
Project Proposal

Village of North Portal – Community Fitness Centre Project 2026

Proposed Start Date: January 31, 2026

Proposed Completion Date: March 31, 2026

Applicant: Village of North Portal

Project Location: North Portal Recreation Centre, 302 Belfast St, North Portal, Saskatchewan

1. Project Summary

The Village of North Portal is seeking support for the development of a small-scale community gym and fitness space within the existing Recreation Centre located at 302 Belfast St in North Portal.

This project will provide affordable, accessible indoor fitness opportunities for residents of North Portal and surrounding rural areas, including the RM of Coalfields, while making efficient use of existing municipal infrastructure. The proposed improvements are modest in scale but high in impact, designed to support year-round physical activity, community wellness, and social connection in a rural setting.

The **total project budget is \$16,997.63.**

2. Community Need and Rationale

The Village of North Portal is committed to supporting the health and well-being of its residents. Access to fitness and recreational opportunities is limited in our rural community, and many residents currently travel significant distances to access gym facilities or structured exercise programs. The recreation centre has long served as a hub for community activity, and with changing needs, there is an opportunity to maximize its value for local residents.

The Village recently acquired the Knox United Church building, which now serves as the community's primary meeting space and hall. As a result, the recreation centre hall, previously used for gatherings and events, is now available for alternative uses. Repurposing this space into a gym will allow residents to access fitness and wellness facilities without impacting the village's capacity for community events.

The proposed project responds to the needs of the community by:

- providing local access to fitness and wellness facilities, reducing the need for residents to travel long distances
- repurposing the recreation centre hall, now available since the Knox United Church serves as the primary meeting space, ensuring optimal use of community facilities
- supporting physical health, mental well-being, and social connection for residents of all ages
- offering a safe, accessible, and welcoming environment that encourages active living and strengthens community engagement

3. Project Description

Indoor Fitness Space Conversion

The project will convert a portion of the Recreation Centre's large hall into a dedicated gym and fitness area. The hall measures approximately 50 feet by 30 feet, providing sufficient space to support both equipment-based exercise and open-floor programming.

The layout will include:

- **Cardio Equipment Zone**
Treadmills will be positioned under the existing windows along the hall wall, allowing users to enjoy natural light and exterior views while exercising.
- **Strength and Conditioning Area**
A selection of strength and resistance equipment, comparable to a hotel fitness room, will be arranged along the interior wall to maintain clear sightlines and accessibility.
- **Open Group Fitness Space**
A defined open area will be reserved for pilates, yoga, stretching, mobility work, and other group or instructor-led exercises.
- **Flooring and Mirrors**
Rubber matting will be installed in the fitness zone to improve safety, reduce noise, and protect the existing flooring, complemented by wall mirrors to support safe exercise technique.

This design allows the hall to function as a welcoming, multi-purpose fitness area while maintaining flexibility for community use.

North Portal Recreation Centre – Site Photos



Floor Plan



4. Project Budget

Funding Sources

Requested from Affinity Credit Union Community Grant: \$10,000

Entered: Munisoft Community Draw: \$1000

Remaining project funds will be provided by the Village of North Portal using recent donations from the Knox United Church.

Additional Equipment acquired by donation:

walking treadmills (2)

elliptical trainer (1)

Item	Supplier	Quantity	Unit Cost	Total Cost
Spirit XT685 Treadmill	Flaman Fitness	1	\$ 3,199.00	\$ 3,199.00
Spirit Fitnesss XBR95 Recumbent Bike	Flaman Fitness	1	\$ 2,099.00	\$ 2,099.00
Progression Fitness 430 Dumbbell Rack	Flaman Fitness	1	\$ 165.00	\$ 165.00
Set of Rubber Hex Dumbbells 5-55 lbs	Flaman Fitness	1	\$ 759.00	\$ 759.00
Extra Hex Dumbbells sets of 2 x 5, 10, 15, 20lbs	Flaman Fitness	1	\$ 759.00	\$ 759.00
MD Buddy 2 Tier Kettlebell Rack	Flaman Fitness	1	\$ 349.00	\$ 349.00
Set of Kettlebells 4kg -28kg	Flaman Fitness	1	\$ 460.00	\$ 460.00
Progression Fitness 210 Multi-Purpose Bench	Flaman Fitness	1	\$ 325.00	\$ 325.00
Inspire Ft1 Functional Trainer	Flaman Fitness	1	\$ 2,499.00	\$ 2,499.00
Set of Exercise Bands	Sport Direct	1	\$ 54.95	\$ 54.95
Mileage for Delivery (per km)	Flaman Fitness	240	\$ 1.50	\$ 360.00
Equipment Setup Labour	Flaman Fitness	1	\$ 1,200.00	\$ 1,200.00
Rubber Floor Tiles (2'x2') for weight area	Flaman Fitness	100	\$ 11.99	\$ 1,199.00
Equipment Mats for Treadmills and Bikes	Flaman Fitness	6	\$ 64.99	\$ 389.94
Instructional Exercise Posters Set of 18	Amazon	1	\$ 72.66	\$ 72.66
Mirrors 32 x 48"each	Wayfair	5	\$ 165.99	\$ 829.95
Smart TV and wall mount	Walmart	1	\$ 500.00	\$ 500.00
WIFI Installation	Sasktel	1	\$ 100.00	\$ 100.00
Site preparation (paint, outlet covers)	Redriver Lumber/various	1	\$ 715.00	\$ 715.00
Project Cost Subtotal				\$ 16,035.50
SK PST (approx)				\$ 962.13
(GST not included - 100% Municipal Rebate)				\$ 801.78
Project Cost TOTAL				\$ 16,997.63

5. Funding Impact and Community Benefit

Funding from generous supporters will:

- enable creation of the only local indoor fitness space available to residents
- support physical and mental well-being in a rural community
- benefit residents of both the Village of North Portal and the RM of Coalfields
- make effective use of an existing municipal facility
- strengthen the Recreation Centre's role as a hub for health, wellness, and social connection
- provide an affordable fitness space accessible to all residents

6. Project Sustainability and Measuring Success

The Recreation Centre is already municipally owned and maintained, allowing the project to proceed quickly once funding is secured. The Village has the capacity to operate and maintain the proposed facilities within existing resources. By focusing on durable equipment and modest renovations, the project ensures long-term benefit without creating unsustainable operating costs.

The North Portal Community Fitness Centre Project will measure success through participation, program engagement, and community impact. Membership numbers, tracked through our affordable \$150 yearly fee, will provide a clear indicator of overall usage. Program attendance, including beginner weightlifting and yoga classes, will help assess interest and engagement.

Motivational initiatives, such as fitness contests and goal-setting programs, will encourage personal achievement while providing measurable participation data. Social and community-focused activities, including treadmill club sessions and designated senior hours, will track the facility's role in fostering connections among residents.

Resident feedback, collected through surveys and informal discussions, will capture satisfaction, perceived health benefits, and the social impact of the centre. Long-term outcomes, including regular participation and increased physical activity, will be reviewed annually to ensure the facility meets evolving community needs.

By combining membership tracking, program participation, social engagement, and resident feedback, the project will demonstrate clear, measurable benefits in both health and community connection. These metrics will guide ongoing programming decisions and provide concrete evidence of the project's impact on North Portal residents.

7. Conclusion

The North Portal Community Fitness Centre Project represents a practical, high-impact investment in rural health and wellness. With support from our partners, the Village of North Portal will create accessible, inclusive fitness opportunities for residents today and into the future.

