



advanced exercise

advancedexercise.com | 861 SouthPark Drive #100, Littleton, CO 80120 | 800.520.1112

CONSULTANT

Michelle Kesterson
mkesterson@advancedexercise.com
Phone:
Fax:

Date: November 23, 2022

Quote Expires: 15 day(s)

Proposal # 067000-R4

BILL TO


City of North Richland Hills
6000 Hawk Ave
North Richland Hills, TX 76180
Teddi Zonker
(817) 427-6613
tzonker@nrhtx.com

SHIP TO

City of North Richland Hills
6000 Hawk Ave
North Richland Hills, TX 76180
Teddi Zonker
(817) 427-6613
tzonker@nrhtx.com



CARDIO EQUIPMENT




| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|-------------|-------|--|--|------------|-----|-------------|
| IC-IC7B1-01 | ICG | IC7 Studio Bike  | <ul style="list-style-type: none">• Steel Frame with Full Frame Shrouds• Poly V Belt Drivetrain• 300 Degree Magnetic Resistance Dial• Self Powered Generator LiPo Battery Powered Color by Coach Console• Bluetooth & ANT+• ICG Training App• Wattrate TFT computer 2.0• Molded Stretch Plate• 1:10 Gear Ratio• 1-100 Levels of Resistance• Magnetic Lever Braking System• Aluminum Rear Flywheel• Dual Sided PSD & Toe Cage Pedals• Lever Vertical & Horizontal Seat & Handlebar• Handlebar & Seat Assisted Adjustment• 330 lb. User Weight• 115 lb. Bike Weight• 52 in. L x 20.5 in. W x 47.2 in. H | 3,079.20 | 11 | \$33,871.20 |



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STRENGTH EQUIPMENT

| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|-------------|--------------|---|--|------------|-----|------------|
| SS-SP | Life Fitness | Insignia Shoulder Press  | <ul style="list-style-type: none">• Independant Converging Press Arms• Counterbalanced Press Arms for Low Starting Resistance• Neutral & Pronated Grips• Four Bar Linkage Seat Design for Optimum Fit• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 170 lbs• 57" L x 64" W x 73" H | 4,647.20 | 1 | \$4,647.20 |
| SS-SP-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Shoulder Press) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-SP-50001 | Life Fitness | Standard Full Shroud (Shoulder Press) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-CP | Life Fitness | Insignia Chest Press  | <ul style="list-style-type: none">• Independant Converging Press Arms• Adjustable Starting Position• Four Bar Linkage Seat Design for Optimum Fit• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 260 lbs• 57" L x 43" W x 58" H | 5,103.20 | 1 | \$5,103.20 |
| SS-CP-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Chest Press) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-CP-50001 | Life Fitness | Standard Full Shroud (Chest Press) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-PD | Life Fitness | Insignia Pulldown  | <ul style="list-style-type: none">• Independant Diverging Movement Arms• Angled Adjustable Thigh Pad• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 260 lbs• 57" L x 55" W x 76" H | 4,823.20 | 1 | \$4,823.20 |






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| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|--------------|--------------|--|---|------------|-----|------------|
| SS-PD-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Pulldown) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-PD-50001 | Life Fitness | Standard Full Shroud (Pulldown) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-ADC | Life Fitness | Insignia Assist Dip Chin  | <ul style="list-style-type: none">• Knee pad folds under for unassisted training• Dip Bars adjust in width• Multi Grip handles for variety of movements• Steps for easy access• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 170 lbs• 58" L x 64" W x 87" H | 5,103.20 | 1 | \$5,103.20 |
| SS-ADC-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Assist Dip Chin) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-ADC-50001 | Life Fitness | Standard Full Shroud (Assist Dip Chin) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-BCD | Life Fitness | Insignia Biceps Curl (Dependant Arm)  | <ul style="list-style-type: none">• Seated Arm Curl Pad Biceps Curl• Angled Handles for Neutral Grip• Four Bar Linkage Seat Design for Optimum Fit• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 170 lbs• 55.02" L x 39.59" W x 58.2" H | 4,135.20 | 1 | \$4,135.20 |
| SS-BCD-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Biceps Curl) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-BCD-50001 | Life Fitness | Standard Full Shroud (Biceps Curl) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |






