



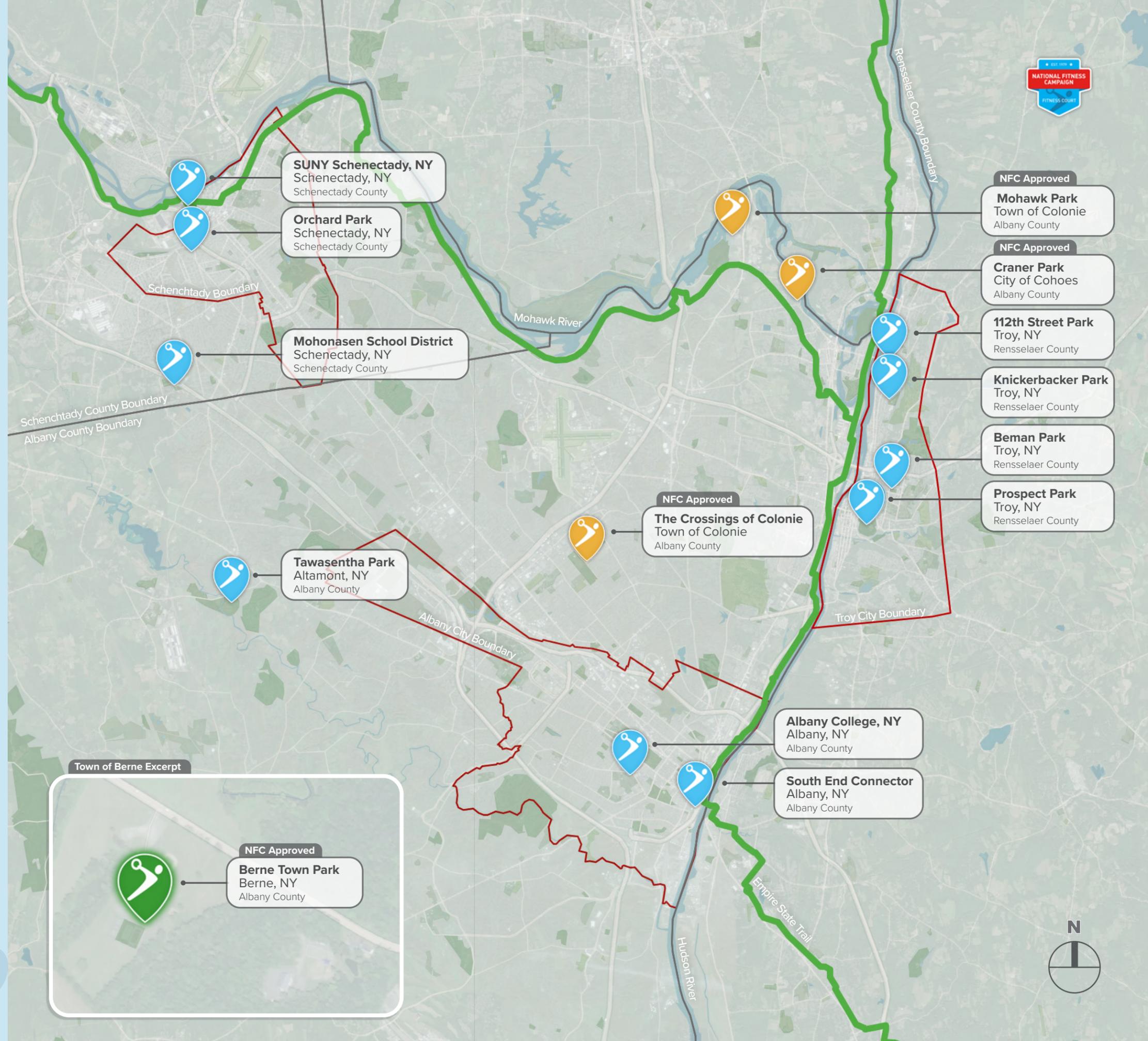
ALBANY COUNTY, NY PROPOSAL 2025



FITNESS COURT® NETWORK NEW YORK CAPITAL REGION

MVP Health Care and Albany County support a growing Fitness Court® network Across the County

-  Open Fitness Court Network
-  NFC Awarded Site
-  NFC Approved Site Locations
-  Empire State Trail



NFC Approved

Mohawk Park
Town of Colonie
Albany County

NFC Approved

Craner Park
City of Cohoes
Albany County

112th Street Park
Troy, NY
Rensselaer County

Knickerbacker Park
Troy, NY
Rensselaer County

Beman Park
Troy, NY
Rensselaer County

Prospect Park
Troy, NY
Rensselaer County

NFC Approved

The Crossings of Colonie
Town of Colonie
Albany County

Tawasentha Park
Altamont, NY
Albany County

Albany College, NY
Albany, NY
Albany County

South End Connector
Albany, NY
Albany County

Town of Berne Excerpt

NFC Approved

Berne Town Park
Berne, NY
Albany County

“The Capital Region has become a hub for free fitness to residents in NY!”



