

== GYM:

ENJOY HEALTHY LIFE ==

# PREFACE

GYM: Enjoy Healthy Life  
Copyright © Artpower International Publishing Co., Ltd.

**ARTPOWER**

Designer: Caiyun Zheng  
Chief Editor: Avril Lee

Address: 21/F, Skyline Commercial Center, 71-77 Wing  
Lok Street, SheungWan, Hong Kong

Tel: 852 3184 0676  
Fax: 852 2543 2396  
URL: [www.artpower.com.cn](http://www.artpower.com.cn)  
E-mail: [artpower@artpower.com.cn](mailto:artpower@artpower.com.cn)

ISBN

No part of this publication may be reproduced or utilised in any form by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without prior written permission of the publisher.

All images in this book have been reproduced with the knowledge and prior consent of the designers and the clients concerned, and every effort has been made to ensure that credits accurately comply with information applied. No responsibility is accepted by producer, publisher, or printer for any infringement of copyright or otherwise arising from the contents of this publication.

Printed in China

# CONTENTS

008	Blank Studio YOGA DEVA	078	Sterios Architecture & Interiors MBODY YOGA & MASSAGE
014	Concrete Architectural Associates CLUB SPORTIVE HAARLEM	082	TRIDOSHA HEALING CENTER
018	Neri&Hu Design and Research Office Y+ YOGA AND WELLNESS CENTER	084	Ore studio OM KIDS YOGA CENTER
024	Rand Elliott   Elliott + Associates Architects CHESAPEAKE FITNESS CENTER / EAST ADDITION	090	Fabiano designs CLUB H 34TH STREET
030	Asuncion Berenguer THE COLUMNS GYM	098	CLUB H JERSEY CITY
034	EOP Architects URBAN ACTIVE BUCKHEAD	104	Studio ST Architects & Z-A Studio FITNESS CENTER RENOVATION-THE 14TH STREET Y COMMUNITY CENTER
040	URBAN ACTIVE POLARIS	108	Pure yoga PURE YOGA-EASTSIDE
046	S3 Design BOSTON SPORTS CLUB-WATERTOWN	114	PURE WEST SIDE
052	EQUINOX-131 DARTMOUTH STREET	120	SsD Architecture Urbanism BLACK LOTUS YOGA
058	EQUINOX-225 FRANKLIN STREET	124	Michel Laflamme YYOGA WELLNESS CENTRES
064	EXHALE MINDBODY SPA	128	Hooper Architects AMIDA HEALTHCLUB HAMPTON
070	Nendo ILLOIHA OMOTESANDO	136	ASPRIA SPA & SPORT CLUB
074	STUDIOS Architecture CLAY FITNESS	142	SHH 37° OLYMPIA

# CONTENTS

Zynk Interior Architects & Designers

152 ISOSPA

156 THE GYM GROUP

Zakia Zhang | Designer of Symmetry Design

158 JOHNSON GYM FITNESS CLUB

Zhang Tao

166 LEISURE FITNESS CENTER, MILLENNIUM HOTEL, WUXI

172 GREEN OXYGEN FITNESS CLUB, MILLENNIUM HOTEL, WUXI

Russell Architects

178 VILLASPORT WOODLANDS

Pascal Arquitectos

186 HILTON "CENTRO HISTÓRICO" HOTEL SPA & FITNESS CENTER

Poune Design

192 FIT N FAST

196 FITNESS FIRST

200 GWINGANNA LIFESTYLE RETREAT

Damir masek gmbh

206 FITNESS PARK EINSTEIN

Liong Lie Architects

210 DANCE POINT FITNESS CENTRE

Global Architectural Development

214 HILLSIDE ISTINYE PARK

Panton Architect

218 FUEL FITNESS

222 PURE AUSTIN FITNESS AT QUARRY LAKE

POSITION Collective

226 MY-FIT SPEEDFITNESS CONCEPT

230 PACE POWER PLATE CENTER

Godwin Austen Johnson

234 UENERGY BOUTIQUE HEALTH CLUB

Total fitness

238 TOTAL FITNESS CLUB, HUADU, GUANGZHOU

242 TOTAL FITNESS CLUB, JINBI, GUANGZHOU

Viveck Vermaa Architects

246 CRUNCH GYM

Nick Farnell Architects

252 THE THIRD SPACE

Mark Soo

256 ETERNITY FITNESS





# YOGA DEVA

Architects: Blank Studio

Designer: Matthew Trzebiatowski Gilbert

Client: Shosh + Billy Vergara

Location: Gilbert, AZ, USA

Area: 260 sqm

Photography: Bill Timmerman



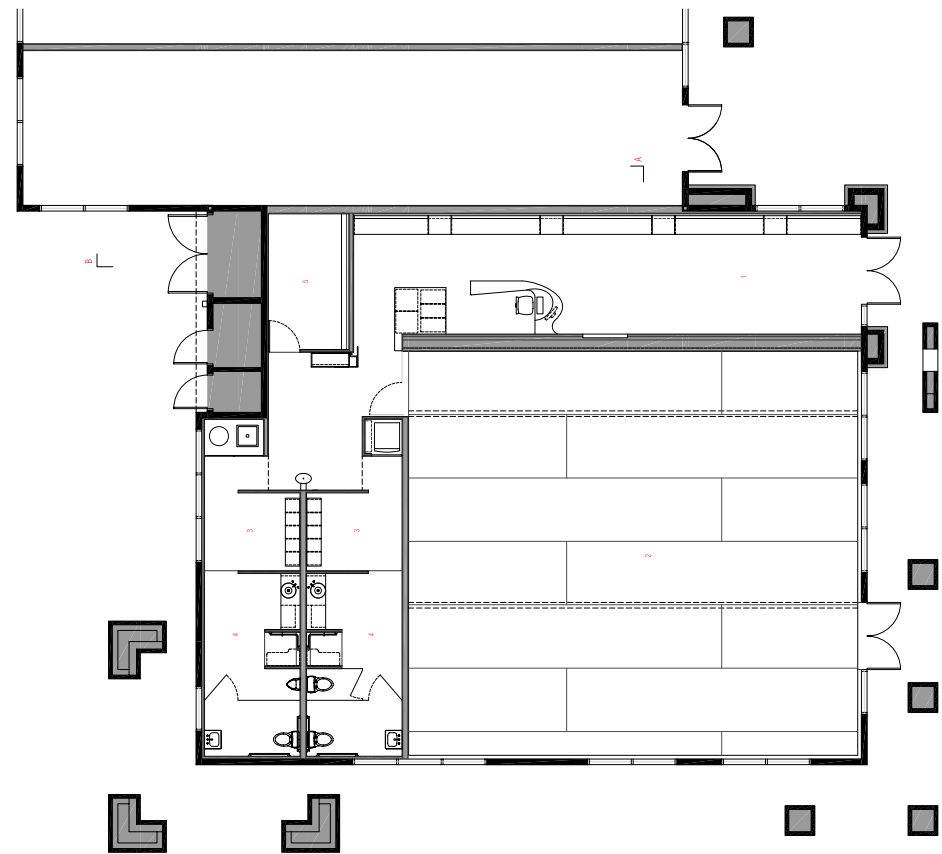
Yoga Deva (deva is a Sanskrit word, meaning deity) creates an internal sequence of spaces whose primary impulse is to remove the visitor from the exterior visual environmental conditions in every way. Sited within a commercial condominium complex, the building is surrounded by asphalt parking, minimal planted islands of non-native decorative vegetation, and other buildings that are nearly indistinguishable from one to the next. This new internal environment offers an architectural and sequential chiaroscuro to the external strip-mall type reality and prepares the visitor for practice of inward meditation and contemplation.

The project exists as a series of vessels. The ancillary spaces (entry, retail, changing) are ordered and organized around the central yoga studio space. Various styles of Classical Hatha Yoga are taught at this studio, including "hot yoga" which is a practice that is performed in a space heated to 105 degrees F to improve flexibility and detoxification benefits.

