

<b>SOLICITATION/CONTRACT/ORDER FOR COMMERCIAL ITEMS</b> <i>OFFEROR TO COMPLETE BLOCKS 12, 17, 23, 24, AND 30</i>				1. REQUISITION NUMBER F7SVMP313504		PAGE 1 OF 7	
2. CONTRACT NO. FA3010-04-P-0015		3. AWARD/EFFECTIVE DATE 01-Oct-2003		4. ORDER NUMBER		5. SOLICITATION NUMBER F22600-03-T-0015	
7. FOR SOLICITATION INFORMATION CALL:		a. NAME ERIC W. DISMUKE				b. TELEPHONE NUMBER (No Collect Calls) 228-377-1813	
9. ISSUED BY 81ST CONTRACTING SQUADRON TSGT ERIC DISMUKE 3 KEESLER AFB MS 39534-2147  TEL: 228-377-1813 FAX: 228-377-3298		CODE FA3010		10. THIS ACQUISITION IS <input type="checkbox"/> UNRESTRICTED <input checked="" type="checkbox"/> SET ASIDE: 100% FOR <input type="checkbox"/> SMALL BUSINESS <input type="checkbox"/> SMALL DISADV. BUSINESS <input checked="" type="checkbox"/> 8(A) SIC: 7991 SIZE STANDARD: \$6MIL		11. DELIVERY FOR FOB DESTINATION UNLESS BLOCK IS MARKED <input type="checkbox"/> SEE SCHEDULE 13a. THIS CONTRACT IS A RATED ORDER UNDER DPAS (15 CFR 700) 13b. RATING 14. METHOD OF SOLICITATION <input checked="" type="checkbox"/> RFQ <input type="checkbox"/> IFB <input type="checkbox"/> RFP	
15. DELIVER TO FITNESS CENTER - F7SVMP ROBERT BELL 606 CHAPPIE JAMES BLVD KEESLER AFB MS 39534-2223		CODE F7SVMP		16. ADMINISTERED BY  <b>SEE ITEM 9</b>			
17a. CONTRACTOR/ OFFEROR HARD BODIES, NATIONAL AEROBICS & FITNESS SHERRY MORTON MILLENNIUM HEALTH & FITNESS 1235 RIO WAY VISTA CA 92083  TEL. 760-941-9102		CODE 1JEH3		18a. PAYMENT WILL BE MADE BY DFAS-SAVFVD (1-888-478-5636) 500 MCCULLOUGH AVE SAN ANTONIO TX 78215-2100		CODE F60700	
<input type="checkbox"/> 17b. CHECK IF REMITTANCE IS DIFFERENT AND PUT SUCH ADDRESS IN OFFER		18b. SUBMIT INVOICES TO ADDRESS SHOWN IN BLOCK 18a. UNLESS BLOCK BELOW IS CHECKED <input type="checkbox"/> SEE ADDENDUM					
19. ITEM NO.		20. SCHEDULE OF SUPPLIES/ SERVICES		21. QUANTITY		22. UNIT	
		<b>SEE SCHEDULE</b>					
25. ACCOUNTING AND APPROPRIATION DATA <b>See Schedule</b>		26. TOTAL AWARD AMOUNT <b>\$34,481.00</b>					
<input type="checkbox"/> 27a. SOLICITATION INCORPORATES BY REFERENCE FAR 52.212-1. 52.212-4. FAR 52.212-3. 52.212-5 ARE ATTACHED.		ADDENDA <input type="checkbox"/> ARE <input type="checkbox"/> ARE NOT ATTACHED					
<input checked="" type="checkbox"/> 27b. CONTRACT/PURCHASE ORDER INCORPORATES BY REFERENCE FAR 52.212-4. FAR 52.212-5 IS ATTACHED.		ADDENDA <input checked="" type="checkbox"/> ARE <input type="checkbox"/> ARE NOT ATTACHED					
28. CONTRACTOR IS REQUIRED TO SIGN THIS DOCUMENT AND RETURN TO ISSUING OFFICE. CONTRACTOR AGREES TO FURNISH AND DELIVER ALL ITEMS SET FORTH OR OTHERWISE IDENTIFIED ABOVE AND ON ANY ADDITIONAL SHEETS SUBJECT TO THE TERMS AND CONDITIONS SPECIFIED HEREIN.				29. AWARD OF CONTRACT: REFERENCE <input type="checkbox"/> OFFER DATED . YOUR OFFER ON SOLICITATION (BLOCK 5), INCLUDING ANY ADDITIONS OR CHANGES WHICH ARE SET FORTH HEREIN, IS ACCEPTED AS TO ITEMS:			
30a. SIGNATURE OF OFFEROR/CONTRACTOR		31a. UNITED STATES OF AMERICA (SIGNATURE OF CONTRACTING OFFICER)		31c. DATE SIGNED 01-Oct-2003			
30b. NAME AND TITLE OF SIGNER (TYPE OR PRINT)		30c. DATE SIGNED		31b. NAME OF CONTRACTING OFFICER (TYPE OR PRINT) REGGIE E. TEMPLE / FLIGHT B, TEAM B LEADER			
32a. QUANTITY IN COLUMN 21 HAS BEEN <input type="checkbox"/> RECEIVED <input type="checkbox"/> INSPECTED <input type="checkbox"/> ACCEPTED, AND CONFORMS TO THE CONTRACT, EXCEPT AS NOTED		33. SHIP NUMBER <input type="checkbox"/> PARTIAL <input type="checkbox"/> FINAL		34. VOUCHER NUMBER		35. AMOUNT VERIFIED CORRECT FOR	
32b. SIGNATURE OF AUTHORIZED GOVT. REPRESENTATIVE		32c. DATE		36. PAYMENT <input type="checkbox"/> COMPLETE <input type="checkbox"/> PARTIAL <input type="checkbox"/> FINAL		37. CHECK NUMBER	
41a. I CERTIFY THIS ACCOUNT IS CORRECT AND PROPER FOR PAYMENT		42a. RECEIVED BY (Print)		38. S/R ACCOUNT NUMBER		39. S/R VOUCHER NUMBER	
41b. SIGNATURE AND TITLE OF CERTIFYING OFFICER		41c. DATE		42b. RECEIVED AT (Location)		40. PAID BY	
		42c. DATE REC'D (YY/MM/DD)		42d. TOTAL CONTAINERS			

