

TO: HONARABLE MAYOR AND COUNCIL

FROM: BRICE MILLER, FIRE CHIEF

Subject: Cannon Falls Fire Department Wellness Room Update

MEETING DATE: March 17th 2026

Background:

Fire Department Health and Wellness Equipment Request

The Cannon Falls Fire Department is requesting approval to purchase additional fitness equipment and install a sauna within the station's fitness area. The funding for these items has already been generated by donations from the Relief Association to the City of Cannon Falls and/or raised by donations, and earmarked specifically for the purchase of non-budgeted items. These additions and upgrades to our fitness area is another step towards our important firefighter health and wellness initiatives. The request includes the purchase of another squat rack, a Smith machine rack with an integrated cable system, additional benches, free weights, repairing upholstery on the existing aging seats and benches, and one-time preventative maintenance on all existing equipment to ensure everything is in safe operating order as well as extending the life of the existing equipment.

Maintaining physical fitness is critical to reducing injuries, improving operational performance, and supporting long-term health. Regular exercise also plays a major role in supporting mental health by reducing stress, improving sleep, and promoting overall wellbeing.

The department is also requesting approval to purchase and install a traditional sauna as part of the wellness area. Sauna use has been increasingly recognized for its physical and mental health benefits, including improved cardiovascular health, muscle recovery, circulation, and stress reduction. In addition, emerging research within the fire service has examined sauna use as a tool to assist with recovery and the potential reduction of toxic exposure through heavy sweating following fireground operations. With firefighter cancer rates significantly higher than the general population, the fire service continues to explore practical wellness measures that may support long-term health and recovery.

Installing the sauna will require upgrading electrical service in the fitness room to 240-volt power to safely support the unit. We were presented with two options for the electrical service. The less expensive option from the main panel would leave us with only one breaker position in the panel. The department feels it would be best to spend additional money to have a sub-panel installed in the fitness room to allow for this specific installation, as well as future proofing any additional electrical needs in the basement area of the Public Safety Building.

As improvements are being made to the wellness space, the department is also requesting approval to repaint the room. The current unfinished concrete appearance does not promote a welcoming environment, and

updating the space will help create a cleaner, more positive area that encourages regular use and reinforces a culture of physical and mental wellness.

These improvements support firefighter readiness, injury prevention, recovery, and long-term health. Investing in firefighter wellness directly benefits the community by helping ensure personnel remain physically capable, mentally resilient, and prepared to respond to emergencies.

The total cost for these upgrades and installations will come to \$31,206.24. The cost breakdown is as follows:

1. New fitness equipment – Elevate Fitness
 - a. \$10,713.14
2. Existing equipment upholstery repair and preventative maintenance - Elevate Fitness
 - a. \$2,303.08
3. Sauna purchase and installation – Finn Sisu
 - a. \$11,999.10
4. Electrical service installation – Doyle Electric
 - a. \$4,275.00
5. Paint and supplies – Sherwin Williams
 - a. \$1,915.92

STAFF RECOMMENDATION: Motion to approve wellness equipment upgrades up to \$33,000 with prior donation funds.

REQUESTED COUNCIL ACTION: Approve wellness upgrades



QUOTE
Estimate# EFS1721

P.O. Box 50718
Mendota Heights MN 55150
651-900-0730
Shon@elevatesolutions.com

Bill To:
Cannon Falls Fire Dept
Joe Nobach
322 Hoffman Street West
Cannon Falls +1-5072980613
nobachj@hotmail.com

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Quoted	Version
04 Feb 2026	2

#	Item & Description	Qty	List Price	Discount	Extended Price
1	Legend Pro Series Half Cage - Demo Model SKU : -LF-3226/Demo	1.00	4,379.00	60.00%	1,751.60
2	PMX Outlaw Mega System SKU : PMX-CF-9800 Functional Dual Cable Trainer & Counter Balanced Smith	1.00	7,395.00	40.00%	4,437.00
3	PMX Adjustable Flat/Incline/Decline Bench SKU : PMX-PL-610	2.00	840.00	40.00%	1,008.00
4	Torque Adjustable Bench (DEMO) SKU : TF-XFIB-104	1.00	1,209.00	45.00%	664.95

5	Torque Olympic Bar Grip Plate Package SKU : TF-GPSP7 7ft Olympic bar, 310lb rubber grip plates, 1 pair of spring collars	1.00	1,222.00	41.00%	720.98
6	Torque Rubber Grip Plates -255lb Set SKU : TF-Z4GP-255SET	1.00	849.00	41.00%	500.91
7	Fitness Sanitizing Wipes SKU : Acc-wipes 700 Count (Pack of 4)	1.00	249.00	30.00%	174.30
8	Body Solid Accessory Cable Package SKU : BS-(2)x MB501RG/(1)xTR20/(1)xMB229RG/(1)xMB502RG (2) Rubber Grip Stirrup Handles Triceps Rope Rubber Grip Revolving Curl Bar Rubber Grip Triangle	1.00	159.00	40.00%	95.40
Sub Total					9,353.14
Shipping & Installation					1,360.00
Total					\$10,713.14