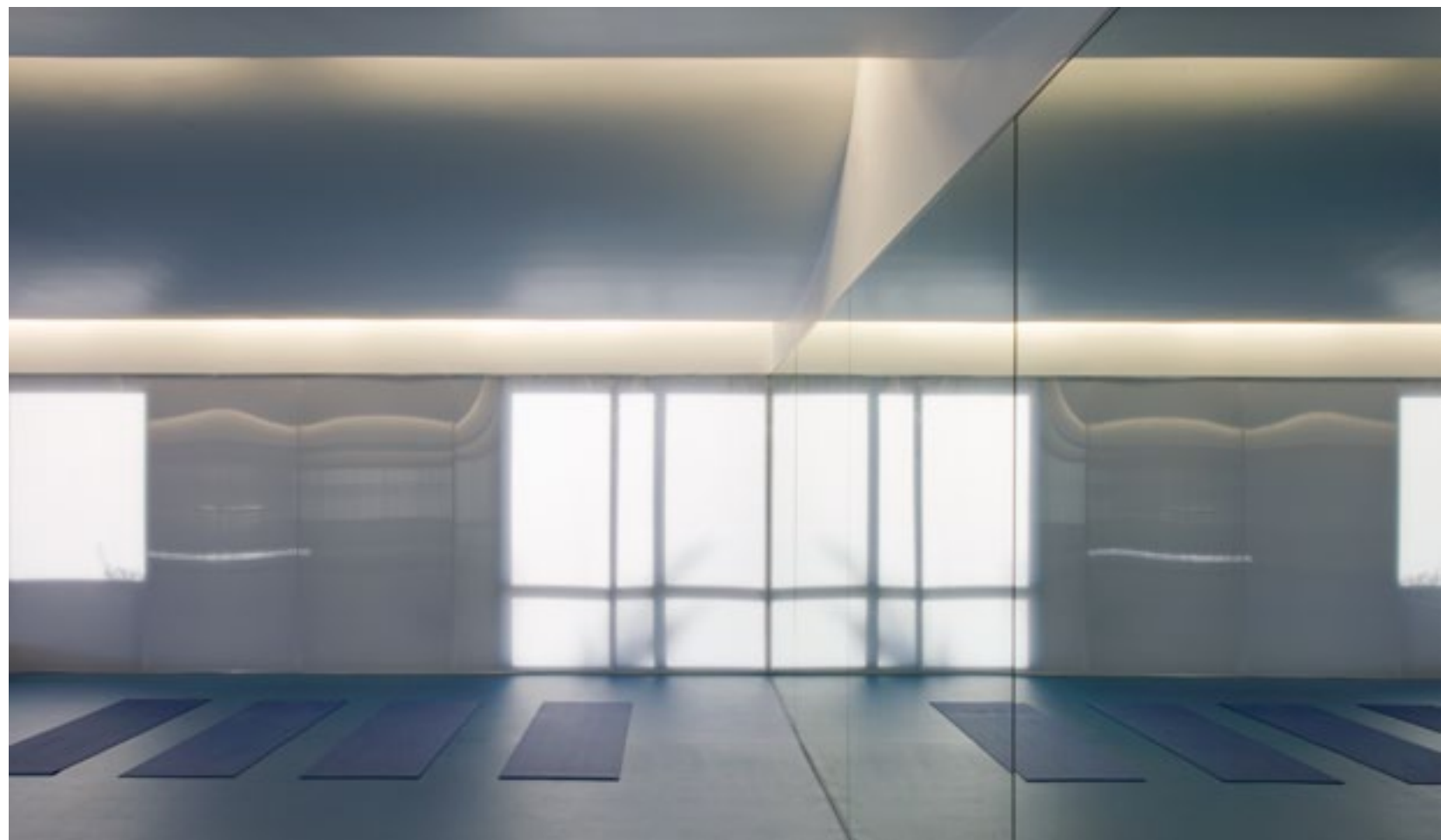
Entry occurs in a space that is visually dark in contrast to the common Arizona exterior experience and no visibility to any other space is offered. The space is long, narrow and rendered in dark pigment, dark wood walls and dark wood millwork; including a communal seating area along the length of the eastern wall illuminated by warm-toned cove lighting. Terminating the long volume is an electric blue pigmented wall washed in cool-toned light that invites you forward. The western wall of the volume's long axis is surfaced in aluminum gilding, which shimmers when lit from above, and offers soft, muted reflections of the visitors moving through the space. The space serves as orientation to the newly initiated and gathering for individuals before and after a class session.

In contrast to the entry space the main studio space is flooded with daylight; the interplay of light is calming and ever-changing. Translucent panels diffuse the light as the memory of the arbitrary position of the glazing in the existing, exterior mall shell is muted and edited. Above, the ceiling consists of three cylindrical, inverted vaults running the length of the main axis of the space. Valleys in between the vaults collect and order the building's systems (lighting, hvac, fire protection, etc.) and allows for light to wash across the uninterrupted vaulted surfaces.













# CLUB SPORTIVE HAARLEM



Designer: Concrete Architectural Associates

Project team: Rob Wagemans/Ulrike Lehner/Janpaul Scholtmeijer/Erik van Dillen

Client: club sportive

Location: Netherlands

Area: 1600 m<sup>2</sup>

Photography: Ewout Hulbers

Club sportive is a differing chain of gyms, which puts its main focus on creativity, interior, music and entertainment. Concrete was asked to translate this downright identity into an interior for the latest location of club sportive. A new club of 1600m<sup>2</sup> had to be created on the first floor and in the basement of the former post office of Haarlem.

The design is based on two main terms:

- Atmosphere: the interior should make the visitor even feel sporty without pieces of sports equipment
- Routing: the different levels and functions have to be structured and connected naturally

A classical wooden gym floor, placed in an upright position, combines those two issues: the warm colour of wood and the colourful lines of the different fields bring the gym lessons at school to mind. Additionally, this vertical element divides the club in a service and sport area and at the same time it establishes a visual connection between basement and first floor. The colours of the floors reflect this spatial separation of the functions as well. The floor is black or beige where sporting takes the centre stage. Service functions like changing rooms, spa and physiotherapy have a light blue floor that stands for freshness, health and beauty. The colour of the main route is shiny orange and creates in this way a connection between bar, sport area and aerobic hall in evidence.

To allow special visual lines between the bar on the first floor and the cardio theatre in the basement four voids were created along the façade. Thus the bar becomes a form of a gallery and its

balustrade is modelled as a long fitted couch of leather. The additional advantage of the voids is some daylight in the basement.

Because of the existing structure of the building changing rooms and spa had to be split up into two levels. Ladies and gentlemen can reach the spa on an additional floor separately through two small stairs in opposite directions. The design of the changing rooms is efficient and rigid and uses school sport association again: a long simple oak wooden bench and above it classical hooks in a long row.

The basement is shaped by the structure of the columns. The orange main route looks like an avenue of columns here. Each opening between the columns gives access to the sport area. Along the two back walls a great number of banners is mounted at the same interval as the columns. On the one hand the banners divide the sport area into small, intimate rooms without using walls, on the other hand the topic of the pictures can change the atmosphere of the sport area completely. Two large banners stick through the voids making the double ceiling height tangible.

The orange main route guides you through the sport areas back to the first floor and reaches the large aerobic hall.









# Y+ YOGA AND WELLNESS CENTER

Designer: Lyndon Neri and Rossana Hu

Client: Y+ Yoga and Wellness Center

Location: Shanghai, China

Area: 1200 square meters

Y+ Yoga and Wellness Center is an extension of the original Y+ Yoga Studio. The total area for this multi-purpose wellness center is approximately 1200 m<sup>2</sup>. The Center, opened in December of 2005, contains three yoga rooms, massage rooms, meditation rooms, social gathering spaces, a small café, and a retail space.

