	X	Tenant/GC Provides GC Installs
Division 22 – Plumbing								
1.	Water Closet & Lavatory					X	X	If Required
2.	Drinking Fountain					X	X	If Required
3.	FloWater Filtration Machine			X	X		X	Required Vendor: FloWater – as of 09/01/2022
Division 23 – Heating Ventilating, & Aire Conditioning (HVAC)								
1.	HVAC Units					X	X	If Required
2.	Supply / Return Registers					X	X	Replace if discolored or not working*
Division 26 – Electrical								
1.	Light Fixtures							Required Vendor: WeSpec, LLC
	A. Studio Light Fixtures			X			X	WeSpec, LLC – Xponential@we-spec.com – as of 10/01/22
	B. Emergency Exit Lighting					X	X	If required
	C. Blue LED Logo Sign			X			X	Tenant Provides / GC to Install – Equipment Package
	D. Blue LED Accent Lighting			X			X	Tenant Provides / GC to Install – Equipment Package
Division 27 – Communication								
1.	(Wireless) Local Area Network (LAN)			X	X	X	X	
2.	Point of Sale System (P.O.S.)			X	X			Required Vendor: Club Ready
Division 28 – Electronic Safety & Security								
1.	Security Cameras			X	X	X	X	
2.	Security Alarms			X	X	X	X	
*Clean & Re-Use Existing								



08

TYPICAL PLANS – Floor Plan Layouts

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Floor Plans

Minimum interior area (wall face-to-wall face) = 1500 sq. ft.* Maximum interior area (wall face-to-face) = 2500 sq. ft.*

*Unless Special Approval Is Received in Advance from Corporate Office.

Minimum Interior Dimensions – Rectangle with No Rear Exit: 21'-6" W x 64'-7" L

- 21'-6" – 0" x 10' – 0" Lobby & Retail
- 21'-6" – 0" x 43' – 9" Exercise Studio
- 21'-6" x 10' – 0" Private Training Room & Restroom

Minimum Interior Dimensions – Rectangle with Rear Exit: 23' W x 65' L

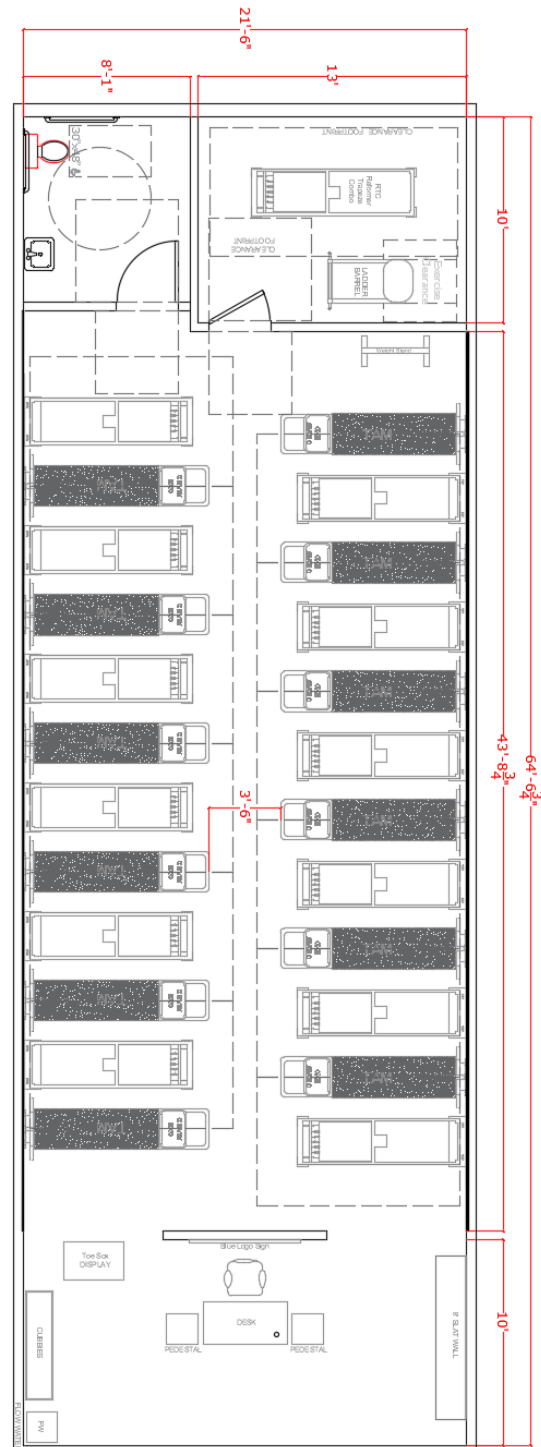
- 23' – 0" x 11' – 0" Lobby & Retail
- 23' – 0" x 42' – 5" Studio
- 23' – 0" x 15' – 0" Private Training Room & Restroom

Minimum Interior Dimensions – Side by Side: 35' W x 45' L

- 13' – 0" x 15' – 0" Lobby & Retail
- 22' – 0" x 45' – 0" Studio
- 13' – 0" x 30' – 0" Private Training Room & Restroom

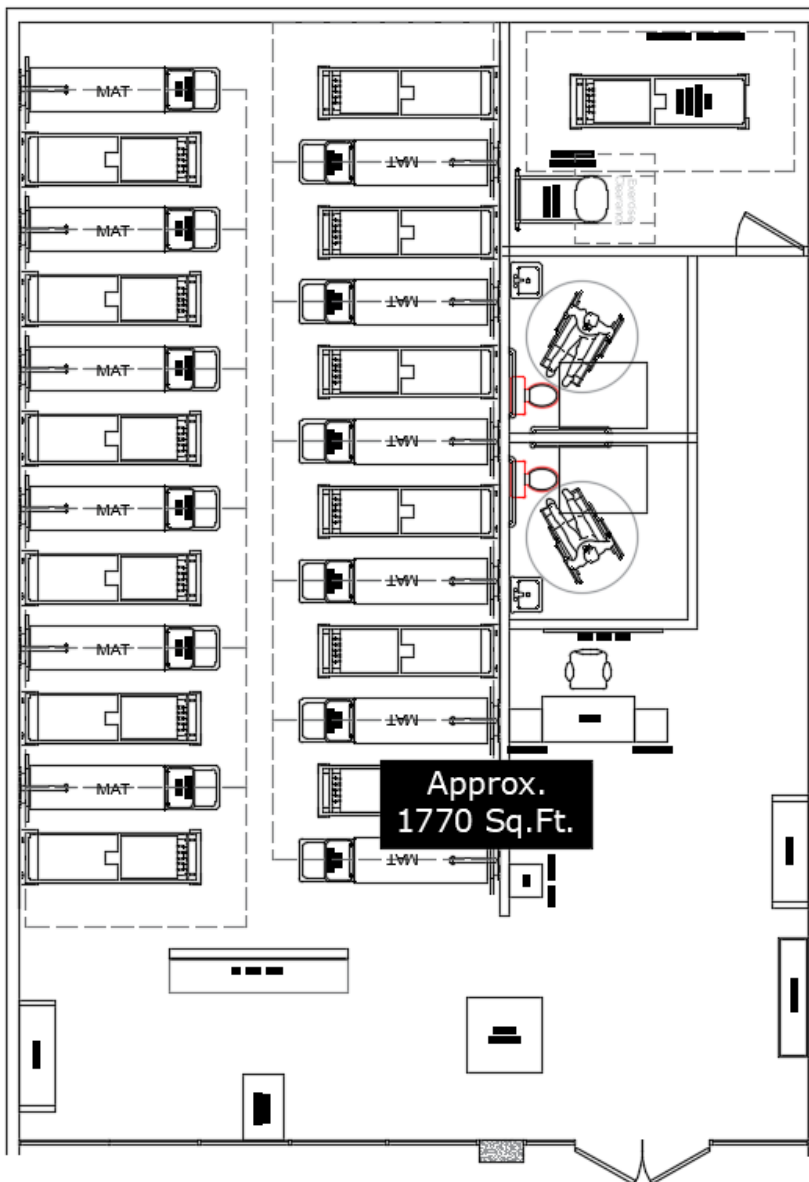
Construction Requirements:

- Wall Studs at 16" On Center
 - Wood or Metal Studs
- Wood Blocking within Studio Area Walls
- ADA Restroom(s)
- HVAC: Min. 1 ton per 250 – 300 sq. ft.



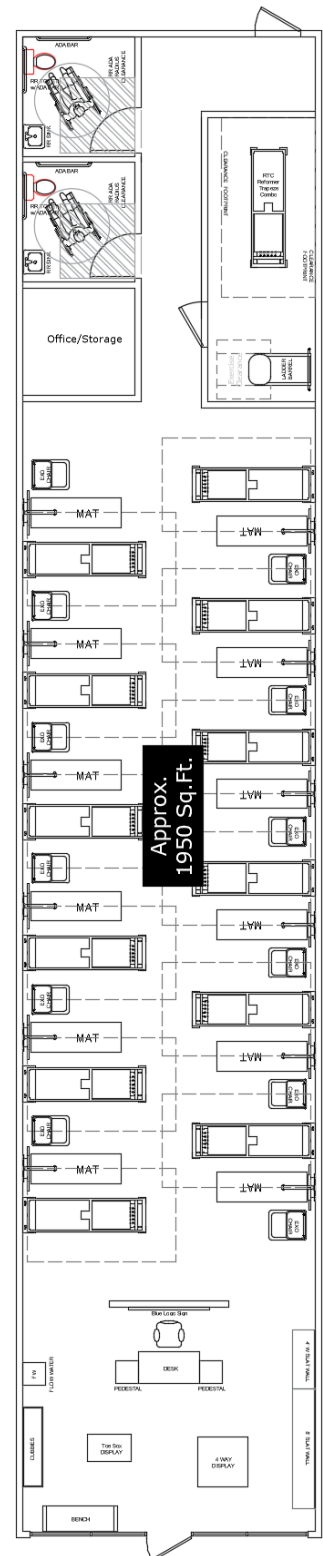
09

TYPICAL PLANS – Floor Plan Layouts Cont.



