

Fitness Plus Case Study

3 pages | 552 words

1. Were the capacities of the existing facilities constrained, and if so, where? According to the case study, membership has been increasing since the opening of the club. It is stated that the growth brought complaints from members of overcrowding and unavailability of equipments. This clearly shows that the capacities of existing facilities are indeed constrained. This means that there are more members but less equipments or space for them to exercise. Complaints were mainly focused on the Nautilus, cardiovascular, and aerobics fitness area.

Based on the case study, the aerobic room accommodates 35 members per class but during peak hours when the facilities are constrained the most, 80 members per hour would check in to use the facilities. There are only 24 pieces of Nautilus equipments and 29 pieces of cardiovascular equipment (a total of 53 pieces of equipment) which is definitely not enough to fulfill the needs of 80 members who check in per hour. 2. If capacity expansion was necessary, should the existing facility be expanded? According to the case study, this facility also has recreational facilities such as racquetball court, tennis court, and a large outdoor swimming pool.

If we compare the usage of recreational facilities with the fitness facilities, it is safe to say that members use the latter more. This is proven in the case study which states that 30% of the members do aerobics, 40% use the cardiovascular equipment, 25% use the Nautilus equipment and 20% use the free weights. On the contrary, only 15% use the racquetball courts and 10% use the tennis court. The ratio of this is 115:25, assuming that 115 members use the fitness facilities as compared to 25 members who use the recreational facilities.

Therefore, it is necessary for Fitness Plus to expand their facilities. In order to do this, they can either rent or lease more equipment in order to fulfill the needs and demands of the members. Since in this case, even the space is constrained, Fitness Plus can temporarily put these rented/leased equipments in either the tennis court or racquetball court, in particular, during peak hours. Buying new equipment is not advisable as Fitness Plus does not have the financial resources to do so. This might be something to consider in the future when the business is more stable.

3. Owing to increased competition and growth downtown, was now the time to open a facility to serve that market? A new facility would take six months to renovate. However, according to the case study, the financial resources are not available to do so. In the short-run, this is not a good time for Fitness Plus to open a new facility. Since it was already May and January was a peak membership enrollment month, Fitness Plus can look into expanding the facility first instead of opening a new facility altogether.

Besides, expansion would only take four months and they can increase their financial resources before planning to open a new facility. However, in the long-run, Fitness Plus should open a new facility. This is...

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Andrew Scott, David Broom



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The Complete Menopause Mental Health Workbook Briana Esther Potts, t Applications of Modern Heuristic Optimization Methods in Power and Energy Systems Kwang Y. Lee,Zita A. Vale,2020-04-14 Reviews state of the art technologies in modern heuristic optimization techniques and presents case studies showing how they have been applied in complex power and energy systems problems Written by a team of international experts this book describes the use of metaheuristic applications in the analysis and design of electric power systems This includes a discussion of optimum energy and commitment of generation nonrenewable renewable and load resources during day to day operations and control activities in regulated and competitive market structures along with transmission and distribution systems Applications of Modern Heuristic Optimization Methods in Power and Energy Systems begins with an introduction and overview of applications in power and energy systems before moving on to planning and operation control and distribution Further chapters cover the integration of renewable energy and the smart grid and electricity markets The book finishes with final conclusions drawn by the editors Applications of Modern Heuristic Optimization Methods in Power and Energy Systems Explains the application of differential evolution in electric power systems active power multi objective optimal dispatch Includes studies of optimization and stability in load frequency control in modern power systems Describes optimal compliance of reactive power requirements in near shore wind power plants Features contributions from noted experts in the field Ideal for power and energy systems designers planners operators and consultants Applications of Modern Heuristic Optimization Methods in Power and Energy Systems will also benefit engineers software developers researchers academics and students

High-Throughput Analysis Radislav A. Potyrailo, Eric J. Amis, 2012-12-06 This book edited by Potyrailo and Amis addresses a new paradigm shifting approach in the search for new materials Combinatorial Materials Science One way to consider such an approach is to imagine an adventurous chef who decides to look for new entrees by cooking food ingredients in many pots using different combinations in every pot and boil ing steaming or frying them in various ways Although most of the pots will not have the tastiest food ever devised some recipes will taste intriguing and some eventually will lead to a discovery of a new fascinating cuisine Of course having a skilled chef design the com binatorial formulation will certainly be helpful in ensuring a successful outcome Similar to food each engineering material is a complex product of its chemical composition structure and processing Generally each of these components matters change one and you get another material Most of these new materials will be less good than ones we use now since existing materials have been refined with the extensive work of scientists and engi neers At the same time if one prepares diverse materials like our adventurous chef chang ing material composition processing conditions and time etc some of these materials will be superior to existing ones and a few might represent breakout technology