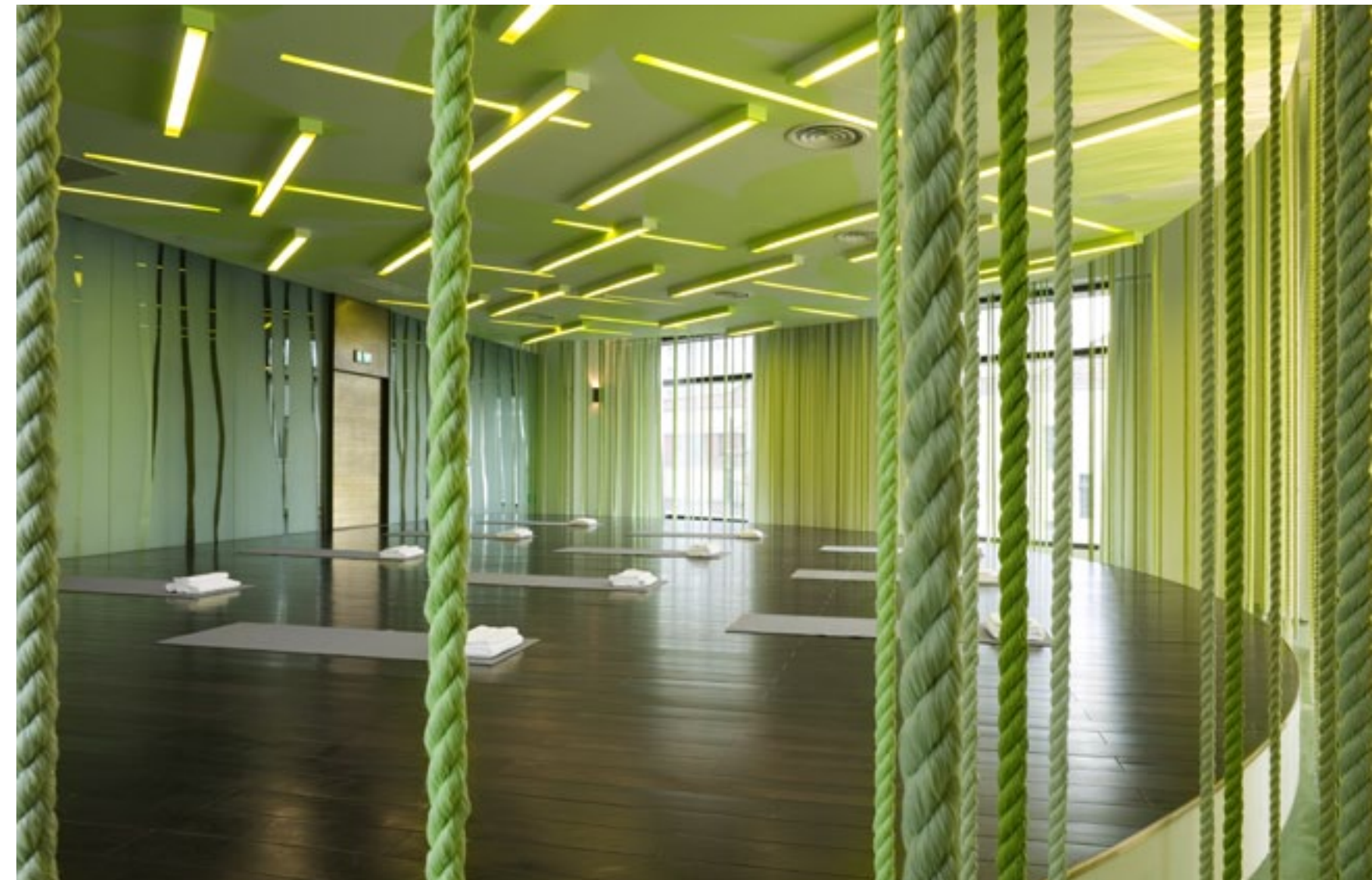
NHDRO's design explores the abstract concept of tranquility by creating intimate spaces that allow for self-reflection as well as communal spaces for human encounters. The contemporary urban life is fast moving and highly intense, where daily pressures in the ever-changing landscape of Shanghai can be emotionally and physically draining. In a city where many are trying to maintain basic human values, NHDRO is creating a refuge for self-reflection and a community for meeting people.

The two internal yoga rooms have leaf patterns randomly placed on the walls and ceiling. One room has protruding light fixtures and the other has recessed light fixtures, creating a linear directional experience that emphasizes fluidity. The third yoga room is a slightly elevated half-circular room in an abstracted forest clearing looking through the windows at a lake. The forest is abstracted with vertically hung ropes dyed in different shades of green representing a series of abstracted trees.

Additional rooms as part of the design serve to offer a complete oasis. The white room is an entirely white space from the ropes which hang from the ceiling, to the walls, floors, and cushions. The absence of color allows an alternative space for self-reflection. The rooms for encounter are intermediary rooms that are strategically placed between the circulation and the yoga rooms. These spaces are for intentional and accidental encounters. Encounters between people are an essential part of human existence. These include rooms to cool down, rooms for reading, rooms to chat, rooms to settle down and rooms for meeting new people.

The bronze gaze holes, placed strategically throughout the space, allow the yoga performer to focus on a hole for various yoga positioning or posturing. From the corridors, the portholes also indulge the voyeuristic nature in all of us to gaze into a world of tranquility. This absorption of the world of tranquility into the "self" is initiated by the gaze-perception-sweeping out into the world.













CHESAPEAKE FITNESS CENTER  
/ EAST ADDITION

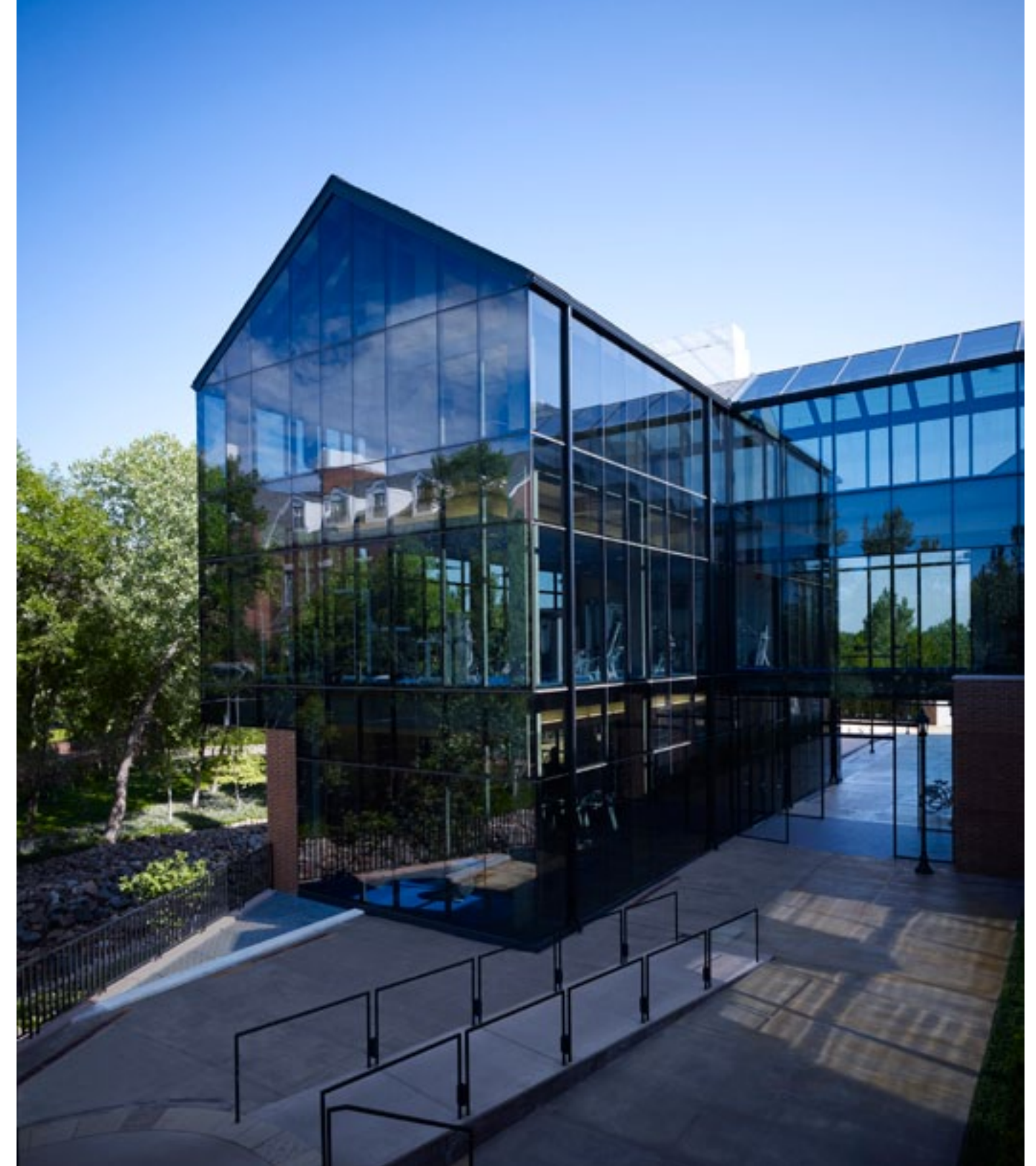
Design Agency: Elliott + Associates Architects

Client: Chesapeake Energy Corporation

Location: Oklahoma U. S. A.