AUTHORIZED FOR LOCAL REPRODUCTION

STANDARD FORM 1449 (10-95)  
Prescribed by GSA  
FAR (48 CFR) 53.212

## SECTION SF 1449 CONTINUATION SHEET

ITEM NO	SUPPLIES/SERVICES	QUANTITY	UNIT	UNIT PRICE	AMOUNT
0001	Provide instructions in low impact, high inte FFP - Provide instructions in low impact, high intensity,slide, circuit training, cycling, yoga and step areobics in accordance with the attached statement of work dated 11 Aug 03, 2 pages. Period of performance 1 Oct 03 through 30 Sep 04. MILSTRIP F7SVMP31350400 PURCHASE REQUEST NUMBER F7SVMP313504 SIGNAL CODE A	1,144.00	Each		

ITEM NO	SUPPLIES/SERVICES	QUANTITY	UNIT	UNIT PRICE	AMOUNT
0002	Provide water aerobics during the 15 weeks of FFP - Provide water aerobics during the 15 weeks of the base pool being open in accordance with the statement of work dated 11 Aug 03, 2 pages. Period of performance 1 Oct 03 through 30 Sep 04. MILSTRIP F7SVMP31350401 PURCHASE REQUEST NUMBER F7SVMP313504 SIGNAL CODE A	45.00	Each		

ITEM NO	SUPPLIES/SERVICES	QUANTITY	UNIT	UNIT PRICE	AMOUNT
1001	Provide instructions in low impact, FFP - Provide instructions in low impact, high intensity, slide, circuit training, cycling, yoga and step aerobics in accordance with the attached statement of work dated 11 Aug 03, 2 pages. Period of performance is from 1 Oct 04 through 30 Jun 05.	762.00	Each		

ITEM NO	SUPPLIES/SERVICES	QUANTITY	UNIT	UNIT PRICE	AMOUNT
1002	Provide water aerobics during the 6 weeks FFP - Provide water aerobics during the 6 weeks of the base pool being open in accordance with the statement of work dated 11 Aug 03, 2 pages. Period of performance is from 1 Oct 04 through 30 Jun 05.	18.00	Each		

## ACCOUNTING AND APPROPRIATION DATA

AA:	5743400	000000000000
AMOUNT:		

