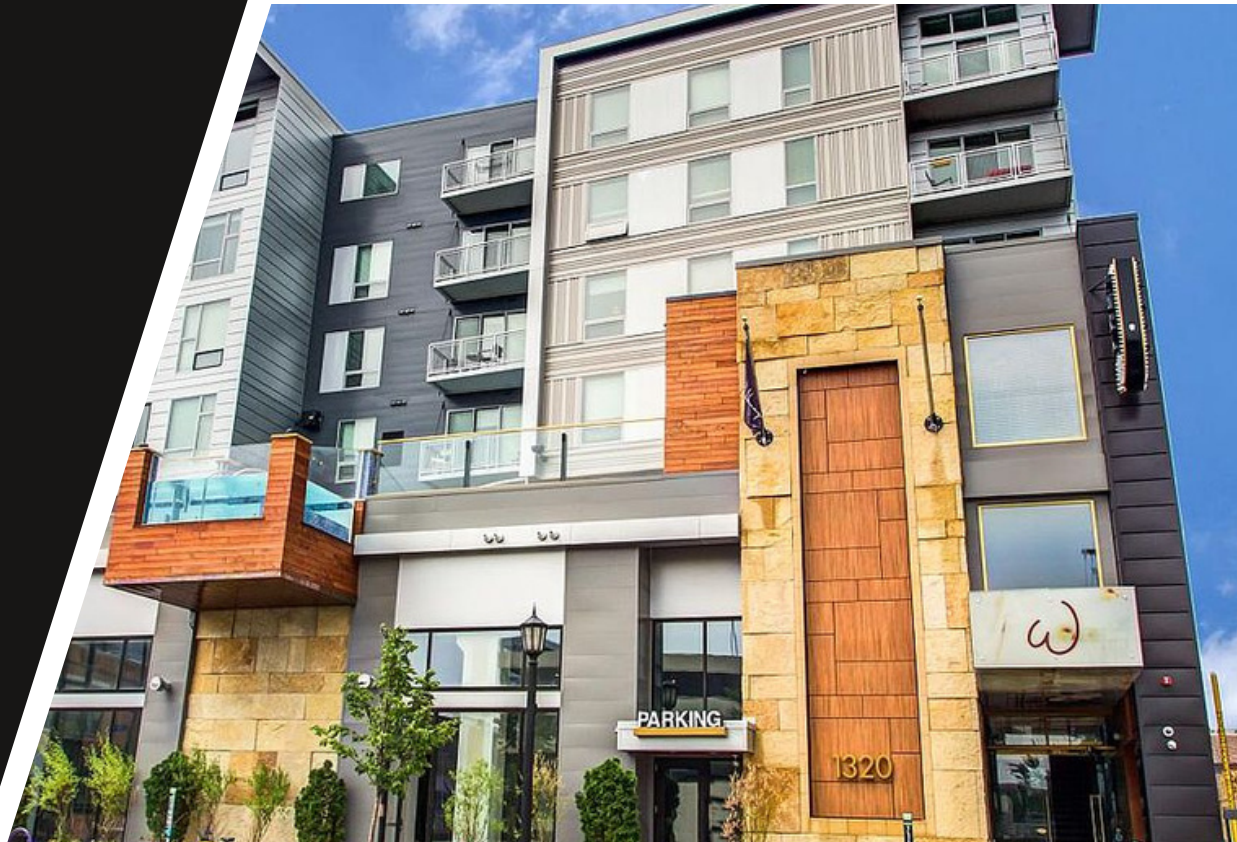


fitness by design

| FITNESS CONSULTING |



STATEMENT OF QUALIFICATION

GREG FLICEK

COMPANY PROFILE

WHAT GYM CLIENTS NEED

One-of-a-kind fitness facility to make their property stand out. Someone who manages the process of creating, visualizing, selecting, and bringing all necessary aspects of the project to completion.

THE DESIGN PROCESS

Getting to know the space, surrounding area, and purpose of the facility before beginning the in-depth process of equipment selection and visualization.

WHY IT MATTERS

Gym design consulting services will help you discover what competitors are doing, understand current market trends, and how to best utilize the current space so you can be the leader in luxury fitness facilities.