Area: 20,906 square feet

Photographer: Scott McDonald, Hedrich Blessing



Program Requirements:

- a. Maximize the buildable area
- b. Three workout rooms
- c. One regulation squash court
- d. One additional basketball court with workout loft
- e. Enlarged men's locker room

Architectural Concept:

- 1. Build on a very tight site along an existing creek and respond to the 100 year flood level.
- 2. Be sympathetic to the existing architecture.
- 3. Glass workout tower with workout areas that are transparent to campus but not to public street.
- 4. Emphasis on movement - people stretching in glass walkway and going up and down stairs are visible from Public Street.
- 5. Articulate difference between structure and skin - glass is pulled away from concrete structure.
- 6. Glass workout tower gives feeling of being up in a treehouse next to the creek.
- 7. Create a campus landmark.





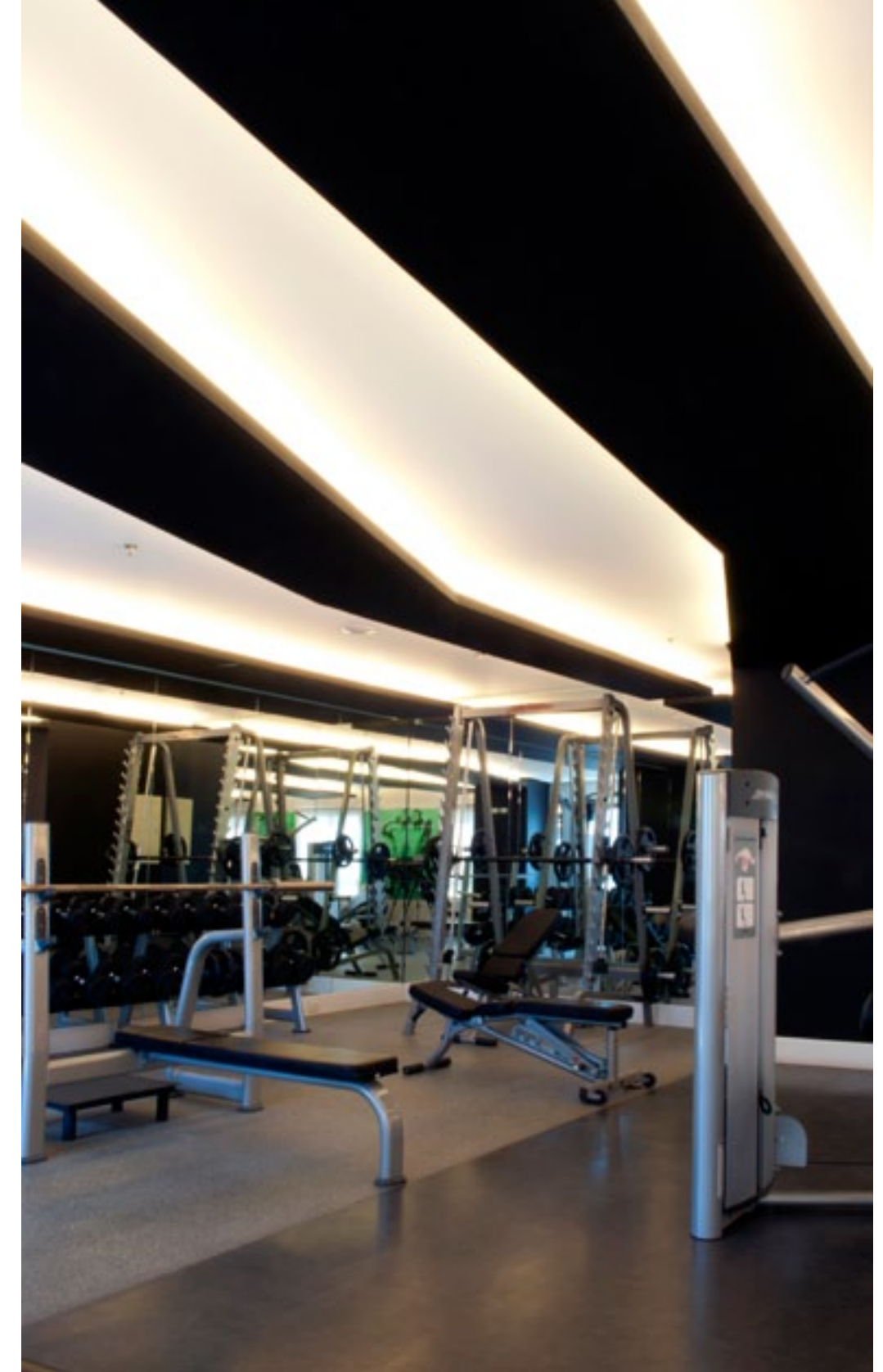








# THE COLUMNS GYM



Design Agency: Asuncion Berenguer, Inc.

Client: /

Location: /

Area: /

Photographer: /

This gym and spa in this apartment building's clubhouse makes a statement through the bold use of black and white and unconventional lines. The design forms play as jagged lines in the ceilings and square grid patterns on lockers and other wall features, softened by floating elements like suspended counters, mirrors, and lockers.

Black columns climb the wall and move into cove lights, crossing ceilings and alternating with white sections lit by the coves. Lighting is soft as it is predominantly cove lighting, with soft spotlighting to highlight certain points of interest like the large scale wall graphics that add color to the gym's predominantly neutral color palette.









## URBAN ACTIVE BUCKHEAD



Design Agency: EOP Architects

Client: Global Fitness Holdings

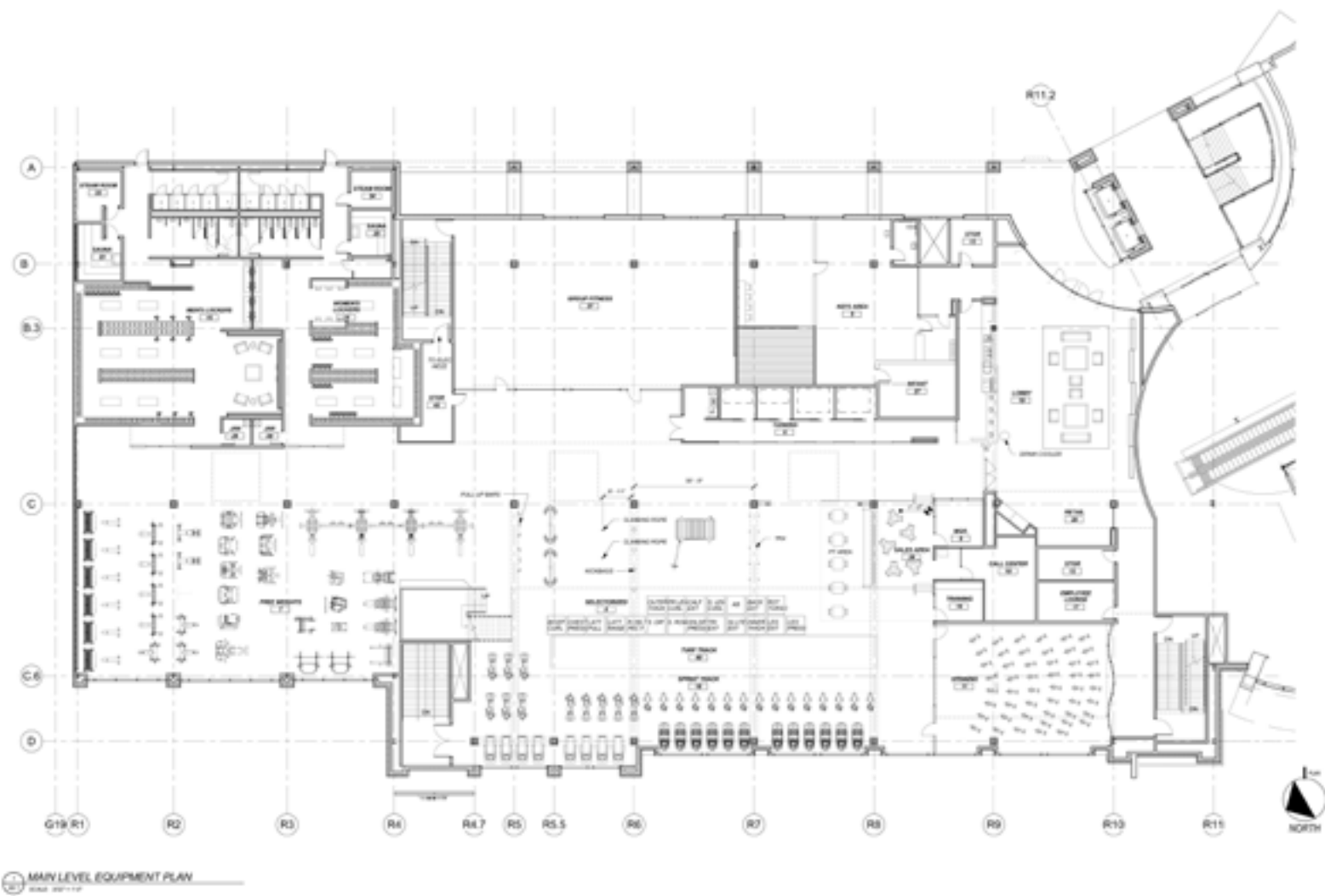
Location: Atlanta, Georgia, USA

Area: 42,000 square feet

Photographer: Robb Helfrick

Urban Active Fitness at Buckhead is a 42,000 square foot facility located in Atlanta's Buckhead area. This Urban Active club includes personal training area, free weights, circuit and cardio areas, group fitness studio, spin studio, sprint track, turf track, saunas, steam rooms, tanning, smoothie bar, pro-shop and kid's playroom. A major part of the project involved punching through the existing facade to introduce natural light. What was once windowless and dark is now flooded with light from the oversized windows.