Side by Side

Bowling Alley



10

TYPICAL PLANS – Flooring Plan

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Flooring Plan

Required Flooring Specifications:

Flooring	
Lobby/Retail	LVT - 1
Studio Reformer	Style: EFSPL
Private Training	Color: SUP
Restroom – Flooring*	FT - 1
11-3/4" x 23-9/16" x 3/8"	Style: CPFT
	Color: LG90 (Beige)
Restroom – Wall Tile*	WT - 1
11-3/4" x 23-9/16" x 1/8"	Style: CPWT
	Color: LG90 (Beige)

Grout

Grout at Ceramic Floor & Wall Tile 3/16" Grout Joint - staggered brick-joint pattern	Laticrete Permacolor #56 – Desert Khaki
--	--

Base

MDF Primed Base Molding	5/8" x 5" Painted P4
-------------------------	----------------------



LVT - 1



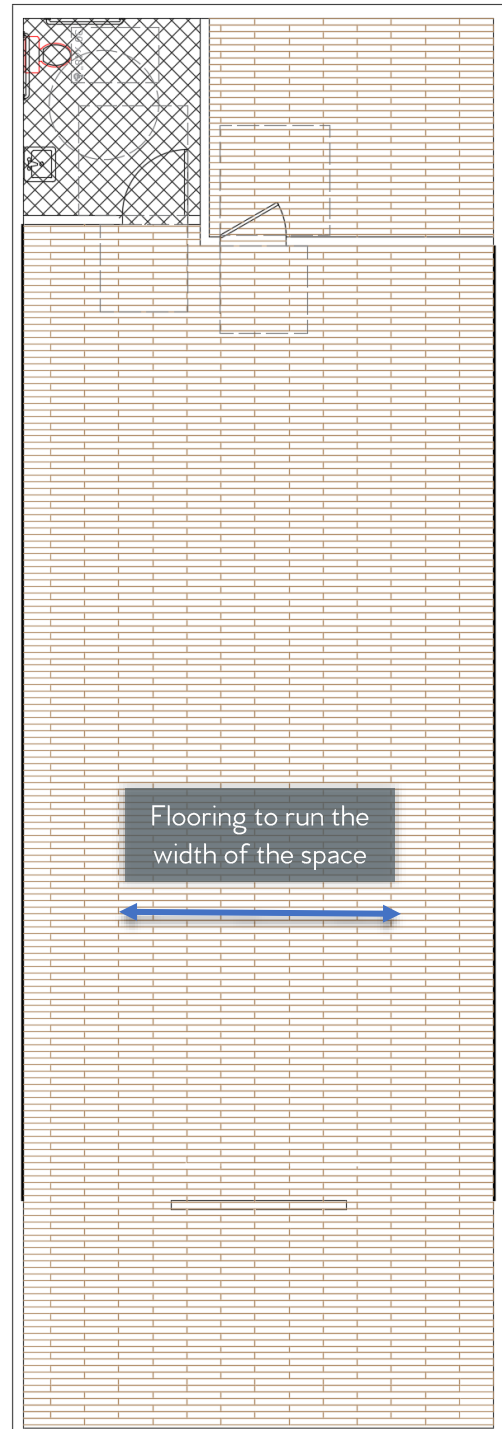
FT - 1 & WT-1

Required Flooring & Adhesive Specifications purchased through Sport Pro Surfacing:

****Brian Davis** – (310)483-3179– Brian@SPSSurfacing.org

**Existing restrooms are to be approved by corporate.*

***New as of 09/2022*



The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Wall Finish Plan

Paint

P-1: Sherwin Williams SW 6801 Regale Blue, Semi-Gloss Finish

Lobby/Studio Reformer (including Dividing Wall) & Private Training Room.

SW 6801
Regale Blue
Interior / Exterior
Locator Number: 177-C4

P-2: Sherwin Williams SW 6515 Leisure Blue, Semi-Gloss Finish

Studio Entrance Wall & Private Training Room.

SW 6515
Leisure Blue
Interior / Exterior
Locator Number: 184-C5

P-3: Sherwin Williams SW9046 Gentle Aquamarine, Semi-Gloss Finish

Accent: Hallways, Single wall in Restroom, Back of Split Dividing Wall

SW 9046
Gentle Aquamarine
Interior / Exterior
Location Number: 165-C3

P-4: Sherwin Williams SW 7757 High Reflective White, Semi-Gloss Finish

Restroom/Base/Doors & Frames & Private Training Window Frames

SW 7757
High Reflective White
Interior
Locator Number: 256-C1

Additional Paint Colors:

Open Ceiling Options

P-5: Sherwin Williams SW6991 Black Magic

- OR -

P-6: Sherwin Williams SW6260 Unique Gray



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TYPICAL PLANS – Utility Plan

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Utility Plan

General:

All Switches & Covers to be White.

Emergency: Requirements vary by location.

Check with local, state & national codes.

(Verify Existing)

- Where Required
 - Emergency Alarm System
 - Exit Signage
 - Means of Egress Illumination

Lobby/Retail

- Front desk - Preferred – Trench to Front Desk
 - CAT 5 Data Port
 - CAT 5 Telephone port
 - Dividing Wall / Cash Wrap – J-Box above finished ceiling line
- FloWater
 - 120v power outlet
 - Water Line
 - Direct Drain

Studio Reformer Area

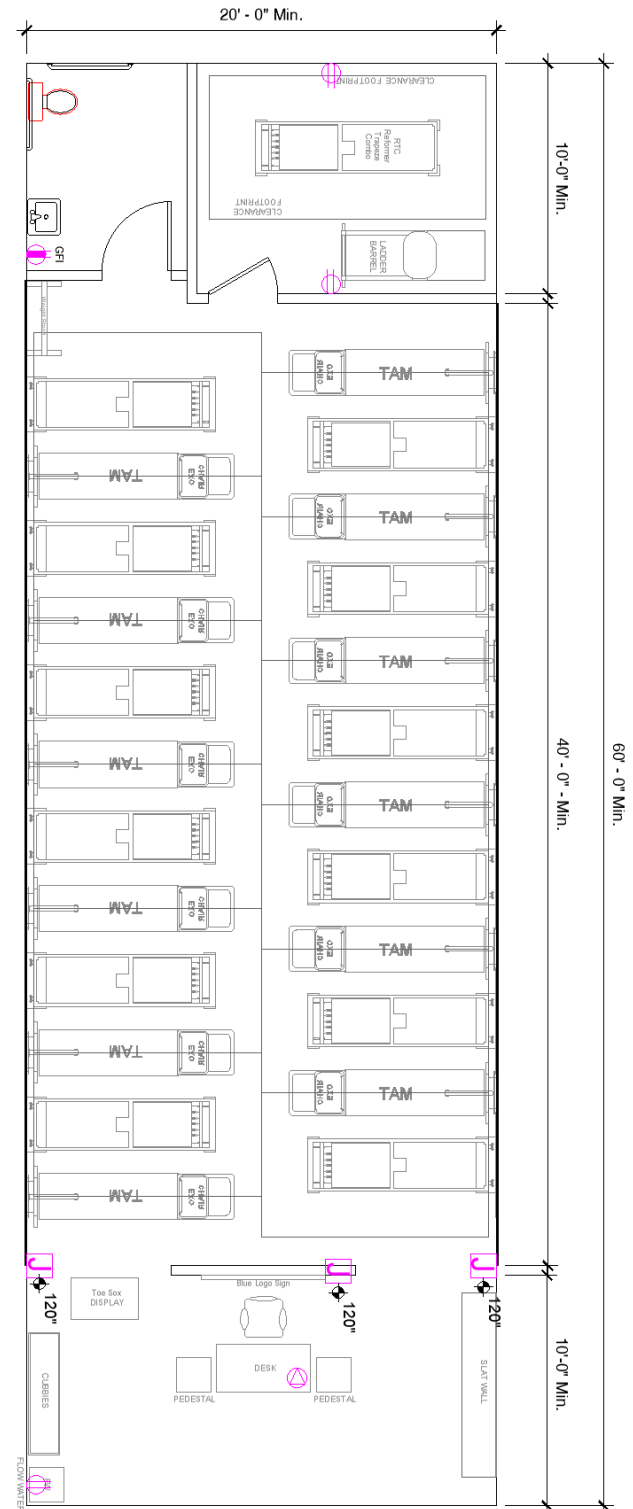
- Blue LED Lighting Strips
 - J-Box: 1 for each light strip
 - Dedicated switch required for each light strip

Private Training Room

- Min. (2) each 120v power outlets

ADA Restroom

- Min. (1) GFI outlet



TYPICAL PLANS – Lighting Plan

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Reflective Ceiling Plan

General:

T-Bar & Open Ceiling are both acceptable. T-Bar & tiles are to be white finish. See page 10 for open ceiling paint colors. **Note:** Lighting lumens are not to exceed 3000K.