CONSULTANT

[C] 701-929-9292

support@fitnessbydesign.co

fitness by design

PROFILE

Fitness By Design specializes in fitness, sports performance, park and rec, government, multi- housing, and private clubs and has been servicing Nebraska, Iowa, South Dakota, North Dakota and the surrounding area for over 22 years.

Our long-standing and proven track record with our customers and extraordinary product knowledge has helped us become the leading service provider in our area for brands such as Stairmaster, Nautilus, FreeMotion, NuStep, Schwinn, Star Trac, SciFit, Spirit and many more.

Our consistency, professionalism and dedication to our customers sets us apart from our competitors. We provide timely, efficient, thorough and unparalleled service to our customers and we would like the opportunity to provide our industry leading service and manufacturers to you.

We will provide you with industry leading equipment and an outstanding customer experience, as well as the ability to respond your needs in a timely manner. We have the resources to meet the demands of your fitness, rehabilitation and athletic needs.

Greg Flicek Consultant

My portfolio contains a broad range of projects, including municipal, education, recreation and wellness, health care, private clubs, government and military, mixed-used, multi-family residential, sports performance, corporate, hotels and renovation projects.

My goal is to layout for you a facility that is functional and cost effective – I believe that the success of my past projects has resulted from effective collaboration my clients Engineers, Architects and clients and user groups. I am passionate about creative, collaborative and problem-solving design. More importantly, we are committed to client satisfaction. I ask a lot of questions, and I do more listening than talking so that I can understand what is important to you and what you need.

SERVICES PROVIDED

- 3-D Design Concepts
- Equipment Service
- Technology Design
- Equipment Procurement
- Complementary Consults
- Industry Concepts



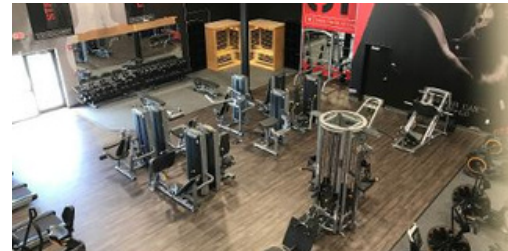
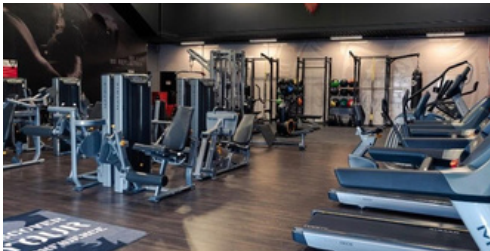
EXPERIENCE



88 TACTICAL

OMAHA / NEBRASKA

88 Tactical is a private health space in Omaha, NE that provides specifically curated, customized small group and functional fitness based programs for its members. Owner Shea Degan had a clear vision to develop the space and sought me to fulfill it. The facility features a thoughtfully planned functional training ecosystem including Xult Fitness wall configurations for dynamic training. The heart of the space is optimized for personal and small group training, customized rubber floor covering, cardio and strength training zones, and plentiful accessories round out the training floor offering.



SERVICES

3-D Planning
Conceptual Planning
Equipment Procurement
Budget Planning

CLIENT REFERENCE

Shea Degan
Founder & CEO
402-933-7171
sdegan@88tactical.com

3600
SQ FT

48
PIECES

COMPLETION
2020



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SCAN CONTACT
TO PHONE >>>





TWO RIVERS ACTIVITY CENTER

JAMESTOWN / NORTH DAKOTA

The facility, includes an outdoor swimming pools, a gymnasium, an indoor jogging track, dance and aerobics rooms, multipurpose rooms. The .This center offers a dynamic environment for popular fitness, recreational, enrichment and social activities for all ages whether it be for children, young adults, adults, and senior citizens. The design of the center provides for the integration and interaction of people from all age groups so that everyone may share in the fun, socialization and learning that intergenerational experiences bring.