# URBAN ACTIVE POLARIS

Design Agency / Designer: EOP Architects

Client: Global Fitness Holdings

Location: Columbus, Ohio, USA

Area: 43,000 square feet

Photographer: Chris Phebus



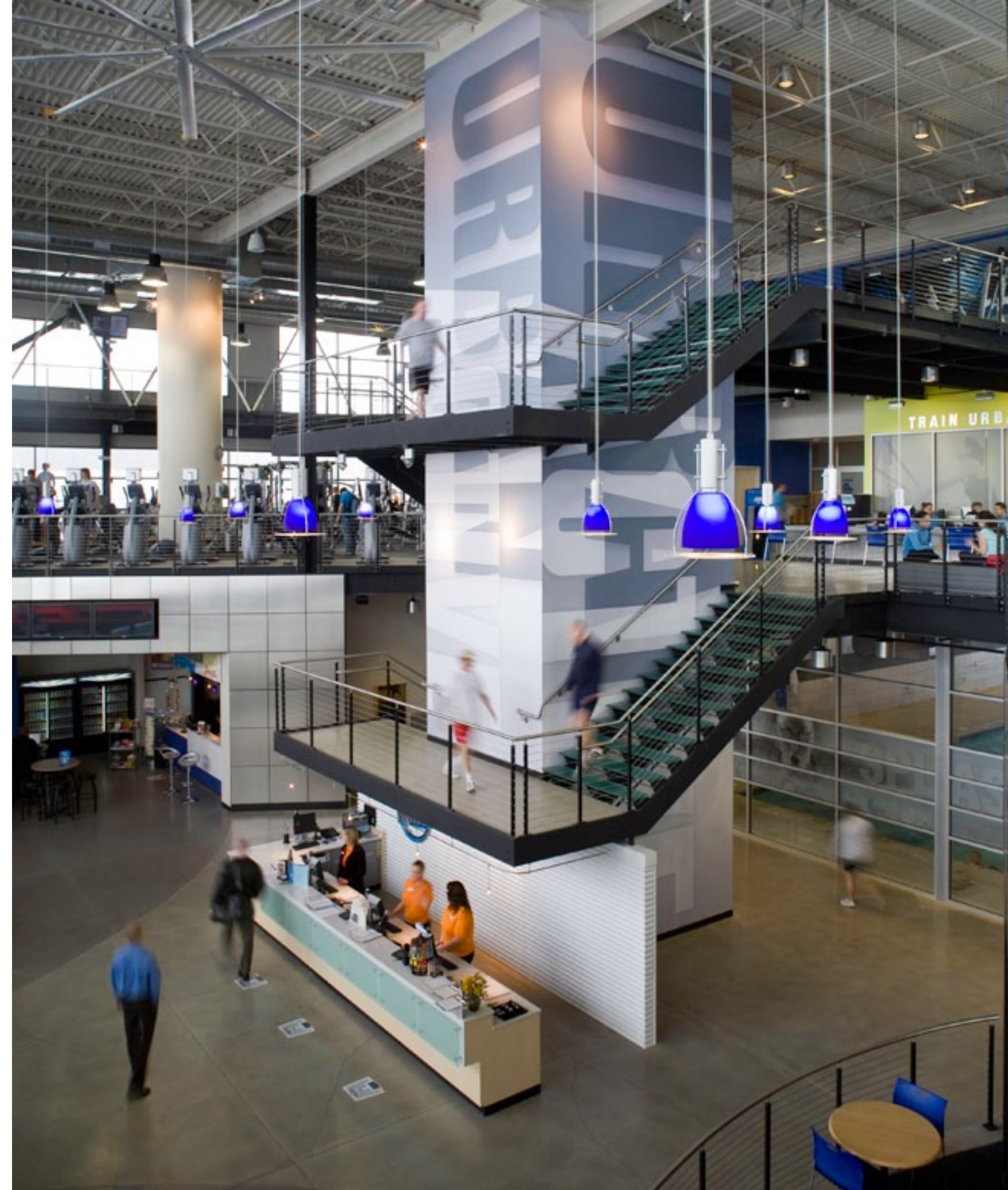
The exterior aesthetic of Urban Active at Polaris relies on the combination of four varying building materials: glass, wood, metal, and brick. The basic form of the building consists of a glass box that is wrapped by solid folded planes.

By contrasting and layering the materials, the design invokes the many nuances and textures found in an urban setting. The transparency of the building skin—accomplished by the linear glass panels—seeks to empower those passing by with full visual access to the energy and movement of its users, thus generating an attraction to pursue the same lifestyle.

The layout of the three different levels of the building is another unique aspect of this project. Rather than using a more traditional approach and designing three secluded floors, the design team allowed portions of the second and third levels to be open to the lower levels, thus aiding in the overall design concept by creating a sense of openness and motion throughout the facility. The three floors are centrally anchored by an elevator shaft that is wrapped with a glass staircase; this fixture emphasizes the powerful height of the space.

The facility is a standalone 42,985 sf, three-story new construction that highlights the design team's desire to promote motion and energy amongst club members and throughout the community. Urban Active - Polaris offers the most current exercise facilities: a cardio movie theater, spinning studio, indoor pool, indoor track, basketball court, racquetball court, cardio and free weights areas with flat screen televisions, personal training space, and group fitness area. Additionally, the club offers many upscale amenities to further meet the unique needs of its members: locker rooms with saunas, women's only workout area, children's area, smoothie bar, and tanning facilities.





