

Energy Efficiency Profile

Women's Fitness of Boston, Mass.



Women's Fitness of Boston, an Eversource Energy customer, is a 10,000-square-foot urban gym providing modern strength training and cardio equipment, exercise classes, and personalized nutrition and fitness programs in a non-intimidating, all-female setting.

When the owners of this small business contacted Eversource about how to save money on their electric bills, they were directed to the utility's Small Business Direct Install Program vendor, RISE Engineering. RISE conducted a free energy assessment of the facility and identified recommended improvements, including state-of-the-art LED lighting fixtures, lighting controls, programmable thermostats, and high-efficiency showerheads. These energy-efficiency measures produced a projected \$5,000 in annual electricity savings and created a brighter, more enjoyable environment for the gym's clientele and employees.

THE NEED

Save energy and reduce energy costs, improve overall lighting quality, and eliminate the buzzing noise originating from older ballasts during exercise classes.

THE SOLUTION

Lighting Retrofits

- Replaced 71 fluorescent fixtures with LED troffers in the office, hallways, main room, weight and spinning rooms, locker rooms and tanning room
- Replaced 3 halogen lamps with LED lamps in the front hall

Lighting Controls

- Installed occupancy sensors in the office, spinning room, locker rooms and tanning room

HVAC & Water Efficiency Measures

- Replaced 3 no-setback thermostats with programmable thermostats
- Installed 6 low-flow showerheads

About RISE Engineering:

A pioneer in the delivery of turnkey energy-efficiency services, RISE Engineering works with utilities and other energy program sponsors to offer residential, commercial, industrial, institutional and public-sector energy users comprehensive efficiency services that reduce their environmental footprint and operating expenses.



"Inquiring about how we could reduce electricity costs for our business was one of the best phone calls we ever made. RISE Engineering came in and completed the project quickly, cleanly and efficiently, and we immediately saw significant savings on both the electric and water bills. Thank you RISE!"

Julie and Steven DiLeo
Co-Owners
Women's Fitness of Boston

OVERALL RESULTS

Total Project Cost	\$22,720
Eversource Incentives	-\$20,448
Customer Cost	\$2,272
Annual kWh Saved	27,891
Annual Energy \$ Saved	\$5,020
Simple Payback	< 6 months

*To schedule your free energy assessment,
call us at (800) 422-5365
or email efficiency@RISEengineering.com.*

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