SERVICES

3-D Planning
Equipment Procurement
Budget Planning
Equipment Specifications

CLIENT REFERENCE

Amy Walters
Facility Director
701-952-8722
amy@jamestownparksandrec.com

27,500
SQ FT

105
PIECES

COMPLETION
2019



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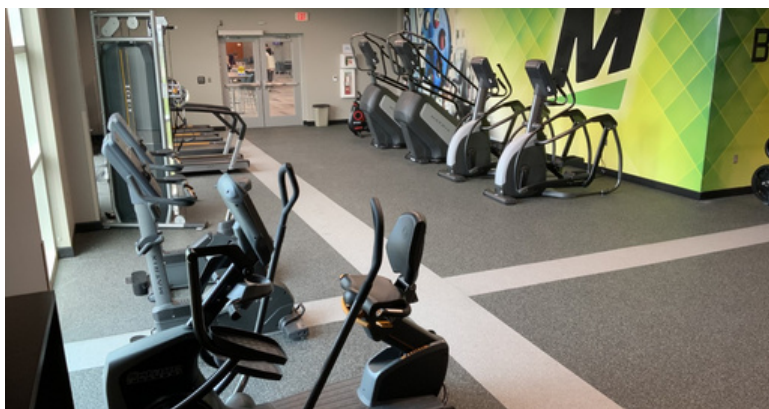
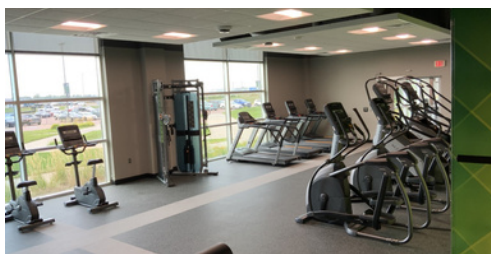
EXPERIENCE



MITCHELL TECHNICAL COLLEGE

MITCHELL / SOUTH DAKOTA

Mitchell Technical College wanted to keep their students safe and on campus and be able to live a healthy lifestyle. Cultivating a healthy relationship with fitness for personal well being is vital for every individual and more so with college students due to the increased high rates of stress. Mitchell Technical Colleges new wellness center features high quality cardio equipment, strength equipment as well as a movement space. The outcome is a design-driven approach built around the growing demand for many different cardio and strength modalities to keep students engaged.



SERVICES

3-D Planning
Equipment Procurement
Budget Consulting
RFP Writing

CLIENT REFERENCE

Dan Little
Strategic Planning Committee-
Chair Brookings Country Club
danlittledvm@gmail.com

5,000
SQ FT

30
PIECES

COMPLETION
2022



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TO PHONE >>>





ROSEBUD WELLNESS CENTER

ROSEBUD / SOUTH DAKOTA

Rosebud Wellness Centers goal is to provide pre-diabetes, diabetes self management, and diabetes prevention education. The program provides a wellness center for physical activity education and exercise to all individuals on the Rosebud Sioux Indian Reservation.

Rosebud Wellness Center has a robust selection of cardio and strength equipment along with a studio for dynamic training with 2 Echelon Reflects which can be used as on demand one on one or small group instructor lead classes this room also serves as their health assessment space.



SERVICES

3-D Planning
Equipment Procurement
Budget Planning

CLIENT REFERENCE

Connie Brushbreaker
Facility Director
605-747-4600
connie.brushbreaker@rst-nsn.gov

2,550
SQ FT

42
PIECES

COMPLETION
2021



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TO PHONE >>>



EXPERIENCE



SIOUX STEEL DISTRICT

CONCEPT DRAWINGS

The epitome of design meets function, Sioux Steel District exudes energy and inspiration while facilitating countless modalities and exercise options. State of the art fitness equipment, storage and suspension combine with ample space and natural lighting to create a fully balanced and aesthetically pleasing environment. Guided flooring facilitates functional movement and space allocation for individual workouts.



SERVICES

3-D Planning
Equipment Procurement
Budget Consulting

CLIENT REFERENCE

Drew O'Brien
Project Manager
605-275-4285

4100
SQ FT

31
MILLION

EST.
COMPLETION
2023



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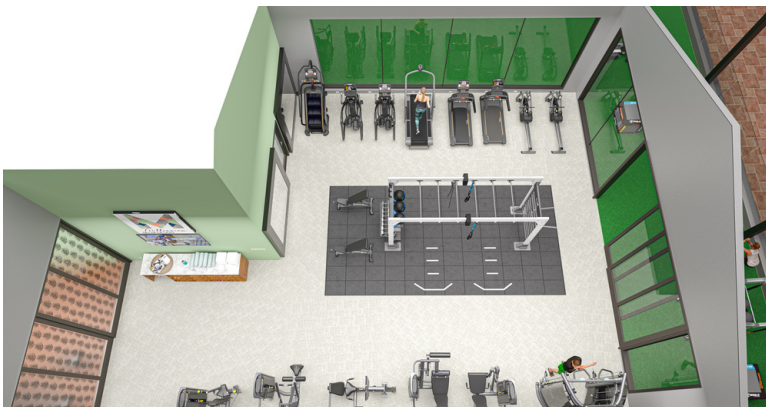
SCAN CONTACT
TO PHONE >>>