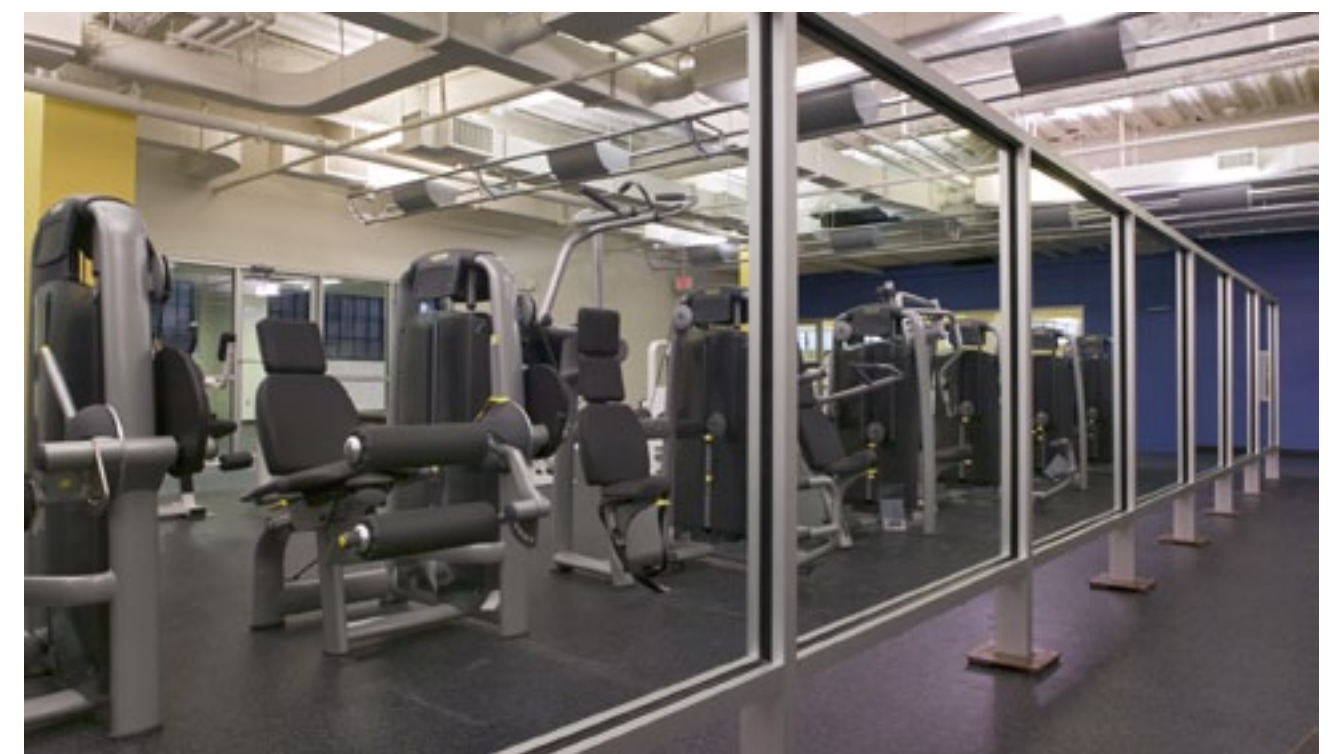








# BOSTON SPORTS CLUB – WATERTOWN



Architect: Record Sasaki Associates

Designer: Bryan Dunkelberger of S3 Design while at Sasaki Associates

Client: Equinox Fitness Clubs

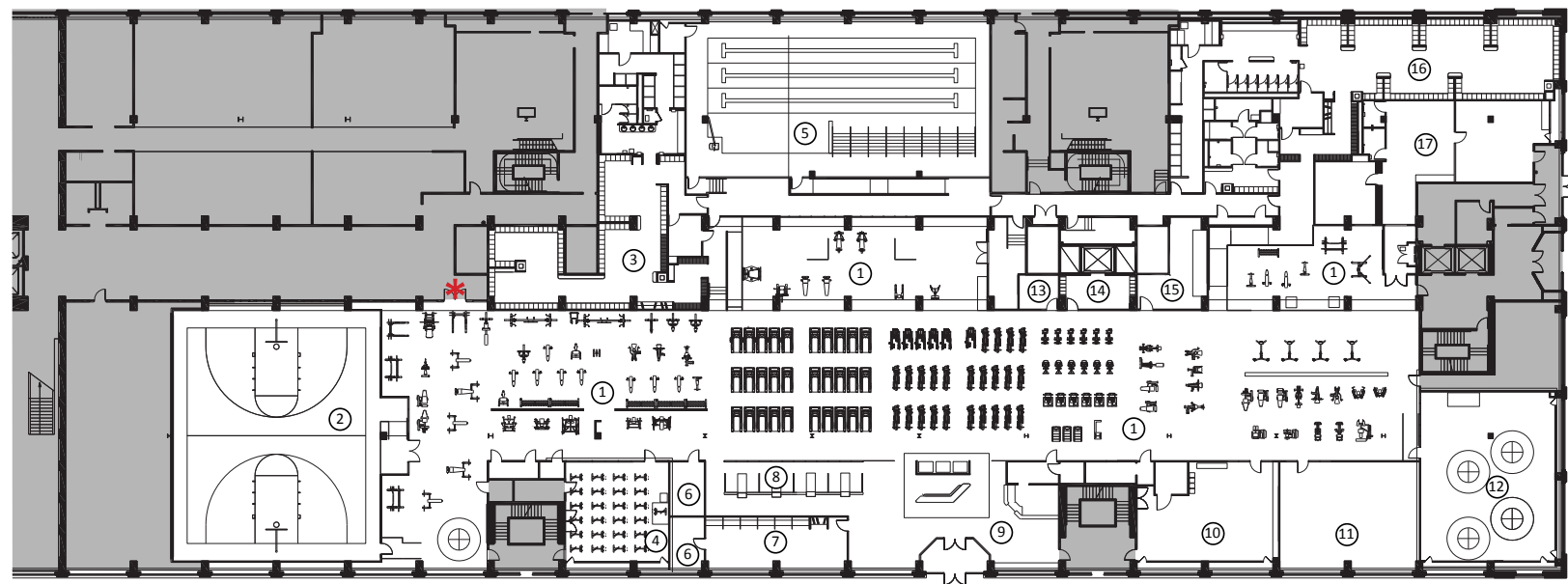
Location: 19501 Biscayne Blvd (Aventura Mall), Aventura FL 33180

Area: 25,500 sf

Photographer: S3 Design

The Boston Sports Club in Watertown is a full service community health club. It offers every fitness experience from basketball and swimming to cardio and group fitness classes. Among the standard group fitness and cycling classes are their Mindbody offerings. The club's Mindbody Studio is anchored by a natural slate headwall that is softened by the natural wood floor. Frosted glass was used to provide a level of privacy, for members as to partake in a variety of class, focused on their well being. The Studio doubles as both yoga and a Pilates venue.



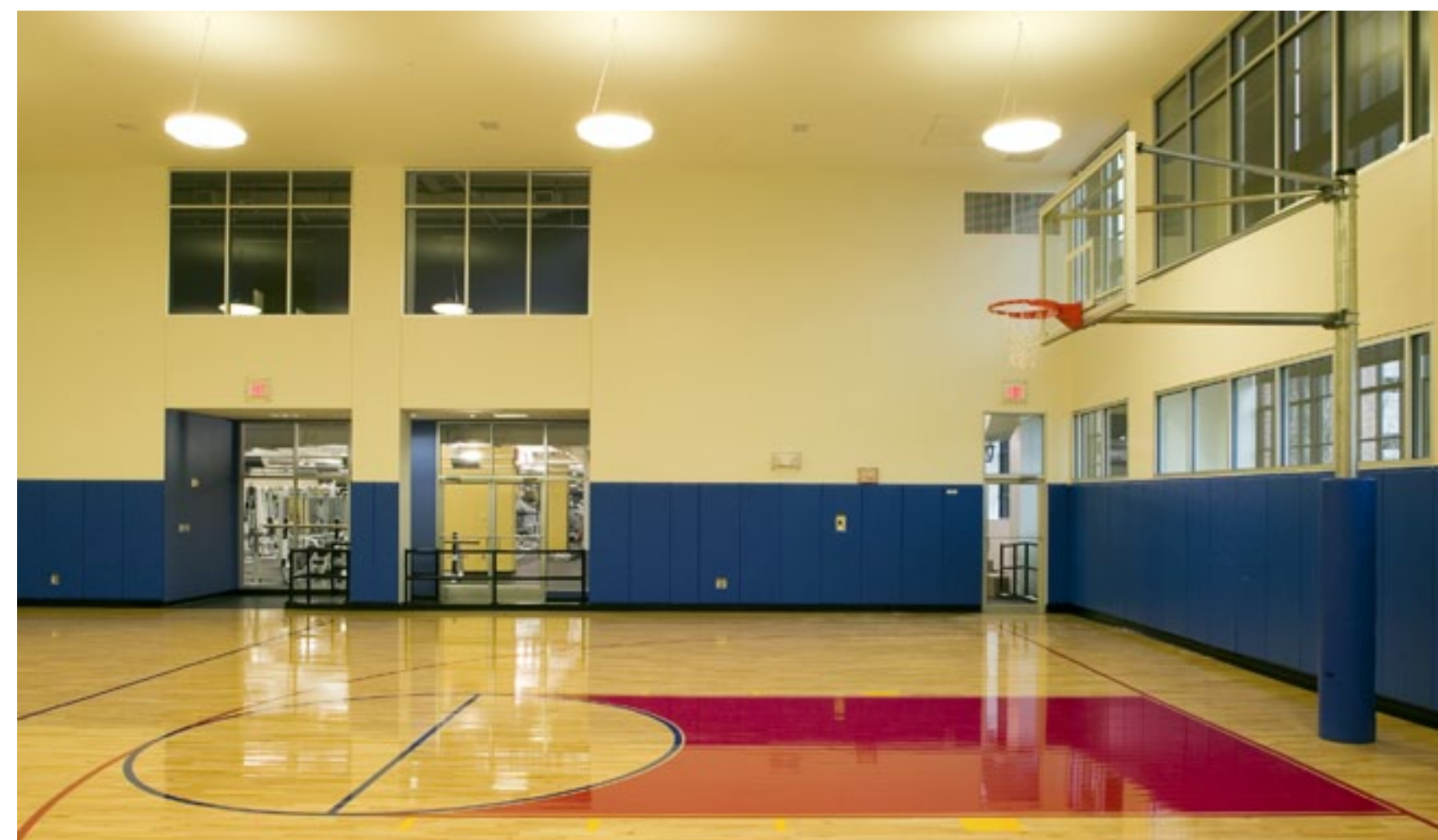


**Plan Key**

- \* ARRIVAL AT ENTRANCE
- 1. OPEN FITNESS
- 2. BASKETBALL
- 3. MEN'S LOCKERS
- 4. CYCLING
- 5. POOL
- 6. OFFICE
- 7. BULLPEN
- 8. SALES
- 9. RECEPTION
- 10. MIND/BODY
- 11. PHYSICAL THERAPY
- 12. AEROBICS
- 13. FIT LAB
- 14. STAFF ROOM
- 15. LAUNDRY
- 16. WOMEN'S LOCKERS
- 17. CHILDCARE / KID'S GYM