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| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|-------------|--------------|---|---|------------|-----|------------|
| SS-AB | Life Fitness | Insignia Abdominal  | <ul style="list-style-type: none">• Overhead Design for Abdominal Isolation• Four Bar Linkage Seat Design for Optimum Fit• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 170 lbs• 53" L x 46" W x 58" H | 4,647.20 | 1 | \$4,647.20 |
| SS-AB-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Abdominal) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-AB-50001 | Life Fitness | Standard Full Shroud (Abdominal) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-TR | Life Fitness | Insignia Torso Rotation  | <ul style="list-style-type: none">• Unique Design Allows Easy Access & Exit• Handles and Knee Supports provide stabilization• Kneeling position minimizes low back stress• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 170 lbs• 50" L x 41" W x 62" H | 4,927.20 | 1 | \$4,927.20 |
| SS-TR-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Torso Rotation) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-TR-50001 | Life Fitness | Standard Full Shroud (Torso Rotation) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-BE | Life Fitness | Insignia Back Extension  | <ul style="list-style-type: none">• Two Foot Peg heights to accommodate user size• Five Adjustable Starting Positions• Lumbar Pad allows for complete range of motion• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 260 lbs• 55" L x 42" W x 58" H | 4,823.20 | 1 | \$4,823.20 |







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| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|-------------|-----------------|--|---|------------|-----|------------|
| SS-BE-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Back Extension) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-BE-50001 | Life Fitness | Standard Full Shroud (Back Extension) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| SS-TP | Life Fitness | Insignia Triceps Press  | <ul style="list-style-type: none">• Angled Back Pad Secures User Position• Open Pressing Handles Adjustable Width• Four Bar Linkage Seat Design for Optimum Fit• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 260 lbs• 52" L x 44" W x 58" H | 4,583.20 | 1 | \$4,583.20 |
| SS-TP-4003 | Life Fitness | Standard Weight Stack w/Dial Increment (LB) (Triceps Press) | <ul style="list-style-type: none">• Adds Dial Increment System | 157.60 | 1 | \$157.60 |
| SS-TP-50001 | Life Fitness | Standard Full Shroud (Triceps Press) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 1 | \$208.80 |
| FW-FB | Hammer Strength | Flat Bench  | <ul style="list-style-type: none">• Wide base for extra stability• 11-gauge steel frame with powder coat finish• Made in USA• Machine Weight: 54 lb.• Dimensions: 50"L x 22" W x 16" H | 453.90 | 2 | \$907.80 |
| FWMAB | Hammer Strength | Multi-Adjustable Bench  | <ul style="list-style-type: none">• Adjusts in 8 different positions from 0-80 degrees• Seat automatically adjusts with back pad adjustment• 11-gauge steel frame with powder coat finish• Wheels with transportation handle• Made in USA• Machine Weight: 115 lb.• Dimensions: 55"L x 26" W | 1,299.65 | 2 | \$2,599.30 |