EXPERIENCE



Metonic takes the amenitization of their spaces very seriously and Millennium is no exception. Offering a combination of high-quality luxury residential living and dynamic retail, look to promote the health and well-being of its fortunate residents with extensive and dedicated spaces for exercise. An extensive fitness equipment offering featuring integrated smart storage and suspension combines with ample space and natural lighting. Connected Cardio equipment by Echelon and ample room for functional training highlight each of these modern training spaces. Adjacent movement studios features AktivTV™ digital program guidance which allows for ample creativity to perform multi-modality sessions.



SERVICES

3-D Planning
Budget Consulting
Member Performa

CLIENT REFERENCE

Kayla Beller
Strategic Planning Committee-

3200
SQ FT

21
PIECES

EST.
COMPLETION
2023



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SCAN CONTACT
TO PHONE >>>



WHY FITNESS BY DESIGN?

Your new project will be the byproduct of a thorough and thoughtful design process, my availability to perform and ability to design quickly will assist in meeting your schedule.

I balance the latest in fitness technology and functional exercise trend with the development of an energized aesthetic for every client. My deep expertise in specialized wellness modalities of all types establishes strong relevancy and adaptation for the commercial environment.

As a **Functional Design Specialist** I provide unique perspective towards cutting edge facility planning, design direction, and project implementation. I work to deliver increased efficiencies while elevating your offering against today's highly competitive and demand driven exercise environments.

Our expertise in virtually all types of fitness and wellness modalities allows us to incorporate the fundamentals of functional fitness design and energizing aesthetics into any space. Designing an uplifting and motivating home gym requires a multifaceted approach. Floor coverings, artwork, mirrors, and digital training guidance are all part of our process.

Record of past performance - I have significant successful experience designing and outfitting projects similar to yours.

I only pursue projects where I can have a long lasting relationship with the clients and this shows through my work all over the country. My clients choose to work with me repeatedly because of the fact that I truly CARE! I CARE to do a great job, I CARE about others before myself and I CARE about setting goals high and achieving them. I believe in this process, and I hope to work with you soon.

"Without a doubt, I recommend Greg Flicek! His expertise and knowledge in the industry coupled with willingness to help us and go above and beyond for us makes him the best!"

- Amber | Area Manager of Samuelson Development

"Greg Flicek has been astounding to work with! He has helped design fitness spaces, has vast knowledge of wellness facilities as a whole, and is always engaging. It has gotten to the point where I just ask Greg to tell us what we need. Instead of calling with a list of equipment we want. I trust him to lead us in the right direction with equipment, design and service! One e-mail is all it ever takes to have our problems or questions answered. We will never work with another vendor!"

- Thomas Gullledge | Wellness Coordinator Mitchell Rec Center

"When Minnehaha Country Club decided to develop a larger fitness facility we called on Greg Flicek and his company. Knowing Greg's expertise could deliver a "First Class" facility for our membership we engaged him early in the renovation process. Greg developed a number of layouts, and options to meet every detail we wanted to offer our membership. Greg is extremely comprehensive, and very easy to work with. The project was on time, on budget and more than we could have ever hoped for. Our membership usage in our fitness center had gone up more than 460% since the completion of our new facility. I would invite any telephone calls or emails to discuss our excellent experience with Greg Flicek and his company."

- Ted G. Thie | CEO Minnehaha Country Club

"When building our new community rec center Greg was extremely helpful in planning the type and quantity of both cardio and strength equipment needed for our new facility. When the time came for the delivery and set up Greg and his team worked alongside our staff to ensure that everything was working correctly and to our standards. Since our opening day, Greg has been helpful in training staff and coordinating equipment repair."

- Amy Walters | Executive Director of Two Rivers Community Center

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LEVEL UP