**Floor Plan**

**BOSTON SPORTS CLUB  
WATERTOWN, MASSACHUSETTS**











# EQUINOX — 131 DARTMOUTH STREET



Designer: Bryan Dunkelberger of S3 Design, while at Sasaki Associates

Client: Equinox Fitness Clubs

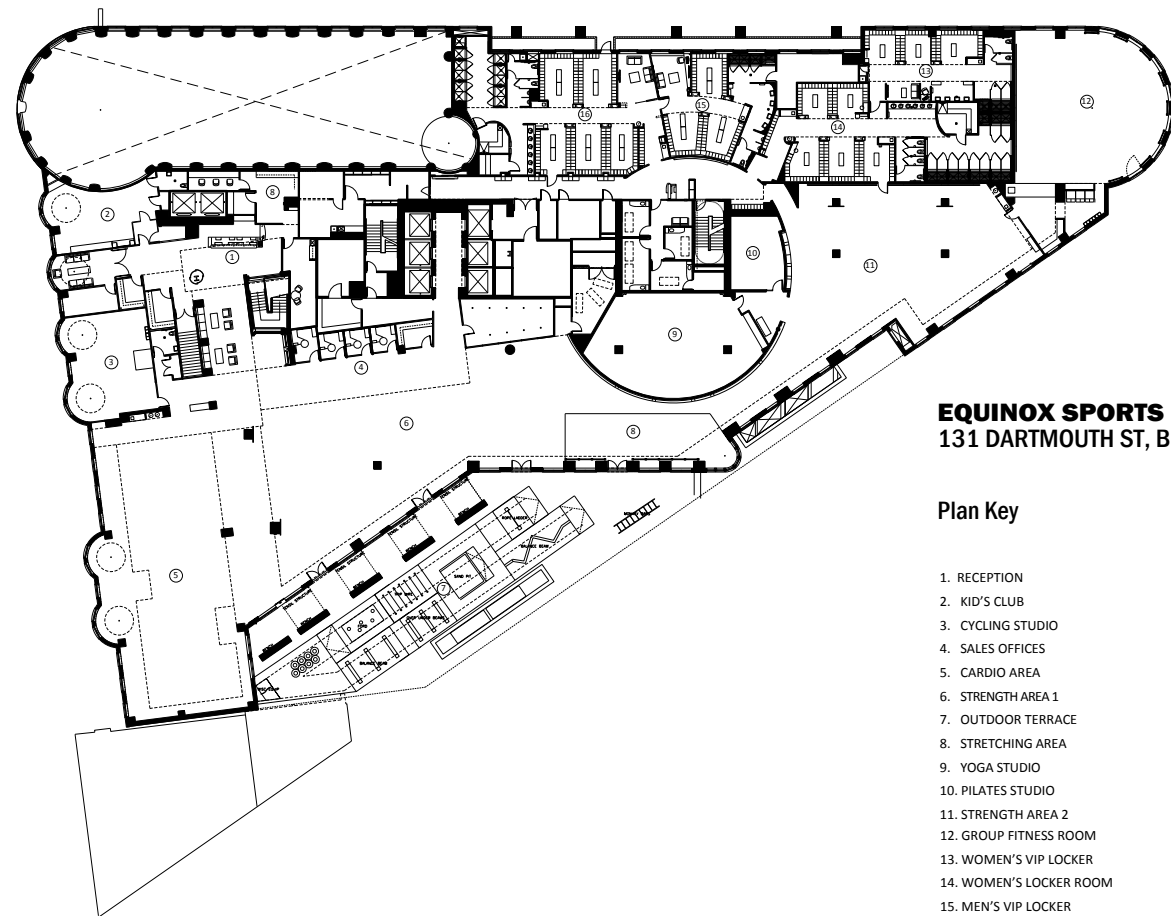
Location: 131 Dartmouth Street, Boston MA 02116

Area: 32,000 sf

Photographer: Robert Benson Photography

The Equinox located at 131 Dartmouth Street's main focal point is a bulbous form that houses the yoga studio and is located in the center of the fitness club. The form serves as a "vessel" for the mind / body elements of the club and includes both yoga, and Pilates. The interior of the studio's semi circular form focuses the patrons on the Yogi's area located near the front of the room. The lighting and natural materials add to the spiritual atmosphere of the exercise, creating an environment that is conducive to the focus need for practicing yoga.





**EQUINOX SPORTS CLUB**  
131 DARTMOUTH ST, BOSTON, MA

**Plan Key**

- 1. RECEPTION
- 2. KID'S CLUB
- 3. CYCLING STUDIO
- 4. SALES OFFICES
- 5. CARDIO AREA
- 6. STRENGTH AREA 1
- 7. OUTDOOR TERRACE
- 8. STRETCHING AREA
- 9. YOGA STUDIO
- 10. PILATES STUDIO
- 11. STRENGTH AREA 2
- 12. GROUP FITNESS ROOM
- 13. WOMEN'S VIP LOCKER
- 14. WOMEN'S LOCKER ROOM
- 15. MEN'S VIP LOCKER
- 16. MEN'S LOCKER ROOM