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| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|-----------------|-----------------|---|--|------------|-----|-------------|
| FW-UB75 | Hammer Strength | Utility Bench (75 Degree)  | <ul style="list-style-type: none">• 11-gauge steel frame with powder coat finish• Made in USA• Machine Weight: 65 lb.• Dimensions: 51" L x 25" W x 37" H | 552.50 | 1 | \$552.50 |
| HDLPR | Hammer Strength | HD Elite Power Rack  | <ul style="list-style-type: none">• Use as Stand Alone or Combo Rack• Requires Plate Storage Option• Anvil Bracing and Spider Gusset for rigidity• Hammer Lock bolting mechanism• Spotters Arms Included• Standard Chin Up Bar• Bar, Band and Chain Storage• 3" x 3" 7 Gauge Steel Tubing• Laser Cut numbers on uprights• Weight: 557lbs. Rack Only• 10 Year Frame Warranty• Made in the USA with American Steel | 3,509.65 | 1 | \$3,509.65 |
| HDLSTOR-SA-6201 | Hammer Strength | HD Elite Standard Storage (Stand Alone)  | <ul style="list-style-type: none">• Standard Storage for Stand Alone Racks• 5 Olympic Plate holders per side• 206lbs. | 1,333.65 | 2 | \$2,667.30 |
| SS-FLY | Life Fitness | Insignia Pec Fly/Rear Deltoid  | <ul style="list-style-type: none">• Independent Variable Cams Provide Equal Resistance• Adjustable Range of Motion Increments• Articulating Arms Adjust to Users Range of Motion• Rear Delt Exercises• Four Bar Linkage Seat Design for Optimum Fit• Low Profile Shroud Design• Adjustment Knobs & Levers Color Coded• Full Front & Rear Weight Stacks Shrouds• Large Color Exercise Graphic• QR Code to log workout on LF Connect• Standard Weight Stack: 260 lbs• 80" L x 78" W x 80" H | 5,031.20 | 2 | \$10,062.40 |
| SS-FLY-50001 | Life Fitness | Standard Full Shroud (Pec Fly/Rear Deltoid) | <ul style="list-style-type: none">• Full Weight Stack Shroud | 208.80 | 2 | \$417.60 |



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| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|-------------|-----------------|---|---|------------|-----|------------|
| HDLHRL | Hammer Strength | HD Elite Half Rack (Long Base)  | <ul style="list-style-type: none">• Use as Stand Alone or Combo Rack• Requires Plate Storage Option• Anvil Bracing and Spider Gusset for rigidity• Hammer Lock bolting mechanism• Spotters Arms Included• Standard Chin Up Bar• Bar, Band and Chain Storage• 3" x 3" 7 Gauge Steel Tubing• Laser Cut numbers on uprights• Weight: 328lbs. Rack Only• 10 Year Frame Warranty• Made in the USA with American Steel | 2,447.15 | 1 | \$2,447.15 |
| O-FB | Hammer Strength | Olympic Flat Bench  | <ul style="list-style-type: none">• Zinc coated bolt-on racking system protects frame• Racking system allows for three lift off heights• 11-gauge steel frame with powder coat finish• Made in USA• Machine Weight: 145 lb.• Dimensions: 52"L x 50" W x 50" H | 1,053.15 | 1 | \$1,053.15 |
| O-BWS | Hammer Strength | Olympic Bench Weight Storage (4 Weight Horns)  | <ul style="list-style-type: none">• Bolt on frame with 8 olympic zinc coated weight horns• For use with OFB, OIB, ODB and OMB• 11-gauge steel frame with powder coat finish• Made in USA• Machine Weight: 62 lb.• Dimensions: 22"L x 15" W x 46" H | 502.35 | 1 | \$502.35 |
| FW-AC | Hammer Strength | Arm Curl (Seated)  | <ul style="list-style-type: none">• Adjustable seat to accommodate users of all sizes• 11-gauge steel frame with powder coat finish• Urethane bar guards protects frame• Made in USA• Machine Weight: 160 lb.• Dimensions: 39"L x 36" W x 43" H | 1,197.65 | 1 | \$1,197.65 |
| SS-FLY-4002 | Life Fitness | Heavy Weight Stack w/Dial Increment (LB) (Pec Fly/Rear Deltoid) | <ul style="list-style-type: none">• Upgrades Standard to Heavy Weight Stack• Dial Increment Weight System• Weight Stack: 305 lbs. | 312.80 | 2 | \$625.60 |
| HDLPU-6508 | Hammer Strength | Rotating Chin-Up Option (Power Rack) | <ul style="list-style-type: none">• Optional Rotating Adjustable Pull Up Handles• Upgrade must be ordered with initial order | 423.30 | 1 | \$423.30 |