## CLAUSES INCORPORATED BY REFERENCE:

52.212-4	Contract Terms and Conditions--Commercial Items	FEB 2002
52.219-6	Notice Of Total Small Business Set-Aside	JUN 2003
52.222-3	Convict Labor	JUN 2003
52.222-21	Prohibition Of Segregated Facilities	FEB 1999
52.222-26	Equal Opportunity	APR 2002
52.222-35	Equal Opportunity For Special Disabled Veterans, Veterans of the Vietnam Era and Other Eligible Veterans	DEC 2001
52.222-36	Affirmative Action For Workers With Disabilities	JUN 1998
52.222-37	Employment Reports On Special Disabled Veterans, Veterans Of The Vietnam Era, and Other Eligible Veterans	DEC 2001
52.222-41	Service Contract Act Of 1965, As Amended	MAY 1989
52.222-43	Fair Labor Standards Act And Service Contract Act - Price Adjustment (Multiple Year And Option)	MAY 1989
52.223-5	Pollution Prevention and Right-to-Know Information	APR 1998
52.225-13	Restrictions on Certain Foreign Purchases	JUN 2003
52.232-18	Availability Of Funds	APR 1984
52.232-33	Payment by Electronic Funds Transfer--Central Contractor Registration	MAY 1999
52.233-3	Protest After Award	AUG 1996
52.237-2	Protection Of Government Buildings, Equipment, And Vegetation	APR 1984
52.253-1	Computer Generated Forms	JAN 1991
252.204-7003	Control Of Government Personnel Work Product	APR 1992
252.204-7004	Required Central Contractor Registration	NOV 2001
252.212-7001 (Dev)	Contract Terms and Conditions Required to Implement Statutes or Executive Orders Applicable to Defense Acquisitions of Commercial Items (Deviation)	APR 2003
252.219-7011	Notification to Delay Performance	JUN 1998
252.232-7003	Electronic Submission of Payment Requests	MAR 2003

252.247-7023	Transportation of Supplies by Sea	MAY 2002
252.247-7023	Transportation of Supplies by Sea (May 2002) Alternate III	MAY 2002
Alt III		

#### CLAUSES INCORPORATED BY FULL TEXT

##### 5352.242-9000 CONTRACTOR ACCESS TO AIR FORCE INSTALLATIONS (MAY 2002)

- (a) The contractor shall obtain base identification and vehicle passes for all contractor personnel who make frequent visits to or perform work on the Air Force installation(s) cited in the contract. Contractor personnel are required to wear or prominently display installation identification badges or contractor-furnished, contractor identification badges while visiting or performing work on the installation.
- (b) The contractor shall submit a written request on company letterhead to the contracting officer listing the following: contract number, location of work site, start and stop dates, and names of employees and subcontractor employees needing access to the base. The letter will also specify the individual(s) authorized to sign for a request for base identification credentials or vehicle passes. The contracting officer will endorse the request and forward it to the issuing base pass and registration office or security police for processing. When reporting to the registration office, the authorized contractor individual(s) should provide a valid driver's license, current vehicle registration, valid vehicle insurance certificate, and **I.D. Card** to obtain a vehicle pass.
- (c) During performance of the contract, the contractor shall be responsible for obtaining required identification for newly assigned personnel and for prompt return of credentials and vehicle passes for any employee who no longer requires access to the work site.
- (d) When work under this contract requires unescorted entry to controlled or restricted areas, the contractor shall comply with AFI 31-101, Volume 1, The Air Force Installation Security Program, and AFI 31-501, Personnel Security Program Management, as applicable.
- (e) Upon completion or termination of the contract or expiration of the identification passes, the prime contractor shall ensure that all base identification passes issued to employees and subcontractor employees are returned to the issuing office.
- (f) Prior to submitting an invoice for final payment, the prime contractor shall obtain a clearance certification from the issuing office which states all base identification passes have been turned in, accounted for, or transferred to a follow-on contract. This certification shall be submitted to the contracting officer prior to submission of the final invoice for payment.
- (g) Failure to comply with these requirements may result in withholding of final payment.

#### **ADDENDUM TO 52.212-4 CONTRACT TERMS AND CONDITIONS—COMMERCIAL ITEMS**

The following paragraphs of this clause are tailored as follows:

- (a) Inspection/Acceptance. Inspection and acceptance of the services will be performed at Keesler Air Force Base, MS, by **(81 Services)**.

