

# Harris Optimum Fitness

238 Mill Creek Place Roswell, GA 30076

678-481-1875 [trainer@HarrisOptimumFitness.com](mailto:trainer@HarrisOptimumFitness.com)

[www.HarrisOptimumFitness.com](http://www.HarrisOptimumFitness.com)

## Capability Statement



### About Harris Optimum Fitness

**Harris Optimum Fitness (HOF)** is a provider of high quality corporate health promotion and fitness management services. We successfully assist employees throughout organizations with programs oriented to improve health and fitness. **HOF** delivers innovative solutions customized for your corporate culture. We provide clients with the confidence that their program will be successful and ultimately demonstrate enhanced employee fitness level, positive lifestyle changes and reduction in health disease risks. The size and scope of **HOF** managed programs are as diverse and unique as our clients.

#### Harris Optimum Fitness, CEO Quan Harris

**Mr. Quan Harris** is the founder of Harris Optimum Fitness, LLC. For more than 10 years he has successfully served a wide range of clients from Corporations, Residential Communities, Builders and Property Management Groups managing their fitness centers. Previously he has managed centers ranging in size from 1,000 square feet to over 70,000 square feet, and knows what it will take to make each center a success.

#### Harris Optimum Management Team

Mrs. Angela Cheatham, Director of Facilities Operations

Mrs. Marguerite Sullivan, Group Fitness Director

Mr. Kevin Wilson, Personal Trainer Director

#### Company Certifications:

CAGE Code: 6YX27

DUNS # : 030785036

TIN: 35-2315112

Small Business, Small Business Disadvantage, HUBZone certification # 52043

### Harris Optimum Fitness Core Capabilities

#### Fitness Facility Planning

- Determine appropriate space for equipment
- Comprehensive design and layout plans
- Equipment Procurement Management
- Equipment Maintenance & Repair

#### Fitness Center Management

- Overseeing Daily Operations, Policies, and Procedures
- Facility/Equipment Cleanliness and Maintenance
- Facility and Member Safety
- Customer's Satisfaction Analysis and Reporting

#### Management of Programs and Services

- Membership Recruitment, Enrollment and Retention
- Individual Fitness Consultation and Supervision
- Motivational Incentive Programs and Special Events
- Group Exercise & Personal Training Program

#### Management of Fitness Personnel

- All Fitness Personnel have Degrees in Exercise Science, Kinesiology or a Related Field Qualified

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### Harris Optimum Fitness Past Performance

Harris Optimum Fitness has managed several Fitness Centers in corporate offices that are managed by the following Property Management ; Transwestern, Jones Lang LaSalle, Duke Realty, and Lenox Hills Apartments. Our company has had a close and satisfying relationship with those Property Management Groups for the past 10 years . In their fitness centers we have placed a positive Health and Fitness Education program together by marketing and promoting our corporate wellness programs to their office tenants. We have conducted education and awareness programs (including nutrition seminars), group fitness classes, personal training, wellness coaching counseling, fitness assessments, health fairs, 5k runs equipment maintenance and providing customers with a clean environment. Also we have assisted with operations and budget management over their fitness centers. Our fitness programs have saved millions of dollars every year by improving the health of their employees.

### Partial Listing Of Clients & References

Name	Company	Title	Contact Email	Phone Number
Amanda Madrid	Jones Lang Lasalle	Property Manager	<a href="mailto:amanda.madrid@am.jll.com">amanda.madrid@am.jll.com</a>	678-892-8080
Emily Sircy	Transwestern	Property Manager	<a href="mailto:Emily.Sircy@transwestern.net">Emily.Sircy@transwestern.net</a>	770-913-3953
Kathie Coldman	Duke Realty	Property Manager	<a href="mailto:Kathie.Coldmon@dukerealty.com">Kathie.Coldmon@dukerealty.com</a>	770-806-2869

### NAICS CODES

561990—ALL OTHER SUPPORT SERVICES  
713940—FITNESS AND RECREATIONAL SPORTS CENTERS  
812990—ALL OTHER PERSONAL SERVICES  
611620—SPORTS AND RECREATION INSTRUCTION  
339920—SPORTING AND ATHLETIC GOODS MANUFACTURING  
711219—OTHER SPECTATOR SPORTS  
713990—ALL OTHER AMUSEMENT & RECREATION INDUSTRIES

### Personnel Certifications

NSCA Strength & Conditioning Specialist  
ACE Personal Trainer  
AFAA Personal Trainer  
AFAA Group Exercise Instructor  
Adult CPR and First Aid  
Silver Sneakers Certified  
Weight Management Certificate