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FREE WEIGHTS

| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|------------|-----------|--|--|------------|-----|------------|
| UDBT-S-110 | Iron Grip | Urethane Dumbbell-Straight - 110 lb (pair)  | <ul style="list-style-type: none">• Urethane Encased Dumbbell• Straight 1.375 in. Diameter Handle• 12 Sided Anti Roll Design | 1,046.90 | 1 | \$1,046.90 |
| UDBT-S-115 | Iron Grip | Urethane Dumbbell-Straight - 115 lb (pair)  | <ul style="list-style-type: none">• Urethane Encased Dumbbell• Straight 1.375 in. Diameter Handle• 12 Sided Anti Roll Design | 1,084.90 | 1 | \$1,084.90 |
| UDBT-S-120 | Iron Grip | Urethane Dumbbell-Straight - 120 lb (pair)  | <ul style="list-style-type: none">• Urethane Encased Dumbbell• Straight 1.375 in. Diameter Handle• 12 Sided Anti Roll Design | 1,122.90 | 1 | \$1,122.90 |
| UDBT-S-125 | Iron Grip | Urethane Dumbbell-Straight - 125 lb (pair)  | <ul style="list-style-type: none">• Urethane Encased Dumbbell• Straight 1.375 in. Diameter Handle• 12 Sided Anti Roll Design | 1,162.80 | 1 | \$1,162.80 |
| UPT12-045 | Iron Grip | Urethane Plate 45lb.  | <ul style="list-style-type: none">• Urethane Coated Iron Grip Plates• 12 sided design | 164.73 | 18 | \$2,965.14 |



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| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|--|-----------|-----------------------------|--|------------|-----|-----------|
| UPT12-010 | Iron Grip | Urethane Plate 10lb. | <ul style="list-style-type: none">• Urethane Coated Iron Plates• 12 sided design | 36.58 | 12 | \$438.90 |
|  | | | | | | |
| UPT12-005 | Iron Grip | Urethane Plate 5lb. | <ul style="list-style-type: none">• Urethane Coated Iron Plates• 12 sided design | 18.34 | 6 | \$110.01 |
|  | | | | | | |
| UPT12-035 | Iron Grip | Urethane Plate 35lb. | <ul style="list-style-type: none">• Urethane Coated Iron Grip Plates• 12 sided design | 128.25 | 6 | \$769.50 |
|  | | | | | | |



TRADE-IN EQUIPMENT

| Model | Brand | Description | Specifications | Unit Price | Qty | Total Ext |
|----------|-------------------|--------------------------------|----------------|------------|-----|-------------|
| TRADE-IN | Advanced Exercise | Trade-In - See Comments | | 7,150.00 | -1 | \$-7,150.00 |



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Comments:
Buy Board 665-22

Subtotal: \$108,478.40

Insignia - double stitching

Freight, Delivery and Install: 11,258.00

PMF Install

Taxes As Applicable
Total: \$119,736.40

Trade-in - Gus and Jeremy:

4 life cycle GX

17 startrac spinners

2 LF ARCs

Stairmaster stepper

HD Athletic Power Rack

Signature Olympic Decline Bench

Signature squat rack

1 signature multi-adj benches

1 signature flat bench

Signature Selectorized:

Shoulder press, chest press, pull down, assisted
dip/chin, bicep curl (independent arm), tricep press,
back extension, abdominal, torso rotation, 2 pec/fly

Freight quote for Iron Grip is good for 30 days.



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Terms & Conditions

Terms: All new customers are required to pay 50% down and balance due prior to install. Residential customers, personal trainers, and orders for resale, require 100% payment before the order can be placed. All other terms and credit lines are subject to credit approval. Invoice will be due and payable, based on the original requested installation date, unless Advanced Exercise is notified in writing 60 days prior to the requested installation date with a change of the installation date. We accept checks, money orders, ACH and credit cards (under \$2000). A late payment fee will be assessed at a rate of 1.5% (18% annual) per month on any unpaid balance remaining 30 days after the due date. Special Orders: A 100% prepayment is required for all customized products including but not limited to custom colors, sports flooring and products with logos such as plates, dumbbells and platforms.