NFC HEALTHY SITE SCORE GUIDE



PARK TYPOLOGY

Points awarded for
- Population
- Acres

PARK AMENITIES

Points awarded for
- Hard Surface Sport Court
- Soft Surface Sport Court



PARK ACCESS

Points awarded for
- Trail Connectivity
- Micro Mobility Hub

PARK ACTIVATION

Points awarded for
- Community Center
- Farmers Market



PARK MOVEMENT

Points awarded for
- Pedestrian Activity
- Cyclist Activity



YOUR SITE SCORE

**** EXAMPLE ****

82%

HEALTHY
SITE SCORE

*Detailed scoring of park system
to help qualify sites for funding*

HEALTHY CITY MAPPING

BERNE TOWN PARK

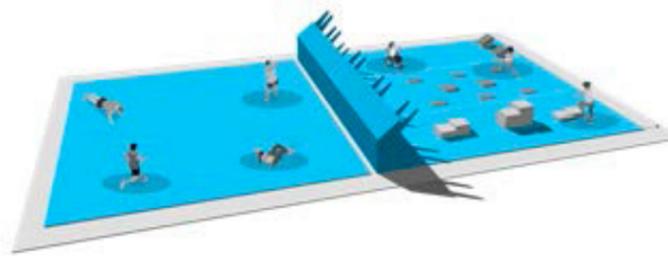


NFC HSS Berne Town Park



QUOTE & FEES

Funding Breakdown for 2025:



 FITNESS COURT | STUDIO

2025 NFC Fitness Court Studio and Campaign Services **\$ 205,000**
MVP/ NFC Grant Award (Per Grant Application) *(- \$30,000)*

Fitness Court Art Studio Options (Featured Artist, Local Artist, Studio Art) **\$0 - \$25,000**

Concrete Slab (38ft x 73ft) **est. \$ 45,000**

NFC Approved Installer Network Installation Team **\$ 38,500**

FITNESS COURT STUDIO & INSTALLATION TOTAL ESTIMATE **\$ 258,500***
AFTER \$30,000 GRANT FUNDING

**Assumes concrete pad costs of \$45,000 (national average) and includes Standard Art*



 FITNESS COURT

2025 NFC Fitness Court and Campaign Services **\$ 170,000**
MVP/ NFC Grant Award (Per Grant Application) *(- \$30,000)*

Fitness Court Art Studio Options (Featured Artist, Local Artist, Studio Art) **\$0 - \$25,000**

Concrete Slab (38ft x 38ft) **est. \$ 25,000**

NFC Approved Installer Network Installation Team **\$ 30,500**

FITNESS COURT & INSTALLATION TOTAL ESTIMATE **\$ 195,500***
AFTER \$30,000 GRANT FUNDING

**Assumes concrete pad costs of \$25,000 (national average) and includes Standard Art*



TIMELINE 2025

Project Milestone Dates

- Project Proposal & Approval : PO Initiates Process
- Fitness Court Ships: 2-3 weeks
- Excavation & Concrete Begins : 4-8 weeks
- Fitness Court Installation : 1-2 weeks
- Launch Day: Summer/Fall 2025

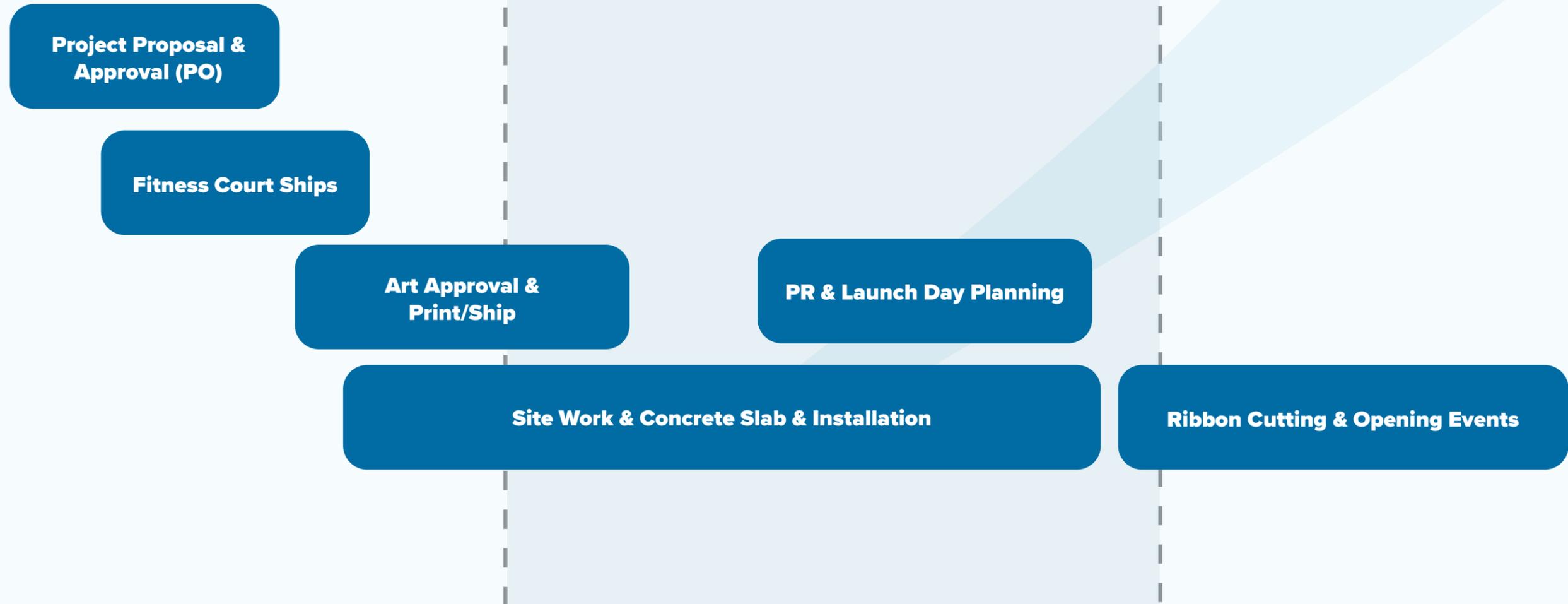


Project Estimated Timeline

Q2 2025

Q3 2025

Q4 2025





ALBANY COUNTY, NY PROPOSAL

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