Lobby/Retail

- Min. 10'-0" Ceiling Height
- 2'-0" x 4'-0" or 2'-0" x 2'-0" LED Troffer Lighting
- Retail – LED Track Lighting
 - Open Ceiling – LED Pendant Lighting

Studio Reformer Area

- Min. 10'-0" Ceiling Height
- 2'-0" x 4'-0" or 2'-0" x 2'-0" LED Dimmable Troffer Lighting (if using existing fixtures must be approved by Corporate)
 - Option – LED Down Lighting over each TRX station (if existing fixture are not dimmable, LED Down Lighting is Required)
 - Open Ceiling – LED Dimmable Pendant Lighting with LED Down Lighting over each TRX station

- Blue LED Lighting Strips

Private Training Room

- Min. 10'-0" Ceiling Height
- 2'-0" x 4'-0" or 2'-0" x 2'-0" LED Dimmable Troffer Lighting
 - Open Ceiling – LED Dimmable
 - Pendant Lighting

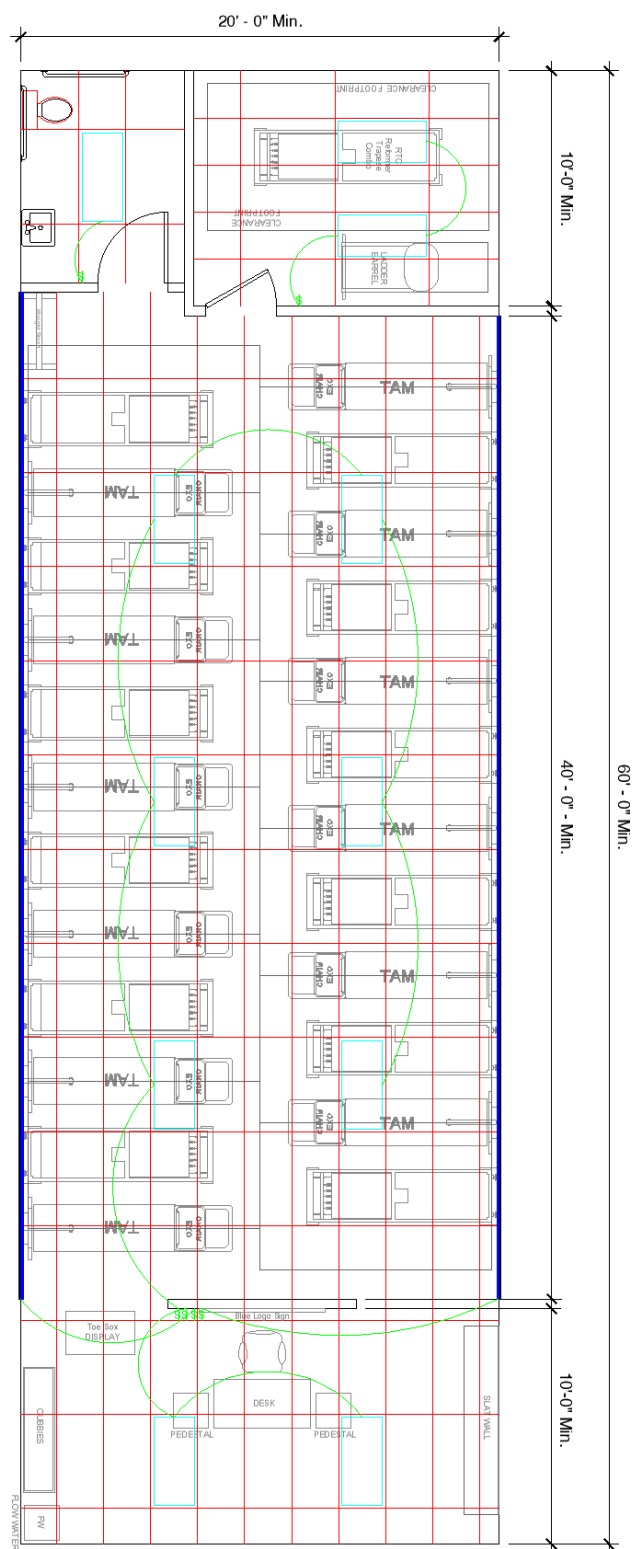
ADA Restroom

- Min. 8'-0" Ceiling Height
- 2'-0" x 4'-0" or 2'-0" x 2'-0" LED Troffer Lighting

WeSpec LLC. – Required studio lighting vendor

Elliott Parks | Xponential@we-spec.com

Club Pilates | Design Intent Package



DO PILATES. DO LIFE.

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Interior Option – Glass Wall

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Glass Wall Option

Location:

Glass wall is to divide the front lobby/retail area & exercise studio area. The glass wall is to be positioned on each side of the dividing wall running full height of the studio from finished floor to finished ceiling.

- Glass Specs: Must meet local code standards. Consult with your architect.
- Min. 1/2" Tempered Glass
- Caulking – Clear Silicone at butt glass joints

Hardware:

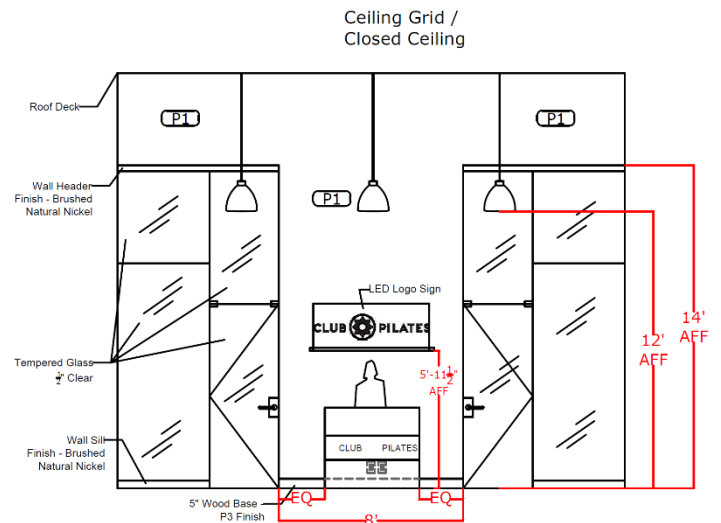
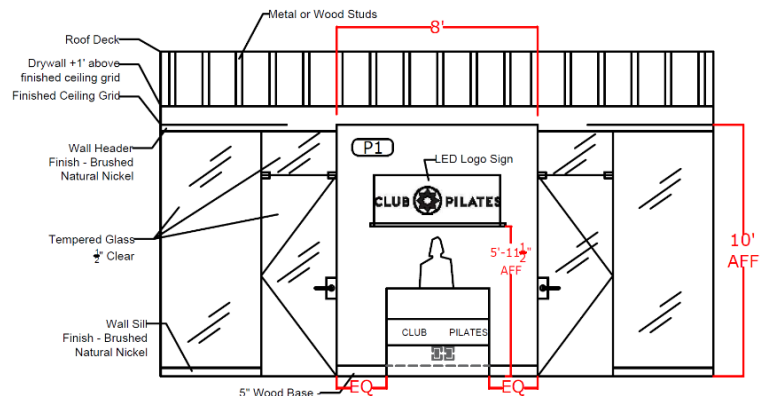
- Brushed Stainless Steel finish for all exposed hardware.
- Hardware – Recommended C.R. Laurence Company for Headers Top & Bottom Channels, Ladder Stile Pulls, Cylinder Combo, Floor Locks & Keepers DORMA & Jackson Floor Closer

Door Closer Direction:

- Per local code ADA requirements

Additional Information:

- Top & Bottom channels can be recessed (or exposed. If exposed, finish needs to be brushed stainless steel)
- Bottom channel can be mounted directly on slab or finished floor
- If no transom then 1-3/4" x 4" (min.). Header to be recessed with brushed stainless-steel cover plate at exposed bottom.
- Door Requirement: Min. (1) door or per local city code requirement.
- Closed Ceiling: Min. header height at 10'-0" AFF
- Open Ceiling: Min. header height at 12'-0" or 14'-0" if allowed.



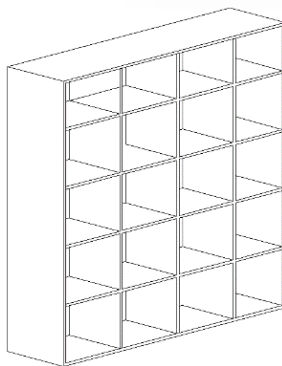
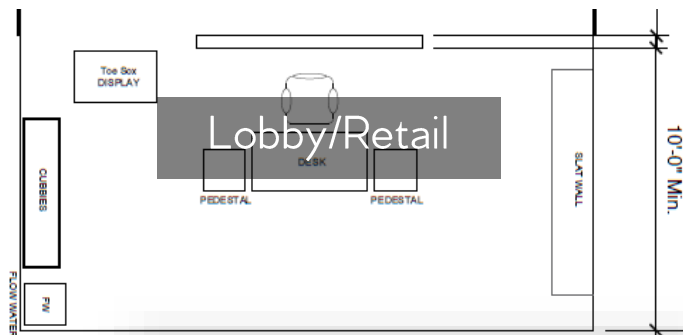
The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Lobby/Retail

General:

Minimum 200 sq. ft. dedicated lobby/retail floor space. Ideal 280 – 320 sq. ft. of lobby/retail floor space. Front desk is to be installed centered of dividing wall.