Building Evolutionary Architectures Neal Ford, Rebecca Parsons, Patrick Kua, 2017-09-18 The software development ecosystem is constantly changing providing a constant stream of

new tools frameworks techniques and paradigms Over the past few years incremental developments in core engineering practices for software development have created the foundations for rethinking how architecture changes over time along with ways to protect important architectural characteristics as it evolves This practical guide ties those parts together with a new way to think about architecture and time

Interdisciplinary Research : Case Studies from Health and Social Science Frank Kessel, Patricia Rosenfield Carnegie Corporation of New York, Norman Anderson American Psychological Association, 2008-03-11 Interdisciplinary research now receives a great deal of attention because of the rich creative contributions it often generates But a host of factors institutional interpersonal and intellectual also make a daunting challenge of conducting research outside one's usual domain This newly updated and revised edition of Interdisciplinary Research is a substantive and practical guide to the most effective avenues for collaborative and integrative research in the social behavioral and bio medical sciences It provides answers to questions such as what is the best way to conduct interdisciplinary research on topics related to human health behavior and development Which are the most successful interdisciplinary research programs in these areas How do you identify appropriate collaborators How do you find dedicated funding streams How do you overcome peer review and publishing challenges This is the only book that provides answers directly from researchers who have carried out successful interdisciplinary programs The editors give a concise account of the lessons that can be taken from the book and then present a series of case studies that reveal the most successful interdisciplinary research programs These programs provide a variety of models of how best to undertake interdisciplinary research Each of the chapter authors has carried out innovative collaborative programs and all give compelling accounts of the benefits of interdisciplinary research and the central strategies required to achieve them

Fitness Professional's Handbook Barbara A. Bushman, 2024-04-09 With a newly restructured framework that strongly emphasizes real world application Fitness Professional's Handbook Eighth Edition With HKPropel Access provides current and aspiring fitness professionals the road map for working with clients The text translates key concepts into practical application by guiding the reader through screening participants conducting fitness testing evaluating the major components of fitness and prescribing appropriate exercise This eighth edition reflects the most up to date research position stands guidelines and standards from the American College of Sports Medicine ACSM other professional societies and government agencies New case studies reflecting a diverse array of clients offer real world applications and Research Insight sidebars cover a wide range of applicable scientific topics Significant updates changes and additions have been made throughout including these An updated overview of assessment that provides practical understanding of preparatory steps such as obtaining informed consent taking steps to maximize client safety and explaining test results in a way that will be meaningful and relevant A new chapter on how to combine assessment results with a client's personal goals to create a comprehensive exercise program readers will learn how to develop the optimal training stimulus and to balance activity level and nutritional requirements to

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Exercise Management for Referred Medical Conditions Andrew Scott, David Broom, 2022-07-29 Exercise referral describes the process of consultation planning and instructing physical activity programmes and applying appropriate behaviour change strategies for clients presenting a range of low to medium risk medical conditions Exercise Management for Referred Medical Conditions is the first book to integrate exercise prescription with the development of healthy behaviours and the promotion of physical activity and well being and provides students with an evidence based applied guide to becoming effective exercise referral practitioners The book draws upon the latest research and recommends best practices for creating referral pathways providing exercise programmes and engaging clients in health lifestyles Covering the pathology medical management role of exercise and recommendations for programming in each case it discusses a range of conditions including Obesity and type I and II diabetes Hypertension and dyslipidaemia Asthma Low back pain osteoarthritis and joint replacement rheumatoid arthritis and osteoporosis Depression anxiety and stress disorders Consistently organised and laden with pedagogical features including learning objectives key terms case studies future developments and chapter summaries no other book offers such a clear holistic model for exercise referral This is a vital resource for any student undertaking vocational courses in exercise referral and an important reference for exercise scientists physical therapists fitness professionals or local policy makers interested in the use of physical activity in healthcare