#### **CONTRACT DOCUMENTS, EXHIBITS, OR ATTACHMENTS**

ATTACHMENT 1	STATEMENT OF WORK	(08/11/2003)	2 PAGES
ATTACHMENT 2	WAGE DETERMINATION No. 94-2301, Rev 23	05/30/2003	9 PAGES

**SUBMISSION OF INVOICES:** The contractor will be paid monthly on the submission of proper invoices for the services performed or supplies furnished during the preceding month. Invoices shall be submitted on a monthly basis covering the items furnished the preceding month.

Offerors must submit an offer for all items and quantities specified. If there is to be no charge for an item, an entry such as "no charge," or the letters "N/C" or "0," must be made in the unit price column.

52.212-5 CONTRACT TERMS AND CONDITIONS REQUIRED TO IMPLEMENT STATUTES OR EXECUTIVE ORDERS--COMMERCIAL ITEMS (JUN 2003) (DEVIATION)

(a) Notwithstanding the requirements of the clauses in paragraphs (a), (b), (c), and (d) of the basic clause, the Contractor is not required to flow down any FAR clause, other than those in paragraphs (i) through (vi) of this paragraph in a subcontract for commercial items. Unless otherwise indicated below, the extent of the flow down shall be as required by the clause--

(i) 52.219-8, Utilization of Small Business Concerns (October 2000) (15 U.S.C. 637(d)(2) and (3)), in all subcontracts that offer further subcontracting opportunities. If the subcontract (except subcontracts to small business concerns) exceeds \$500,000 (\$1,000,000 for construction of any public facility), the subcontractor must include 52.219-8 in lower tier subcontracts that offer subcontracting opportunities.

(ii) 52.222-26, Equal Opportunity (April 2002) (E.O. 11246).

(iii) 52.222-35, Equal Opportunity for Special Disabled Veterans, Veterans of the Vietnam Era, and Other Eligible Veterans (December 2001) (38 U.S.C. 4212).

(iv) 52.222-36, Affirmative Action for Workers with Disabilities (June 1998) (29 U.S.C. 793).

(v) 52.222-41, Service Contract Act of 1965, as Amended (May 1989), flow down required for all subcontracts subject to the Service Contract Act of 1965 (41 U.S.C. 351, et seq.).

(vi) 52.247-64, Preference for Privately Owned U.S.-Flag Commercial Vessels (April 2003) (46 U.S.C. Appx 1241 and 10 U.S.C. 2631). Flow down required in accordance with paragraph (d) of FAR clause 52.247-64.

(2) While not required, the contractor May include in its subcontracts for commercial items a minimal number of additional clauses necessary to satisfy its contractual obligations.

(End of Clause)

52.217-8 OPTION TO EXTEND SERVICES (NOV 1999)

The Government may require continued performance of any services within the limits and at the rates specified in contract. These rates may be adjusted only as a result of revisions to prevailing labor rates provided by the Secretary of Labor. The option provision may be exercised more than once, but the total extension of performance hereunder shall not exceed 6 months. The Contracting Officer may exercise the option by written notice to the Contractor within **15 calendar days prior to the expiration date of the contract. For the purpose of this clause, the date mailed or otherwise furnished to the Contractor will be considered notification.**

(End of clause)

52.217-9 OPTION TO EXTEND THE TERM OF THE CONTRACT (MAR 2000)

(a) The Government may extend the term of this contract by written notice to the Contractor within **15 calendar days prior to the expiration date of the contract**; provided that the Government gives the Contractor a preliminary written notice of its intent to extend at least 60 days before the contract expires. The preliminary notice does not commit the Government to an extension.

(b) If the Government exercises this option, the extended contract shall be considered to include this option clause.

(c) The total duration of this contract, including the exercise of any options under this clause, shall not exceed

**For purposes of this clause, the date mailed or otherwise furnished to the Contractor will be considered notification.**

(End of clause)

#### 52.222-42 STATEMENT OF EQUIVALENT RATES FOR FEDERAL HIRES (MAY 1989)

In compliance with the Service Contract Act of 1965, as amended, and the regulations of the Secretary of Labor (29 CFR Part 4), this clause identifies the classes of service employees expected to be employed under the contract and states the wages and fringe benefits payable to each if they were employed by the contracting agency subject to the provisions of 5 U.S.C. 5341 or 5332.