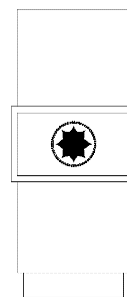
- Dividing Wall – Min. 10'-0" from storefront
 - Centered to width of space
 - 8'-0" W to Roof Deck with finish ceiling height at 10'-0" or open ceiling at 12'-0".
 - Blue LED Logo Sign (Cash Wrap Sign) – 6'-5-1/2" to bottom of bracket, centered on wall
 - Painted – P1: SW 6801 / P2: SW6515 (storefront wall only)
 - Baseboard – P4: SW 7757
- Furniture
 - Reception Desk
 - Storage Pedestals: (2) each
 - Slat Wall: 8'-0" Wide x 8'-0" Tall (wall mounted)
 - 4-Way Retail Display: 40" x 40" x 53"H or 2-Way Retail Display
 - Storage Cubbies: 64" W x 81" H
 - Toe Sox Retail Display: 35" W x 22" D x 65-1/2" H
 - FloWater Unit: 18" W x 16" D x 68" H
-To be installed by G.C. *as of 09/01/22*



Cubbies



Front Desk



Storage Pedestal



FloWater

Slat Wall



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ENLARGED PLANS – Studio Reformer

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

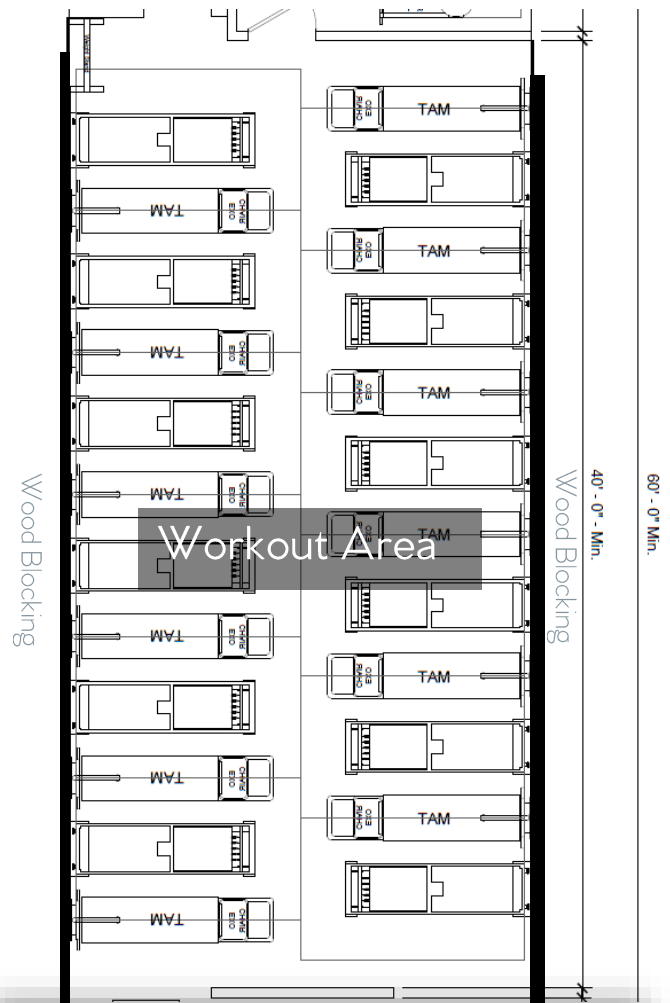
Studio Reformer

General:

Minimum 800 sq. ft. dedicated workout floor space.
Ideal 882 – 1080 sq. ft. of workout floor space. Wood Blocking required on linear walls.

Linear Walls – Min. 40'-0" from back of dividing wall to Private Training Room and/or Restroom Wall.

- At 6'-6" to 8'-6" from finished floor, Wood Blocking is REQUIRED
- Optional: Blocking for Springboards
- Blue LED Lighting Strip
- Mirrors – 6'-0" H x Width Varies x 1/4" THK, wall mounted between springboards, reference elevation drawing provided by Corporate.
- Painted – P1: SW 6801
- Baseboard – P4: SW 7757
- Wall Mounted Furniture
 - Maple Board Header (8'-0" L x 2'-0" H x 5/8" THK)
 - 12 ea. Springboards (1'-8" W x 6'-0" H)
 - 12 ea. TRX (centered with springboards)
- Floor Furniture
 - 12 ea. Studio Reformer (8'-2" L x 2'-3" W x 14" H)
 - 12 ea. Floor Mats (18" W x 72" L)
 - 12 ea. EXO Chair (23-1/2" W x 39-1/2" L x 24-1/2" H)
 - Weight Rack (39" W x 18" D x 42-1/2" H)



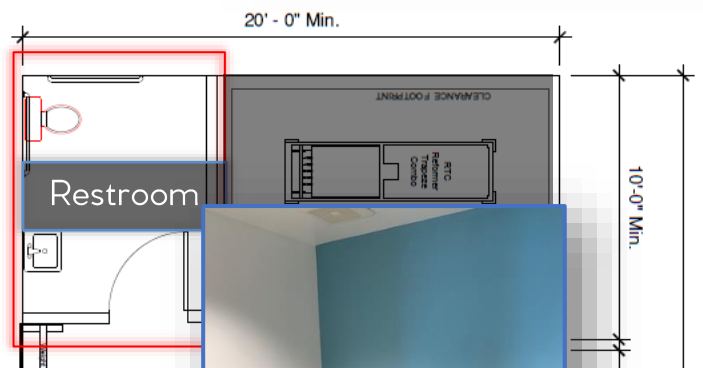
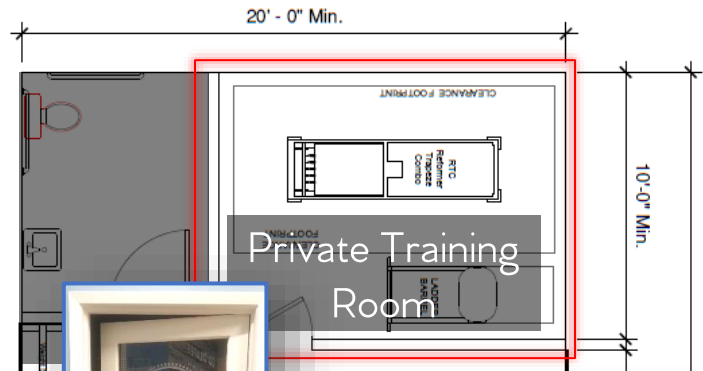
The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Private Training Room & Restroom

General:

Minimum 200 sq. ft. dedicated the Private Training Room & Restroom space. Ideal 280 – 320 sq. ft. of space.

- Private Training Room
 - Min. 10'-0" W x 13'-0" L
(Ideal: 12' W x 16'-0 L)
 - 1 ea. Reformer Trapeze Combo 2'-3" W x 8'-0" L
(RTC; also known as a Cadillac Reformer)
Min. 2'-0" clearance on all sides of reformer
 - 1 ea. Ladder Barrel (24-1/2" W x 47-1/4" L x 38" H)
Min. 2'-0" clearance on 3 sides of barrel
 - Mirror – 1 full wall: from top of baseboard to finished ceiling line
 - Entrance Door to be white framed glass front
 - Paint – P1: SW6801 / (1) Accent Wall P2 or P3
 - Baseboard – P4: SW7577
- Restroom(s)
 - Minimum ADA unisex restroom required
 - Depending on State/Local Codes – Additional restrooms and/or individual or single sex restrooms may be required to meet code requirements.
 - Check with your local building department for all requirements.
 - Verify with your architect existing restroom(s) meets all state/local code requirements
 - Tile: Wall & Floor tile 12" x 24" ref. pg. 10
 - Paint – (3) walls P4: SW7577 / (1) wall P2 or P3



Signage

Must follow Club Pilates Signage Package & Brand Standards.

For All Studio Signage Requirements:

- Exterior Signage style and size must be approved by Corporate, City & Landlord
- Exterior Window & Door Graphics
 - Window banding
 - Mandala Logo (Door)
 - Hours of Operation (Door)
 - Phone Number (Door)
 - Website (Door)
- Coordinate power whips with General Contractor

Interior Wall Graphics

- Interior Signage style and size must be approved by Corporate
- Wall Mural to have “DO PILATES DO LIFE” on image.
- Image used must be from Corporates approved images collection.

Interior Mirror/Window Graphics

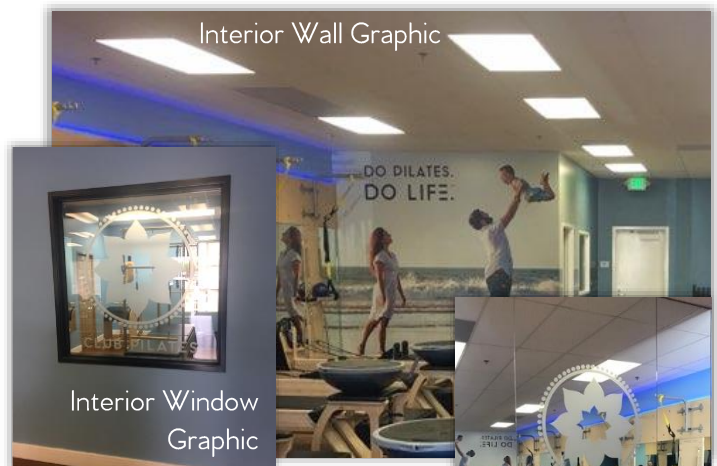
- Interior Graphics style & size must to be approved by Corporate
- Large Mandala Logo with Club Pilates is to be centered on the back of the dividing wall
- Option to add Mandala logo on the Private Training Room Glass Door or Window

Blue LED Logo Sign (Cash Wrap)

- Wall mounted onto front of dividing wall
- Power source required
- Dedicated switch



Exterior Signage



Interior Wall Graphic



Interior Window Graphic



Interior Mirror Graphic

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by contractor. All lighting must be LED Dimmable with Filter/Lensed cover

Restrooms

Fixtures:

ADA 42" Grab Bar



Mirror



White Lavatory
Model: ADA Compatible



White Toilet
Model: ADA Compatible



**SIGNATURE SERIES®
PAPER TOWEL**
Height: 15.06"
Width: 10.63"
Depth: 4.13"



**SIGNATURE SERIES®
HAND SOAP**
Height: 10.88"
Width: 3.68"
Depth: 3.88"



**SIGNATURE SERIES®
AIR FRESHENER**
Height: 6.06"
Width: 3.75"
Depth: 3.38"



**SIGNATURE SERIES®
TOILET PAPER**
Height: 6.89"
Width: 10.56"
Depth: 6.75"



**SIGNATURE SERIES®
TRASH CAN**
Height: 20.25"
Width: 14.00"
Depth: 11.50"

Reflective Ceiling

Required Lighting Vendor as of 10/01/2022

WeSpec, LLC | Elliott Parks
Xponential@we-spec.com

Note: Lighting fixtures are not to exceed 3000K lumens throughout the studio.