Sustainable employment Great Britain: National Audit Office, 2007-11-14 This NAO report examines the subject of sustainable employment and the options available to support people in their efforts to maintain their work and advance in their roles It has been prepared against a background of considerable focus and activity on skills and on employment in particular the Leitch review ISBN 97801108404860 as well as the Department for Work and Pensions In Work Better Off Cm 7130 ISBN 9780101713023 Sustainable employment is at the centre of the Department s work to help low skilled people into work and out of poverty A number of recommendations are

set out including that more and better information is needed on how long jobs are sustained and to identify the people most at risk of early exit sustainable employment can be improved by a programme of targets that take account of both job duration and individuals aggregate employment that an ongoing development of economically valuable skills is a key element of sustainable employment along with better integration between employment programmes and programmes for raising skills that the Train to Gain programme needs to achieve a good balance between focusing on hard to reach employers and engaging employers in raising skills

Cases on Chinese Unicorns and the Development of Startups Elhaoussine, Youssef, Appelgryn, Henni, Wang, Lulu, 2024-09-18 In today's dynamic landscape of global entrepreneurship understanding the intricacies of China's burgeoning startup ecosystem poses a significant challenge for scholars and business enthusiasts alike The Chinese market continues to produce an increasing number of unicorn companies which are companies that are privately owned and valued at over one billion US dollars There is now a pressing need to dissect their growth trajectories financial strategies and leadership dynamics However accessing credible and comprehensive insights into these companies' journeys still needs to be discovered hindering academic inquiry and practical business discussions **Cases on Chinese Unicorns and the Development of Startups** emerges as a beacon of clarity amidst this complexity Through a meticulously curated collection of case studies this book offers a solution to the problem of understanding China's startup landscape Each case study thoroughly explores a different Chinese unicorn presenting verifiable information on the company's evolution market presence revenue streams leadership transitions and funding sources By delving into the real world experiences of these companies the book equips scholars researchers and business practitioners with the practical insights needed to navigate the nuances of the Chinese market and replicate success in diverse global contexts

Handbook of Minerals as Nutritional Supplements Robert A. DiSilvestro, 2004-09-29 Mineral supplements are receiving a great deal of attention and experiencing a tremendous period of growth Despite their popularity questions continue to arise regarding the research behind their claims the efficacy of different forms and their overall safety It is critical for the health care community and the general public to have an unbiased

Resources in Education, 1999-10 *Advances in Endophytic Research* Vijay C. Verma, Alan C. Gange, 2013-11-12 In recent years there has been significant attention paid on the endophytic research by various groups working within this domain Mutualistic endophytic microbes with an emphasis on the relatively understudied fungal endophytes are the focus of this special book Plants are associated with micro organisms endophytic bacteria and fungi which live inter and intra cellularly without inducing pathogenic symptoms but have active biochemical and genetic interactions with their host Endophytes play vital roles as plant growth promoters biocontrol agents biosurfactant producers enzymes and secondary metabolite producers as well as providing a new hidden repertoire of bioactive natural products with uses in pharmaceutical agrochemical and other biotechnological applications The increasing interest in endophytic research generates significant progress in our understanding of the host endophyte relationship at molecular and genetic level The bio

prospection of microbial endophytes has led to exciting possibilities for their biotechnological application as biocontrol agent bioactive metabolites and other useful traits Apart from these virtues the microbial endophytes may be adapted to the complex metabolism of many desired molecules that can be of significant industrial applications These microbes can be a useful alternative for sustainable solutions for ecological control of pests and diseases and can reduce the burden of excess of chemical fertilizers for this purpose This book is an attempt to review the recent development in the understanding of microbial endophytes and their potential biotechnological applications This is a collection of literature authored by noted researchers having signatory status in endophytic research and summarizes the development achieved so far and future prospects for further research in this fascinating area of research

Principles and Labs for Physical Fitness Wener W. K. Hoeger, Sharon A. Hoeger, 2005 PRINCIPLES AND LABS FOR PHYSICAL FITNESS FIFTH EDITION focuses on the fitness topics including body composition cardiorespiratory endurance and muscular strength and flexibility and also highlights important wellness topics such as behavior management nutrition and stress management With over 100 pieces of art to make this text truly engaging it is also designed to give students the motivation and techniques they need to know to apply their learning experiences and knowledge received from their fitness course Each chapter allows readers to chart and update their progress in the various components of physical fitness The emphasis is on teaching individuals how to take control of their personal health and lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well being In addition to the strength of the text PRINCIPLES AND LABS FOR PHYSICAL FITNESS comes with a wide range of teaching and learning resources unlike any other to support your course Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition or the extensive PowerPoint with over 400 slides and free WebTutor Toolbox Online teaching support we offer a new BEHAVIOR CHANGE WORKBOOK Each copy of the text also comes packaged FREE with the exciting and interactive PROFILE PLUS CD ROM Unique to any learning tutorial this CD ROM includes self paced guided assessments exercise prescriptions and logs nutrition analysis and a text specific study guide appropriate for all health students