THIS STATEMENT IS FOR INFORMATION ONLY: IT IS NOT A WAGE DETERMINATION

Employee Class Monetary Wage-Fringe Benefits

<u>Employee Class</u>	<u>Monetary Wage</u>
29160 Instructor	GS-09/\$19.65

Fringe Benefits:

a. Total fringe benefit factor is 32.85 percent.

b. Contribution of 24.0 percent of hourly rate for retirement, 5.7 percent for insurance (health & life), 1.7 percent for other fringe benefits, and 1.45 percent for Medicare.

c. Ten paid holidays as follows: New Year's Day, Martin Luther King, Jr.'s Birthday, Washington's Birthday, Memorial Day, Independence Day, Labor Day, Columbus Day, Veterans' Day, Thanksgiving Day, and Christmas Day.

d. Paid annual leave (vacation) as follows: (a) 2 hours of annual leave each week for an employee with less than 3 years of service; (b) 3 hours of annual leave each week for an employee with 3 but less than 15 years of service; (c) 4 hours of annual leave each week for an employee with 15 years of service. (In the foregoing clause, the basic hourly rate by classification above shall be Wage Board Pay Schedule step 2 for non-supervisory service employees and step 3 for supervisory service employees.)

(End of clause)

#### 52.252-2 CLAUSES INCORPORATED BY REFERENCE (FEB 1998)

This contract incorporates one or more clauses by reference, with the same force and effect as if they were given in full text. Upon request, the Contracting Officer will make their full text available. Also, the full text of a clause may be accessed electronically at this/these address(es):

<http://farsite.hill.af.mil/>

#### 52.252-6 AUTHORIZED DEVIATIONS IN CLAUSES (APR 1984)

(a) The use in this solicitation or contract of any Federal Acquisition Regulation (48 CFR Chapter 1) clause with an authorized deviation is indicated by the addition of "(DEVIATION)" after the date of the clause.

(b) The use in this solicitation or contract of any [Defense Federal Acquisition Regulation](#) (48 CFR [Chapter 2](#)) clause with an authorized deviation is indicated by the addition of "(DEVIATION)" after the name of the regulation.

(End of clause)

252.219-7009 SECTION 8(A) DIRECT AWARD (MAR 2002)

(a) This contract is issued as a direct award between the contracting office and the 8(a) Contractor pursuant to the Partnership Agreement dated February 1, 2002, between the Small Business Administration (SBA) and the Department of Defense. Accordingly, the SBA, even if not identified in Section A of this contract, is the prime contractor and retains responsibility for 8(a) certification, for 8(a) eligibility determinations and related issues, and for providing counseling and assistance to the 8(a) Contractor under the 8(a) Program. The cognizant SBA district office is:

U.S. SMALL BUSINESS ADMINISTRATION

**San Diego District Office**

**550 West "C" Street - Suite 550  
San Diego, CA 92101-3500**

(b) The contracting office is responsible for administering the contract and for taking any action on behalf of the Government under the terms and conditions of the contract; provided that the contracting office shall give advance notice to the SBA before it issues a final notice terminating performance, either in whole or in part, under the contract. The contracting office also shall coordinate with the SBA prior to processing any novation agreement. The contracting office may assign contract administration functions to a contract administration office.

(c) The Contractor agrees that--

(1) It will notify the Contracting Officer, simultaneous with its notification to the SBA (as required by SBA's 8(a) regulations at 13 CFR 124.308), when the owner or owners upon whom 8(a) eligibility is based plan to relinquish ownership or control of the concern. Consistent with Section 407 of Pub. L. 100-656, transfer of ownership or control shall result in termination of the contract for convenience, unless the SBA waives the requirement for termination prior to the actual relinquishing of ownership and control; and

(2) It will not subcontract the performance of any of the requirements of this contract without the prior written approval of the SBA and the Contracting Officer.

(End of Clause)