Fixtures:

Open Ceiling Lighting:
Title 24 when applies
Lg. & Sml Light Pendants



Open Ceiling Lighting:
Title 24 when applies
Lg. Light Pendants for
Exercise area only



Ceiling Grid Lighting:
LED 2x4 Recessed Troffer
Coordinate with City Code or
Title 24 when applies



Down Light – 6"
Coordinate with City
Code or when Title 24
applies



LED Track Lighting
Coordinate with City Code
or when Title 24 applies



Optional: Ceiling Fans
Studio Reformer Area.
Avail. In White or Black



Optional: Custom
Brand Logo

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Fixtures, Furniture & Equipment

The specifications below are the minimum studio standards for design and space planning. Similar fixtures may be sourced locally. Additional items to consider for purchasing but not limited to: Garbage Cans, First Aid Kit, Computer/POS system hardware package, Phone System, Wi-Fi Router & Cleaning Supplies. Most items can be found on our [Amazon Store](#). Please check on the Powerhouse for the most current information.

Studio Accessories

Studio Speakers:



Wall Mounted
Wireless, Tilt & Swivel
Speaker - White



Front Desk - Mesh Drafting
Stool - Black



Lobby Bench - White



Security System - White



Bathroom Storage - White
(choice of one (1) type of unit)

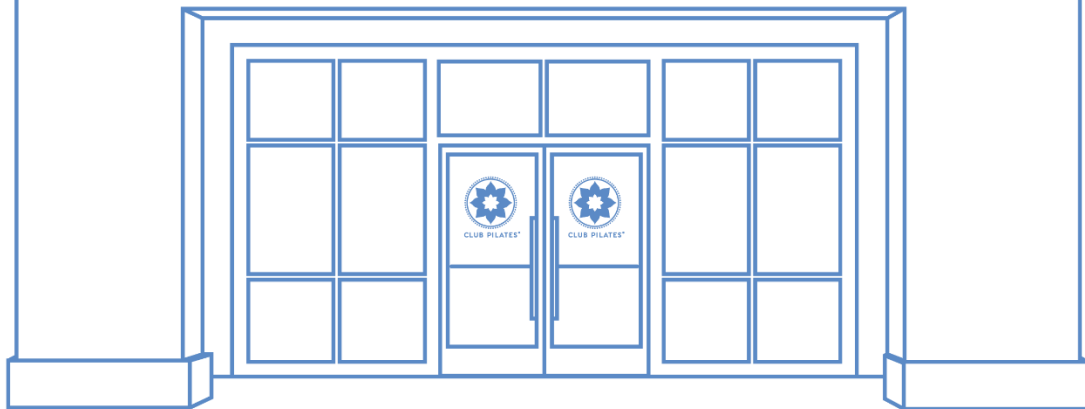


AED
Device Kit



Club Pilates Entrance Mat

CLUB  PILATES



EQUIPMENT INSTALLATION GUIDE

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Equipment Installation Guide

Club Pilates – Equipment Installation Process

Be sure to note & report any missing or damaged items received at both stages of delivery. PIP damages must be noted on the POD (proof of delivery) paperwork. Include any photos necessary. EID damages or missing items are to be reported within 30 days from equipment installation completion.

Phase 1 – Pre-Install Pallet (PIP) Wall Mounted Millwork Equipment by your General Contractor

- PIP ships via LTL delivered curbside
- GC to breakdown the pallet & bring in all equipment into your studio
- GC will install the following millwork & wall-mounted, load bearing equipment:
 - Maple Board Headers
 - Springboards
 - Ballet Barres on the Springboards
 - TRX Mounts
 - Slat Wall
 - Blue LED Accent Lighting Tape
- Club Pilates will ship the “pre-installation” equipment pallet to your studio approximately 2-3 weeks prior to your final equipment install date
- GC typically installs these items immediately before or after painting/flooring
- GC should schedule mirrors for installation right after GC completes pre-install, mirrors must be installed prior to part 2 full equipment install

Part Two – Final Equipment Installation (EID) by Mass Movement

- Club Pilates will dispatch our equipment installation vendor partner, Mass Movement, to transport your equipment package from the California warehouse to your studio. Mass Movement will provide 2-3 installers to unload, assemble and setup your studio with all Pilates equipment and retail furniture, remove all debris, and provide a final walk-through and sign off to Owner:
- Lobby/Retail
 - Front Desk
 - Pedestals
 - Display Pedestal
 - Retail Hardware Accessories
 - Blue LED Logo Sign (To Be Installed by GC)
- Studio Reformer Workout Area
 - Reformers
 - Springs for springboards
 - TRX Straps
 - Floor mats
 - Weight Stand w/weights
 - All Studio Accessories
- PT Room
 - Cadillac or Clinical Reformer with accessories
 - Ladder Barrel

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Equipment Installation Guide

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes.

Millwork & Wall Mounted Equipment Pre-Installation Instructions

The following pages will illustrate the methods of installation for the wall equipment used in a typical Club Pilates.

- The following guidelines are required to be followed precisely to prevent equipment & wall failures.
- All accessories included in the original manufacturer packaging must be safely stored for use during final equipment installation.
- A copy of these guidelines is to be kept onsite for the duration of your construction.



Overview

Franchisee's General Contractor to perform the installation of all wall-mounted, load-bearing equipment, to assure equipment is properly & securely attached the walls. General Contractors are skilled professionals who can assure the application are followed properly for a structurally sound mount.



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The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Pre-Installation Pallet Shipment

Club Pilates will ship the pre-install pallet containing all materials needed for each studio.

- The pallet will arrive approximately 2 weeks prior to your construction completion and/or your final equipment installation date.
- The pallet will be delivered directly to the studio, curbside.

Pallet Info:

- One (1) 4x8, 1,400 lbs.
- 13 ea. 2'H x 8'L Maple Board Panels
- 2 ea. 8"W x 4'H Retail Slat Wall Panels
- 1 ea. 8'L Retail Slat Wall Aluminum Extrusion
- 12 ea. 20" W x 72"H Spring Boards
- 12 ea. TRX Multi-Mounts
- 1 ea. Blue LED Light Kit



Pre-Installation Pallet

Hardware Required:

(Note: GC will be required to supply all mounting hardware)

- 256 – 280 ea. 1/4" dia. x 3-1/2" L bolt with washer
 - 72 +/- for Spring Boards *
 - 80 – 104 for Maple Boards
 - 96 for TRX Mounts**
 - 8 for Retail Slat Wall*
- Hilti Zip Toggle Bolts (HTB-2) *
 - Spring Boards
 - Retail Slat Wall
- Painters Caulk
- For solid concrete walls, special anchors may be required. DO NOT INSTALL ON HOLLOW CONCRETE WALLS unless otherwise noted and approved by the architect & Corporate.

***Spring Boards may require a combination of both types of hardware for installation.**

****Hardware for the TRX mounts is pre-package. Does not include specialty hardware or hollow & concrete walls.**

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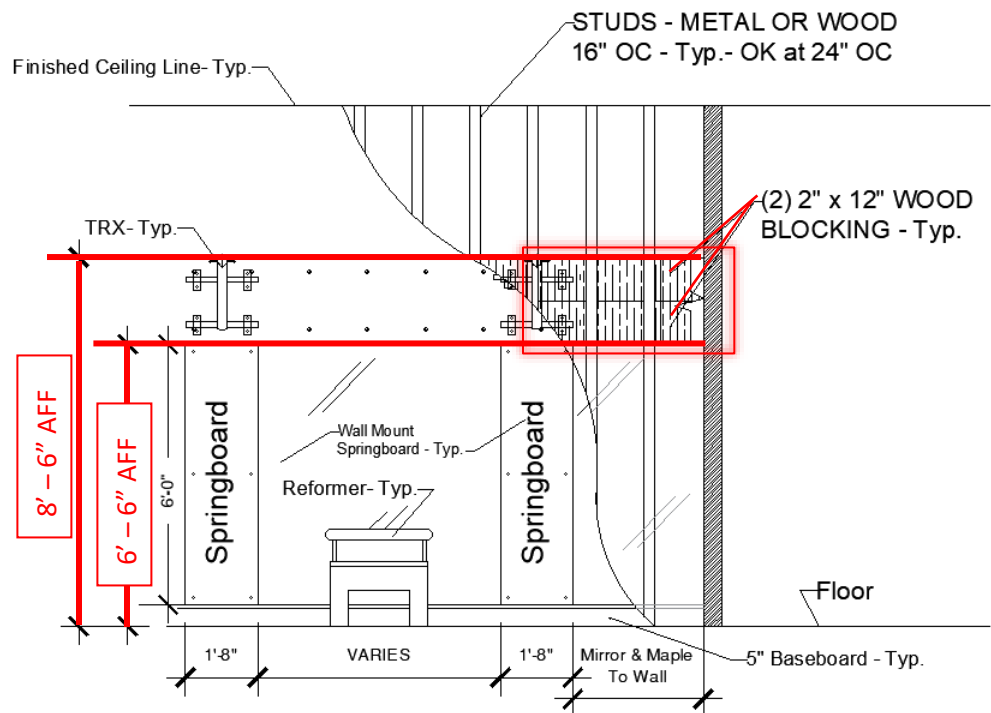
The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Prepping the Studio Reformer Walls

Exercise floor walls (studio reformer walls) to be reinforced with solid wood blocking in between wall studs. **NOTE: DO NOT USE PLYWOOD**

Blocking Requirements:

- (2) ea. 2" x 12" solid wood, stacked
- Installed at 6'-6" to 8'-6" After Finished Floor (AFF)
- Blocking is not required for the Retail Slat Wall nor Spring Boards
- Wall mounted equipment can be installed before or after paint.
- Solid Concrete Walls – no blocking required. Special hardware will be required
- See special instructions regarding concrete hollowed cinder block walls.