QUOTE

Estimate# EFS1733

P.O. Box 50718

Mendota Heights MN 55150

651-900-0730

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Quoted

Expires

04 Mar 2026 04 May 2026

#	Item & Description	Qty	List Price	Discount	Extended Price
1	Preventative Maintenance - Single Visit SKU : FD-PM1 1 PM (PRICE PER VISIT)	1.00	449.00	24.00%	341.24
2	Upholstery - Custom per pad SKU : KK-UPH	16.00	149.00	24.00%	1,811.84

Sub Total 2,153.08

Shipping & Installation 150.00

Total

\$2,303.08



Finn Sisu

2436 Larpenteur Ave W
Lauderdale, Minnesota, 55113-5233
United States
(651) 645-2443 info@finnsisu.com

Quote

02/24/2026 4:11 pm

Quote #: 2134
Ticket: 220000083516
Employee: Karen

Customer: Spencer Flodeen

Items

	#	Price
Finnleo Hallmark Series Sauna HM57 6.0kW Saunalogic 2 WiFi*	1 x	\$11249.10
Discount: 'State Fair sauna- 10%' -\$1249.90		\$12499.00
Labor - Sauna Install (Hallmark series)*	1 x	\$750.00
		\$750.00
		Subtotal \$13249.00
		Discounts
		-\$1249.90
		Total Tax
		\$0.00
total		T \$11999.10

Returns of unused product must be made within 30 days of purchase with the original receipt.

Warranties apply to manufacturer defects only. An original receipt must be presented.



Electric

612-366-7648 Cell, 612-366-7653 Cell
15257 Quamba Street NE, Ham Lake, MN 55304

Cannon Falls Fire Department
320 Hoffmans St W
Cannon Falls, MN 55009

02/25/2026

Sauna

- Install conduit from main electrical panel to basement exercise room
- Install 240 volt 30 amp disconnect near sauna location
- Install flex conduit from disconnect to sauna, wire sauna

ALL LABOR AS MATERIAL AS SPECIFIED ABOVE FOR THE TOTAL OF \$2,575.00

90 amp sub panel/sauna

- Install conduit from main electrical panel to basement exercise room
- Install 90 amp 12 circuit sub panel in exercise room
- Install flex conduit from disconnect to sauna, wire sauna

ALL LABOR AS MATERIAL AS SPECIFIED ABOVE FOR THE TOTAL OF \$4,275.00



ACCOUNT # 2474-2556-4
 CANNON FALLS*CITY OF
 QUOTE # 8224590

VALID FROM: MAR 05, 2026 - APR 05, 2026

PROJECT: CANNON FALLS*CITY OF

Purchase Type: Annual Purchase

Description	Class #	Sales #	Rex #	Size	Gallons/ Units	Price Per Gallon/ Unit	Extended Price
LOXON EXT MASONRY PRIMER	1124040	651032724	LX02W0050	GALLON	13	\$41.95	\$545.35
Comments: Primer							
PM 200 ZERO SEMI- GLOSS	1129075	651265183	B31R12658	GALLON	16	\$42.95	\$687.20
Comments: Red							
PM 200 ZERO SEMI- GLOSS	1129075	650187206	B31W02651	GALLON	4	\$42.95	\$171.80
Comments: Gray							
PM 200 ZERO SEMI- GLOSS	1129075	650187396	B31T02654	GALLON	1	\$42.95	\$42.95
Comments: Black							
2090-36MM CONTR 5734215 PACK	5050022		.05734215	EACH	2	\$22.94	\$45.88
HD PLST .31ML 12x400	5028012	1619345	.01619345	EACH	2	\$26.60	\$53.20
SW CS 5PC KIT	8073026	650933146	105855920	EACH	1	\$20.99	\$20.99

9 MARATHON 1/2 6PK	8020060	102781861	14D861603	9 INCH	1	\$21.24	\$21.24
BLDR PAPER 35"X166'	5050017	7318728	.07318728	EACH	2	\$16.99	\$33.98
2020+ 48MM VALUE PCK	5050023	651202343	651202343	EACH	1	\$15.97	\$15.97
CS N/P 2.5" ANGLE SA	8010040	650921638	101443250	2 1/2"	2	\$14.36	\$28.72
TYVEK FULLCV SUIT	5029020	650934987 XL	650934987	EACH	6	\$15.29	\$91.74

1



**ACCOUNT # 2474-2556-4
CANNON FALLS*CITY OF
QUOTE # 8224590**

VALID FROM: MAR 05, 2026 - APR 05, 2026

Description	Class #	Sales #	Rex #	Size	Gallons/ Units	Price Per Gallon/ Unit	Extended Price
R7513 PRO RESP LGE	5035012	9379678	.09379678	EACH	2	\$61.62	\$123.24
MISC	1156046	1250745	.01250745	QUART	34	\$0.99	\$33.66
Comments: State Paint Recycling Fee per Gallon							

Total: \$1,915.92

All prices are per gallon/unit

NOTICE: This quotation is not a contract. It is an estimate and excludes taxes and fees, which may vary. The pricing and recommendations represent confidential information and we request that it not to be copied or shared with others outside your company. Please refer to product data pages for surface prep, mixing and application instructions. Any orders placed pursuant to this quotation will be subject to The Sherwin-Williams Company Terms and Conditions of Sale, which are incorporated in full by this reference and are available at <https://www.sherwin-williams.com/terms-and-conditions>.