**STATEMENT OF WORK**  
**AEROBICS PROGRAM**

11 Aug 03

1. Contractor shall furnish aerobic instruction at Dragon Fitness Center and one of the base pools (seasonal) located on Keesler AFB, Mississippi, for individuals enrolled in group instruction provided by this contract. Such instruction shall be the result of mutual agreement between the Contracting Officers Representative (COR) and the Contractor.
2. The contractor is responsible for quality control of completed services to insure the minimum standards of Air Force and Fitness directives, rules and regulations are met. These directives, rules and regulations are as follows:
  - a. Active Duty military personnel will have priority in attending any aerobics class.
  - b. Profanity will not be tolerated in the Fitness Center.
  - c. Athletic attire and aerobic attire are considered proper attire for any aerobics class. All attire must be worn in good taste; nudity or clothes that contain offensive material will not be worn at any time. The Fitness Center Staff will make the final determination on proper attire for class participants.
  - d. The contractor has its own standards and policies regarding attire and will hold its instructors accountable for proper presentation.
  - e. Any dependent with a valid ID card 16 years of age and older may participate in any aerobics class. All other children will not be allowed during aerobics classes.
  - f. Authorized patrons may bring in a maximum of one (1) authorized guest on a space available basis. The sponsor is responsible for the conduct of their guest while participating in the aerobics class.
3. Contractor's responsibilities include, but are not limited to:
  - a. Provide quality instruction to all participants.
  - b. Be knowledgeable and hold a current CPR certification.
  - c. Use techniques that are scientifically correct, safe, and appropriate for all individuals.
  - d. Provide a safe exercise environment
  - e. Monitor all participants as they engage in the exercise and will remove persons who appear to be suffering from extreme exhaustion, heat prostration, etc.
  - f. Maximum class size will be 50 participants.
  - g. The contractor will notify the Fitness Center of class cancellations. Unless the situation is of an urgent or compelling nature, the Contractor will give a 48 hours advance notice of class cancellations.
  - h. The government COR will notify the contractor of cancellations within 24 hours. Cancellations for weather will not be paid unless class is underway when class is terminated. No classes will be scheduled on CWS Fridays, or federal holidays because the Fitness Center is closed.
  - i. Uphold a professional image through conduct and appearance, to include aerobics outfits that follow the guidelines set earlier in this statement of work.

**GOVERNMENT FURNISHED PROPERTY AND SERVICES**

The government shall provide, without cost, the facilities, equipment, materials and/or services listed below.

1. Three rooms are available for classes; the contractor to conduct classes will utilize these rooms. Spinning room, aerobics room, and gym floor.
2. Equipment provided that may be used in conjunction with the aerobics classes; steps, mats, weights, and exercise balls.

3. Water aerobics will be taught in one of the base pools. Instructors will not pay pool fee for usage of the pool during classes. Water weight equipment will be provided by the Fitness Center for use during the class will include weight belts, water gloves, and water weights.

#### CONTRACTOR FURNISHED ITEMS

The Contractor shall provide their labor, equipment, materials, and transportation necessary to accomplish the work. This includes:

1. The Contractor is responsible for creating and leading an aerobic routine to include music. The contractor may use equipment provided by the Fitness Center. Any additional equipment needed for the routine is the Contractor's responsibility.
2. Contractor will provide stereo, headsets, and wireless microphones. These items are to be utilized by instructors performing the contract requirements at Keesler Air Force Base. Patrons will not be allowed to use this equipment. The Fitness Center maintains stereo equipment for patron usage. If an instructor uses this equipment, and causes it to be unusable, contractor will be held liable for costs of repair.
3. Contractor and their instructors must have a current certification from a nationally recognized institution detailing the training received and a statement that he/she is qualified to lead aerobic instruction. The following are some of those considered nationally recognized institutions:
  - ACE (American Council on Exercise)
  - AFAA (Aerobics Fitness Association of American)
  - ACSM (American College of Sports Medicine)
  - YMCA (Youth Men's Christian Association)
  - NDEITA (National Dance-Exercise Instructors Training Association)
  - CIAR (Cooper Institute of Aerobics Research)
  - API (Aerobics Pipeline International)
4. The contractor will provide a copy of the aerobic certification and the CPR certification on each instructor to the COR prior to contract start and anytime certification is renewed.
5. The contractor will be qualified to perform step, floor, cycle, circuit training.
6. In case of emergencies, the Contractor has the option to find a qualified substitute from an approved list of qualified instructors. In the event an instructor is not found, the Contractor will immediately notify the Fitness Center.
7. The Contractor will provide the Fitness Center with a monthly schedule of classes, class type, class times, dates and instructor names one week prior to the end of the month. Contractor and COR shall mutually agree on schedule prior to posting.
8. Classes will consist of a combination of the following types of aerobics instruction, but are not limited to those listed below:
  - Low Impact Step
  - High Intensity Step
  - High Low Combo Step
  - Floor Aerobics
  - Beginners/Seniors Aerobics with or without Step
  - Circuit Training
  - Sculpt
  - Back and Abs
  - Kick Boxing
  - Cycling (Spin)
  - Yoga
  - Water Aerobics (Pools open Memorial Day to Labor Day)
  - Salsa