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The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Step 1: Installing the Springboards

Spring boards are wall-mounted, but not load-bearing. They are used as a stabilization tool and are not required to be mounted to studs. Spring boards are typically mounted directly to drywall with drywall toggle anchors, and/or mounted to studs with proper bolts for either wood or metal studs.

Spring Board Placement:

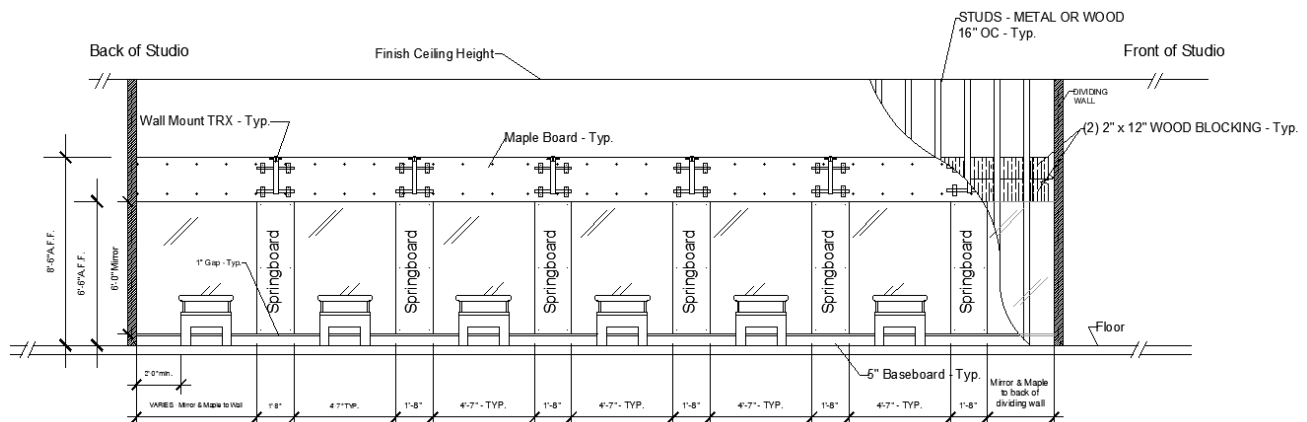
- **Placement & spacing of spring boards are critical. Reference the approved floor plan & final elevation drawing detail created by corporate before mounting.**
- Laser level highly recommended to assure all spring boards & subsequent equipment are mounted consistently.
- Spring boards must be placed symmetrically with same spacing between each station. **FOLLOW ELEVATION DETAIL DRAWING.**
- Hardware Required:
 - 72 ea. $\frac{1}{4}$ " dia. x 3-1/2" L screw with washer (depending on stud type – Wood or Metal)

May apply if stud not penetrated

- 72 ea. Hilti Zip Toggles (HTB-2) with painter's caulk to adhere the spring board to the wall.



Optional: Wood blocking for springboards. This may add an additional cost to the standard buildout.



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Equipment Installation Guide

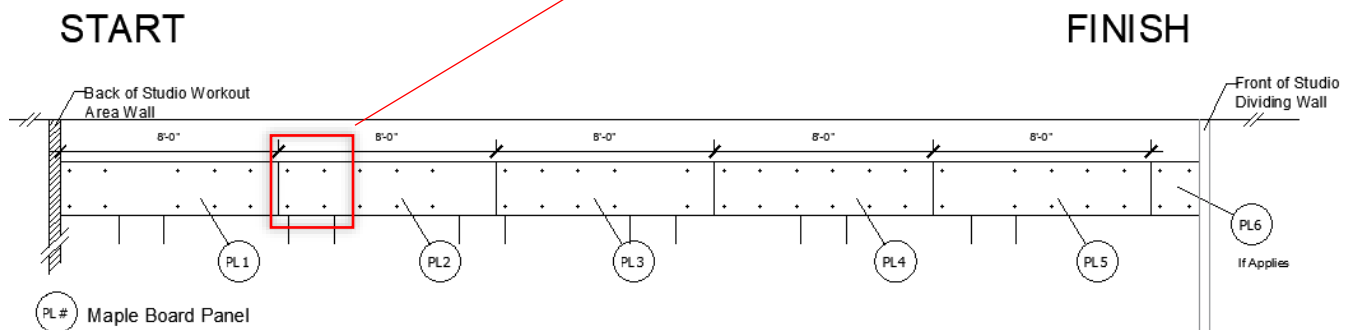
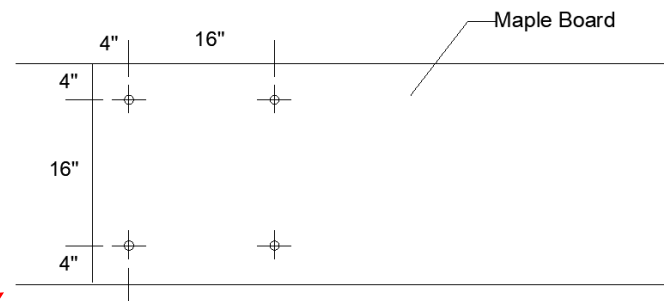
The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Step 2: Installing the Maple Board Panels

Maple boards are wood panels with a maple veneer finish – these are designed to be decorative pieces. These panels add additional support for the TRX mounts.

Maple Board Placement:

- Panels are mounted directly above spring boards 6'-6" to 8'-6" AFF
- Panels are 2'H x 8'L x 3/4" thick with a 1/4" top channel for the Blue LED Lighting Tape
- Panels to run the full length of the Reformer Studio Walls:
 - Starting Rear of Reformer Studio Workout Area to back of Dividing Wall.
- Panels are to be cut to size in the field
- Maple Board Hardware:
 - 12 ea. 1/4" dia. X 3-1/2" L screws with washer



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The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Step 3: Installing the TRX Multi-Mounts

TRX multi-mount is a wall-mounted anchoring system installed directly onto the maple board panels, through drywall, and into the wood blocking. TRX mounts should be placed directly above, and centered to each spring board.

- Mount Weight – 35lbs.
- Rated for 350lbs – live load

TRX Multi-Mount Placement:

- Bracket is to be mounted with bottom parallel flat bar at 6'-10-3/4" AFF
- L-Shaped TRX O ring to be between 7'-0" to 9'-0" AFF centered to Spring Board

Solid Concrete and/or Filled CMU Walls:

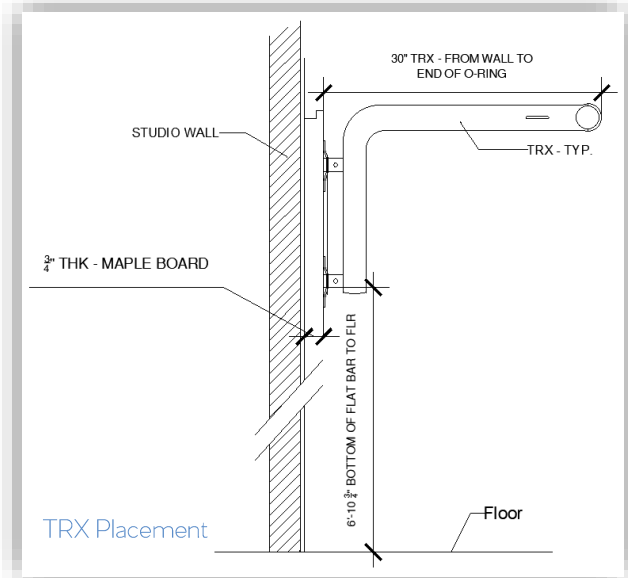
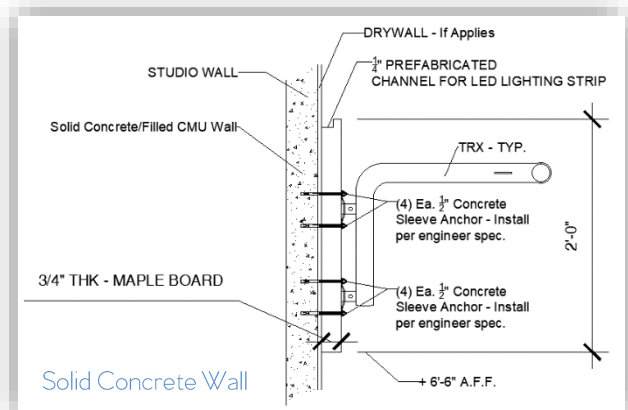
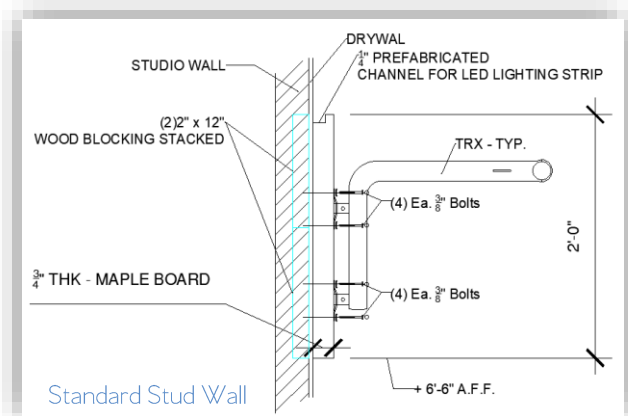
- No wood blocking required
- Special anchors required – install per architect and/or engineer specifications.