Return Policy: Any returns require approval in writing by Advanced Exercise Project Management. A minimum 25% restocking fee, plus freight, will be incurred for all non-custom products returned. Customized products are nonreturnable. All products with color choices are defined as custom products.

Bolt Down Requirements: Life Fitness recommends that all strength training equipment be secured to the floor in order to prevent tipping, rocking or displacement which might occur in the event of unanticipated use of the equipment. Life Fitness requires that certain strength training equipment (specifically the Synrgy 360 90, T, XS, XM, HD Elite Half Rack/Short Base, Athletic Series Rigs, Athletic Series Racks with Wing option, Cybex PWR Play, Synrgy Outdoor BlueSky and other products to be used for body weight strap training) be secured to the floor. In the case of Synrgy 360S, T, XS, XM and the Elite HD Half Rack Short Base, the customer acknowledges:

- Customer has determined the proper placement of the equipment to be secured. **Customer Initial** _____
- Customer has identified and informed Advanced Exercise of the location of any utility, service lines, including but not limited to post tension cables. It is the customer's responsibility to identify the locations of any cables or lines prior to installation.

Customer Initial _____

- Customer has confirmed that the subfloor consists of no less than 4.75 inches of concrete. (Synrgy Outdoor BlueSky requires a minimum 4.5 inches of concrete **Customer Initial** _____)
- Customer has obtained any and all consents to the drilling of holes in the flooring and subflooring. **Customer Initial** _____

If your order includes any of the equipment requiring bolting to the floor, initials are required above and an additional signed waiver will be required to place the order. Additional products may require bolting to the floor, wall or ceiling. Bolting is not included on these products unless otherwise noted on the quotation. Customer is responsible for bolting these products to meet the manufacturer's requirements. This includes TRX, Core Energy, Boxing mounts and other products that require bolting to the facility structure.

Wall & Ceiling Attached Items: The installation of any items such as TRX Multi Mounts., X Mounts, Wall Mat Racks, etc. that require bolting to walls or ceilings are not included in the proposal unless otherwise noted.

Flooring Installation: Refer to the product specifications to ensure that the sub floor meets the material installation requirements. Freight offloading, inside delivery, adhesive, moisture tests, moisture reducers, base boards, sub floor prep, sub floor cleaning, transition strips and existing floor removal and disposal are not included unless otherwise noted on the quotation.

Storage: We reserve the right to assess storage fees not to exceed 1.5% per month, or fraction thereof and request payment in full on the related customer's invoice, when a customer's original requested delivery date is delayed by circumstances beyond our control.

Taxes: We collect sales or use taxes only in jurisdictions where we are licensed to do so. Customer agrees to accept sole liability and responsibility to pay for any and all uncollected sales or use tax liabilities, related penalties and interest that arise as a result of the purchase of products and/or services from our company.

Security: Until all products are paid in full, customer hereby grants to, and Advanced Exercise shall retain, a security interest in and lien on all products sold to the customer.

I accept the terms and conditions of this quote.

Signature: SEE NEXT PAGE FOR SIGNATURES

Name: _____

Date: _____ **Customer Requested Install Date:** _____



DATE: **12/20/2022**

Mark Hindman, City Manager
City of North Richland Hills

Sarah Peterson, CFO
ADVANCED HEALTHSTYLES FITNESS EQUIPMENT, INC.

ATTEST:

Alicia Richardson,
City Secretary/Chief Governance Officer

APPROVED AS TO FORM AND LEGALITY:

Maleshia B. McGinnis, City Attorney

N R H Council Action Y / N

Date Approved _____

Agenda No _____

Ord / Res No _____