Entrepreneurship and Innovation in Sport and Leisure Simon Mosey, Richard Shipway, Chris Symons, 2022-12-01 This innovative textbook explains how sport and leisure organisations can become more entrepreneurial in order to achieve sustainable growth It introduces key tools techniques and approaches that can help sport and leisure organisations put entrepreneurship at the centre of their culture Drawing on cutting edge research innovation discourses and perspectives from multiple disciplines the book introduces fundamental concepts in entrepreneurship innovation and enterprise such as digitalisation research and development R D diversification extendibility and sustainability It highlights future innovation challenges provides innovative solutions and introduces a new diagnostic tool for managing entrepreneurship and innovation The book presents insights on everyday management challenges from experienced industry practitioners and considers the importance of social enterprise and social entrepreneurship at a time of austerity recession

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Laboratory Assessment and Exercise Prescription Jeffrey M. Janot, Nicholas M. Beltz, 2022-06-23 Laboratory Assessment and Exercise Prescription With HKPropel Online Video offers a combination of clinical and field tests to prepare readers to conduct fitness assessments with a wide range of equipment and resources

Advances in Computer Science and Information Engineering David Jin, Sally Lin, 2012-05-16 CSIE2012 is an integrated conference concentrating its focus on Computer Science and Information Engineering In the proceeding you can learn much more knowledge about Computer Science and Information Engineering of researchers from all around the world The main role of the proceeding is to be used as an exchange pillar for researchers who are working in the mentioned fields In order to meet the high quality of Springer AISC series the organization committee has made their efforts to do the following things Firstly poor quality paper has been refused after reviewing course by anonymous referee experts Secondly periodically review meetings have been held around the reviewers about five times for exchanging reviewing suggestions Finally the conference organizers had several preliminary sessions before the conference Through efforts of different people and departments the conference will be successful and fruitful

Life Span Motor Development Kathleen M. Haywood, Nancy Getchell, 2024-10-03 Life Span Motor Development Eighth Edition With HKPropel Access is a leading text for helping students understand a person s movement abilities as the interaction of the individual s development and maturation the environment and the task being performed This model of constraints approach combined with an unprecedented collection of video clips marking motor development advancements facilitates an unmatched learning experience for the study of motor development across the life span Life Span Motor Development helps students understand how maturational age and chronological age are distinct and how functional constraints affect motor skill development and learning It shows how the four components of physical fitness cardiorespiratory endurance strength flexibility and body composition interact to affect a person s movements over the life span and it describes how relevant social cultural psychosocial and cognitive influences can affect a person s movements It also now includes more content on atypical development new Spotlight on Disability sidebars help readers use the constraints perspective to better understand how various disabilities influence motor development The eighth edition continues the tradition of making the student s experience with motor development an interactive one Related online learning tools delivered through HKPropel include an updated video library with more than 200 video clips showing motor development milestones to sharpen observation techniques flash cards key term quizzes and 48 lab activities including one new to this edition to facilitate critical thinking and hands on application Some lab activities may be assigned and tracked by instructors through HKPropel and sample answers for the lab activities are found in the

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Managing Sport Business David Hassan,2018-05-11 Contemporary sport is both a sophisticated and complex international business and a mass participatory practice run largely by volunteers and community organisations Now in a fully revised and expanded second edition this authoritative and comprehensive introduction to the theory and practice of sports management helps to explain the modern commercial environment that shapes sport at all levels and gives clear and sensible guidance on best practice in sports management from elite sport to the local level The first section examines the global context for contemporary sports management The second explores the key functional areas of management from organisation and strategy to finance and marketing and explains how successful managerial techniques can be applied in a sporting context The final section surveys a wide range of important issues in contemporary sports management from corporate social responsibility to the use of information and communication technologies Together these sections provide a complete package of theory applied practical skills and a state of the art review of modern sport business Complemented by a companion website full of additional resources this book is essential reading for all students of sport management and sport business

The Art of Health Care William Alan Anthony,Robert R. Carkhuff,1976

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