

## Seminarians Seeking Fitness Have Prayers Answered

15 January 2007

### Challenge.

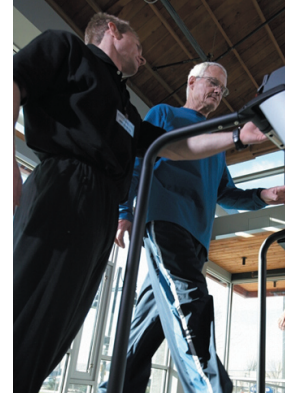
The Mount Angel Seminary for Catholic Priests has been in Oregon's Willamette Valley for more than a century. Their fitness center consisted of small room off the gym with two home upright bikes, a home climber and an Olympic supine bench with a few scattered weights. Father John and his staff had a vision for something much more.

### Solution.

The home equipment would have to go due to liability issues. Because the equipment they wanted would not fit into the current room, I asked if there were any other spaces available that could possibly be used. Father John said that there was another room above the gymnasium, a former classroom, which might be an option. When he returned with permission to use the extra room, I began working on the room layouts. After discussing various options, I thought it was better to have one entire room for cardio equipment and the other for strength equipment. Father John and the faculty agreed.

### Results.

After several meetings, it was time to choose specific equipment that matched their budget. Father John told me that a donor had pledged \$90,000 to the fitness center. With that in mind, I selected long-lasting, low-maintenance Precor equipment for the best return on their investment. I pleaded with them to use speckled rubber flooring that hid dirt and footprints, but they loved the look of the flat black rubber with the white equipment. They solved the footprint issue in a way that will not only end up helping their floor stay clean, but also make their equipment last longer: the seminarians must clean the floor after every use.



*"Father John and his faculty wanted a decent fitness facility, but didn't know where to start. They came to us through a referral, and together we found an excellent solution."*

*– Dan Keller, Exercise Equipment Northwest, Portland, Oregon*