Hollow CMU Walls:

- **DO NOT INSTALL DIRECTLY TO WALL**
- Recommended to build a stud wall over existing hollow CMU wall. If space width does not allow to add a stud wall special anchors will be required – architect /engineer to approve.

Hardware Required:

- 96 ea. 3/8" dia. X 3-1/2" L anchor bolt with washer. Hardware provided for standard installation only. Specialty anchors **NOT INCLUDED**. (each mount requires 8 anchor bolts)



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Equipment Installation Guide

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Step 4: Installing the Retail Slat Wall

The retail slat wall is mounted in the retail/lobby area of the studio.

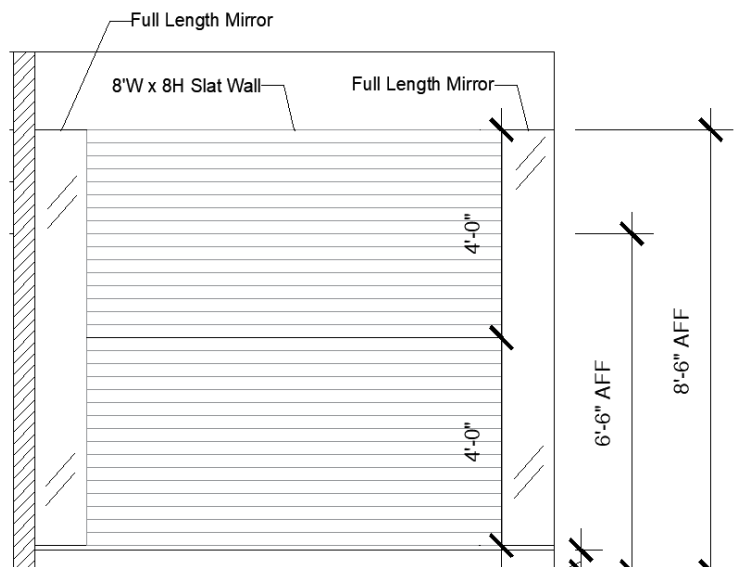
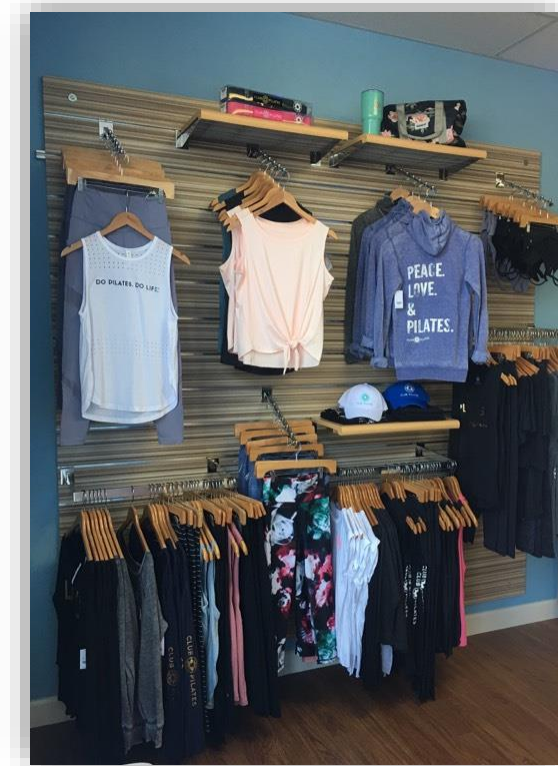
- Retail Slat Wall: (2) pcs of 8'W x 4'H (overall: 8' W x 8' H)

Slat Wall Placement:

- Mounted directly to drywall with either drywall anchors, and/or if stud hit - lag screws with washers.
- Centered between storefront & front face of dividing wall (*reference in elevation drawing, unless otherwise noted*)
- Slat Wall Panels are mounted horizontally at 8'-6" AFF (even with top of maple board panels) & each panel are connected with the supplied 8' L aluminum extrusion
- Ribbon wood design are to align for symmetry at connection
- Full length mirrors on each side of the Slat Wall

Hardware Required:

- 8 ea. 1/4" dia. x 3-1/2" L wall anchor with washer (*each Slat Wall Panel requires 4 each wall anchors with washer*)
- Hilti Zip Toggle (HTB-2) may be used in combination with lags.



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The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

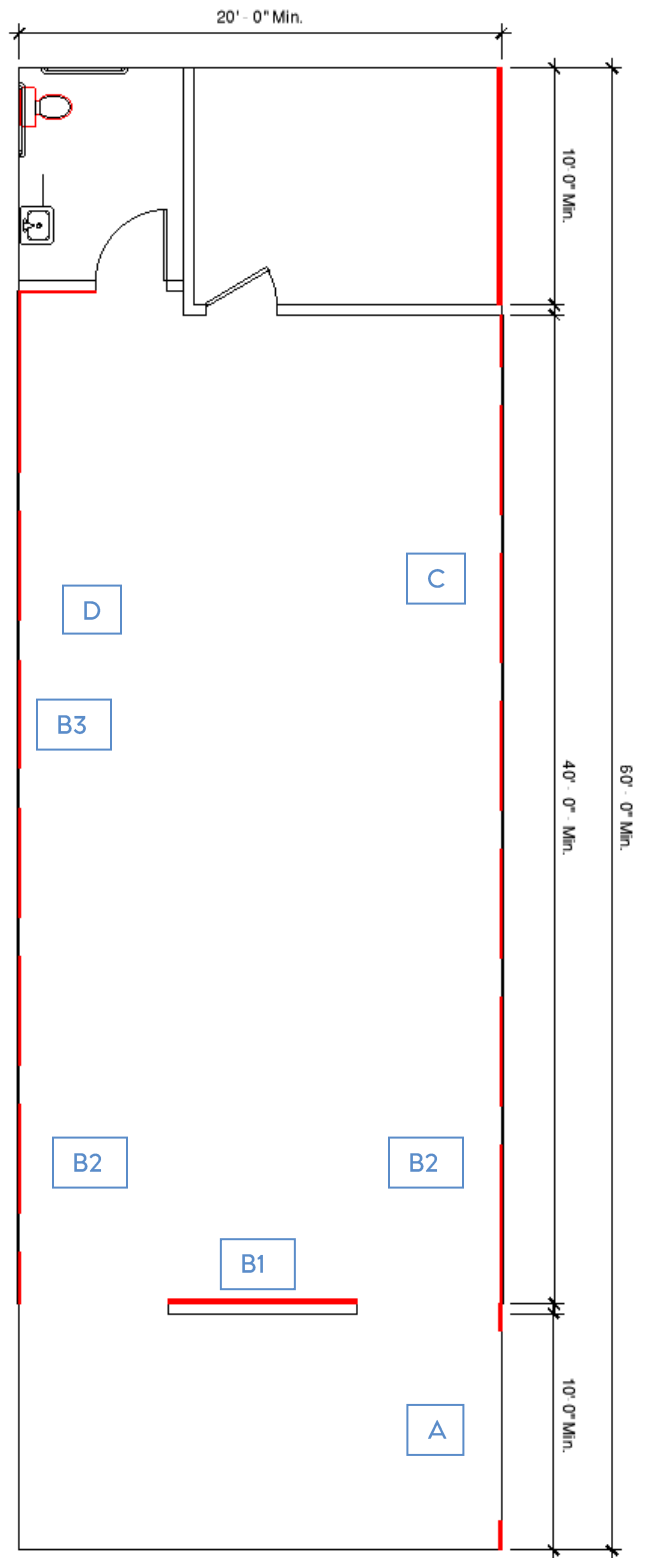
Step 5: Studio Mirrors

Upon completion of all wall-mounted equipment, measure & order all mirrors for the entire studio.

Mirrors are required to be installed prior to final equipment installation.

Mirror Location:

- A. Front Lobby / Retail Area
 - Each side of Slat Wall
- B. Studio Reformer Workout Area
 - B1 - Back of Dividing Wall – Full wall from top of wall base to finished ceiling line. (ok to be installed in 2 pcs or 3 pcs – 1:2:1 ratio)
 - B2 - In between each Spring Board & beyond end stations to wall and behind of dividing wall
 - B3 - If applies – 1 full wall from top of wall base to finished ceiling line opposite of wall graphic.
- C. Private Training Room
 - Single full wall from top of wall base to finished ceiling line.
- D. Restroom(s)
 - Standard mirror over lavatory sink



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Equipment Installation Guide

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Step 6: Installing Blue LED Light Kit

Blue LED lighting is required for all Club Pilates Studios. The lighting strips are installed into a pre-fabricated channel located atop of the Maple Board panels.

- 2 ea. LED Drivers (black power supply box)
- 2 ea. Electrical Cord/Whips
- 6 ea. 15 Linear Feet Blue LED Lighting Strip Rolls
- 3 Rolls per studio reformer wall (15 linear feet x 3 rolls = 45 linear feet total.)
- Lighting strips can be cut to size
- Each 45 linear feet are to have dedicated power source & switch

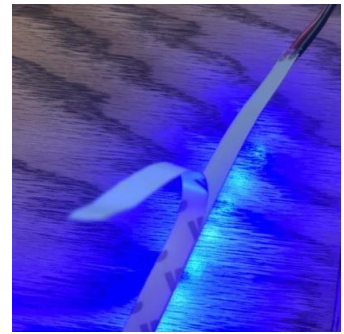
Installation

1. Power (J-Box or Outlet) to be placed above finished ceiling line
2. LED Driver box mounted near power source above finished ceiling line
3. Connect power to source via hard wired or outlet
4. All wires are to run thru wall. No visible wires are allowed. Punch a small hole into the drywall near power source down to maple board channel
5. Remove adhesive backing on lighting strip and place into the prefabricated channel firmly to assure it's secure. Continue the length of maple board header
 - a. Splicing – splice together red/black cabling to connect the next roll.
6. Cut LED strip to size. Strip can be cut every 2 inches as indicated on strip.

1-4



5



5a

6



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Equipment Installation Guide

The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Step 7: Installing Springboard Ballet Barres & TRX Strap Hooks

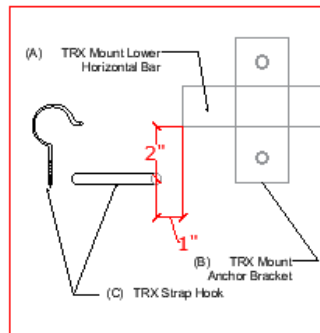
TRX Strap Hooks & Springboard Ballet Barres are supplied with all PIP Kits. If you are missing any of these items, please contact the assigned project manager.

TRX Strap Hooks

- 12 ea. TRX Strap Hooks: #2x4-7/16" Hillman Screw Hooks zinc

Installation

- On the left side of the TRX Mount, locate the (A) Lower TRX Mount Horizontal Bar. Measure down 2" and to the left 1".
- Pencil mark the location. Remeasure one more time before predrilling the hole.
- Once hole has been drilled, screw in (C) TRX Strap Hook with hook opening facing Maple Panel.



Wall Mount TRX - Typ.

Wall Mount Springboard - Typ.

Studio Reformer Typ.

Studio Floor

3'-6"

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Equipment Installation Guide

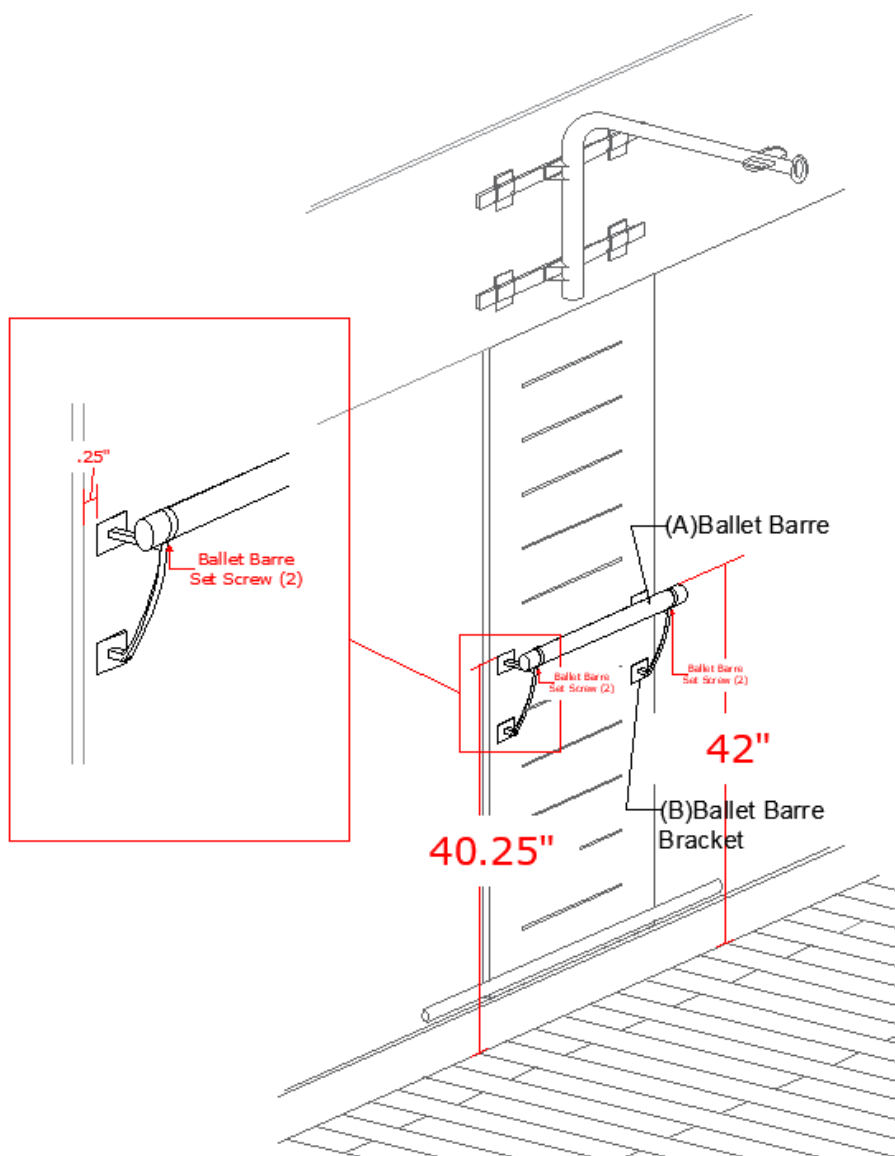
Step 7: Installing Springboard Ballet Barres & TRX Strap Hooks Continued

Springboard Ballet Barres

- 12 ea. Ballet Barres
- 24 ea. Ballet Barre mounting brackets
- 96 ea. Ballet Barre Bracket Screws
- 24 ea. Ballet Barre Set Screw

Installation

1. (B) Ballet Barre Bracket – measure from the floor to top of the bracket plate 40.25" and .25" from the edge of the springboard inward on each bracket. Mark the holes on the springboard using a pencil or marker. Remeasure & use a level before predrilling holes. (Top of (A) Ballet Barre is required to be at 42" from the finished floor.)
2. After brackets have been mounted onto the springboard using the Ballet Barre Screws, slide the (A) Ballet Barre through the brackets. Before setting the barre, place a level on the barre/brackets to ensure the mounting are level.
3. Once (A) Ballet Barre is leveled, screw in the Ballet Barre Setting Screws.



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The specifications below are the minimum studio standards for design and space planning. Additional criteria may be required by local or state design codes. Similar fixtures may be sourced locally by the contractor.

Pre-Installation Complete – Prepping for Final Equipment Installation

Final equipment installation is coordinated by Club Pilates Corporate and our dedicated equipment installation team. The studio is required to be approximately 100% completed by this date. Any delays may result in additional penalty fees of approximately \$5,000.00.

Final Equipment Installation:

- Front Lobby / Retail Area
 - Front Desk
 - Storage Pedestals
 - LED Logo Sign (GC to install)
 - Retail Display
 - 2-way or
 - 4-way
 - Retail Accessories
 - Slat Wall waterfall bars
 - Display waterfall bars
 - Shelves
- Studio Reformer Workout Area
 - Studio Reformers
 - Spring Board Accessors
 - Springs
 - Straps
 - Ballet Barre
 - Foot Bar
 - TRX Accessories
 - Straps
 - Studio Accessories
 - Weight Stand
 - Mats
 - BOSU Balls
 - Trigger Point
 - Rollers
 - Gliders
- Private Training Room
 - Reformer Trapeze Combo or
 - Clinical Reformer with Tower
 - Ladder Barrel
 - Spine Corrector
 - Mat



35 Vendor List

The below list of vendors is recommended to be used by all contractors. Please contact Development of Club Pilates Corporate office at development@clubpilates.com with any questions or concerns.

Required Vendors

Service	Company	Contact Name	Contact Number	Contact Email
Liability Insurance	EPIC	Kristen Oddi	678-324-3325	kristenoddi@epicbrokers.com
Signage	Priority Signs	Tasha Benzschawel	920-694-1011	tasha@prioritysign.com
Signage	Stratus	Lauren Veri	440-223-5290	xponentialfitness@stratusunlimited.com
LVT Flooring	Sports Pro Surfacing (SPS)	*Brian Davis	310-483-3179	brian@spsurfacing.org
Water Machine	FloWater	Service Support	877-772-7775	support@drinkflowater.com
Equipment Purchasing	Club Pilates Corporate	Katie Watte	949-245-1858	equipment@clubpilates.com
Equipment Installation	Mass Movement			equipment@clubpilates.com
Studio POS System & Hardware	ClubReady	Club Pilates Support	844-899-8765	support@clubready.com
Lighting	*WeSpec, LLC	Elliott Parks		Xponential@we-spec.com

Preferred Vendors

Service	Company	Contact Name	Contact Number	Contact Email
Franchise Funding Mgr.	Xponential Fitness	Arian Mendoza	949-386-1707	ariana@xponential.com
Financing - Equipment Lease	Amerifund *Navitas - JG Franchise Lending	Debbie Neumann Jonathan Speranza	480-424-3495 561-336-4600	debbie@amerifundcc jsperanza@jgfc.com
SBA - Financing	Spirit of Texas Bank	Tip Spata	281-252-8060	tspata@sotb.com
Bathroom Accessories	Cintas	Andy Roschmann Andrea Midolo	949-394-7749 281-465-2508	roschmanna@cintas.com midoloa@cintas.com
VOIP Phones	8x8	Eric Johnson	408-598-3742	Eric.johnson@8x8.com
AED Device + CPR Training	One Beat CPR	Ana Rosende	954-321-5305x123	ana@onebeatcpr.com

*New as of 10/2022