# EQUINOX 225 FRANKLIN STREET

Designer: S3 Design Inc. w/ CBT Architects

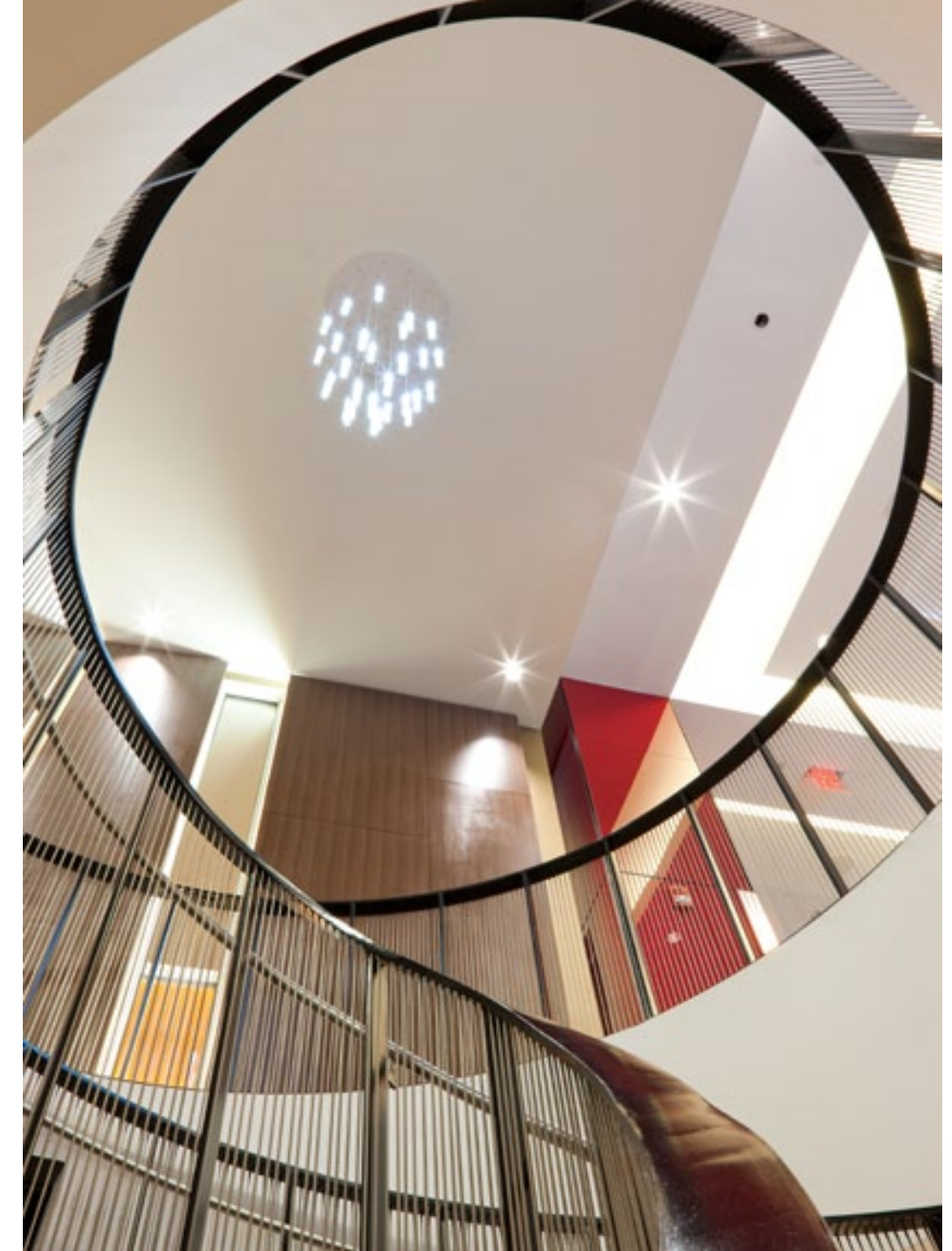
Architect: Record CBT Architects

Client: Equinox Fitness Clubs

Location: 225 Franklin Street, Boston MA, 02109

Area: 36,500 sf

Photographer: John Horner Photography



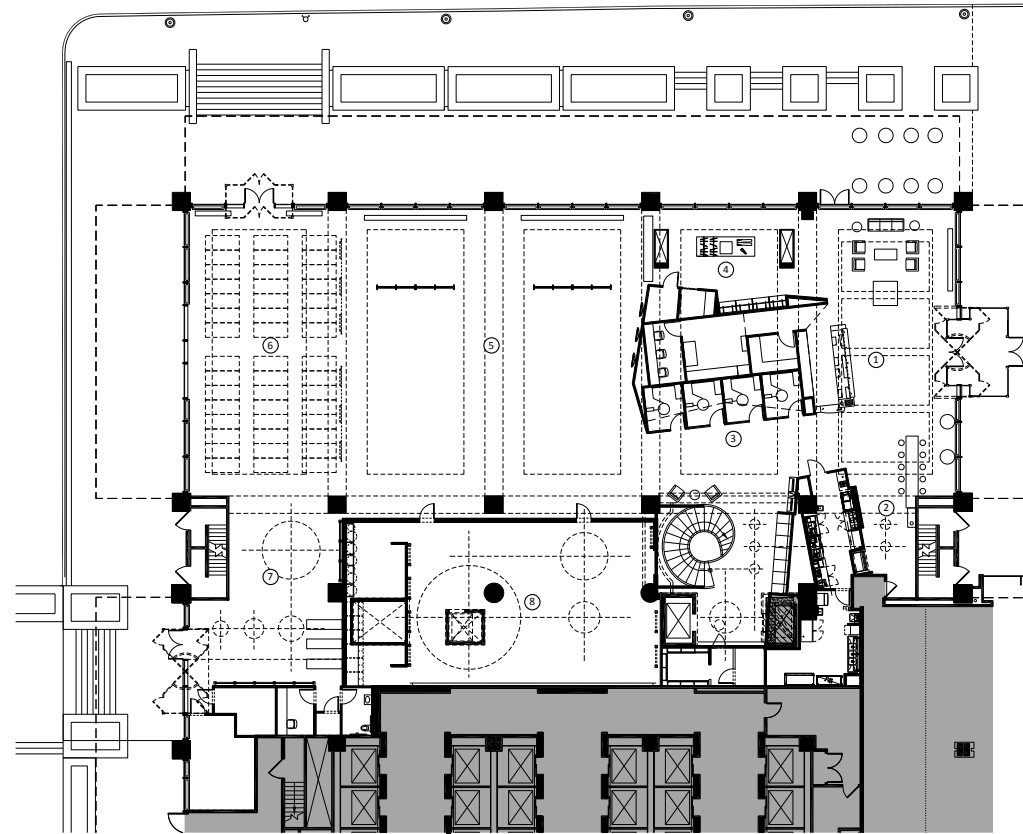
The Franklin Street building was originally the home of State Street Bank. Equinox now occupies the first floor space and the concourse level below. The first floor was an example of a by-gone banking era with grand vaulted ceilings, and large expanses of windows. An existing spiral stair, which was a wonderful example of modernist architecture, connected the two floors. Although, the original stainless steel vault door on the concourse level, may have been the most unexpected surprise. The circular pattern on the door became the inspiration for the design and the new club architecture. S3 Design was hired by Equinox to develop the design and set the club feel through schematic design. They were then retained through Design Development, Construction Documents, and Construction to work with the Base Buildings Architect of Record providing guidance and design continuity.

With the inspiration starting at the vault door and a history steeped in Banking, the design of the new club focused on "Precious Metals and Gems." The first floor with its two story volume is home to the "Gem Box," which incorporates the reception desk, sales offices, and club support staff in one architectural element. The remainder of the first floor accommodates Strength Area 1, Cardio Area 1, a functional training/stretching area, and a 2000 s.f. Group Fitness Studio.

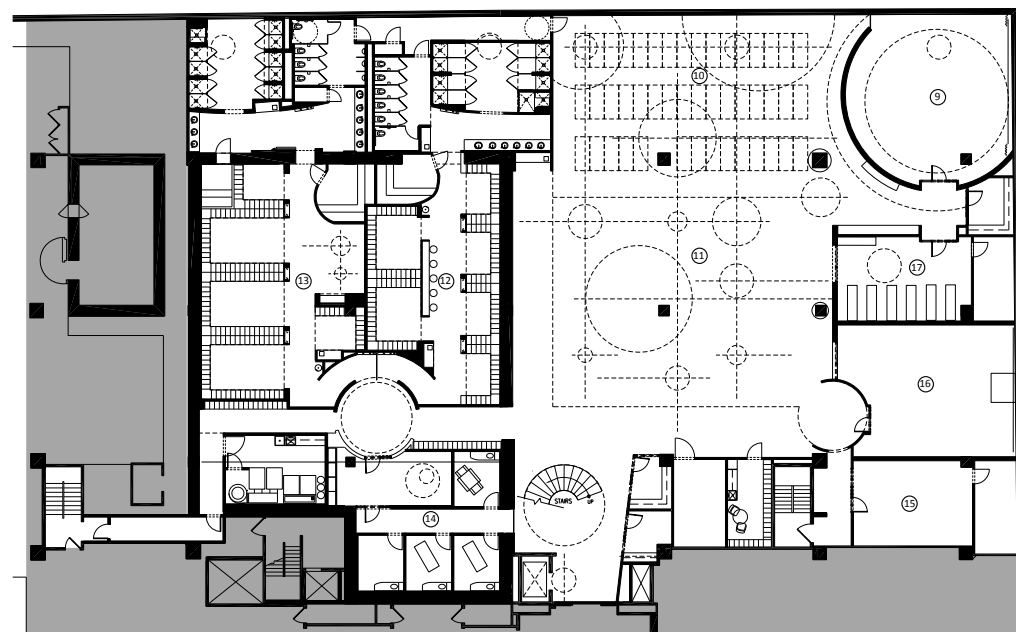
The new locker rooms are located in the old vault and were designed to have a safe deposit box feel. Dark woods and metal accents blend to create a banking atmosphere that is accentuated with luxury. Strength / Cardio, Yoga, Pilates, Cycling, and Boxing studios are also located on the concourse level. Large glowing discs on the ceiling of Cardio and Strength Area are a modern interpretation of the vault door design.

As Equinox's second club in the Boston market, the 225 Franklin location is a beautiful example of blending the banking history of the building with a state-of-the-art health club.





GROUND LEVEL



LOWER LEVEL

**EQUINOX SPORTS CLUB**  
225 FRANKLIN STREET, BOSTON, MA

**Plan Key**

- |                        |                         |
|------------------------|-------------------------|
| 1. RECEPTION           | 10. CARDIO AREA 2       |
| 2. CAFE                | 11. STRENGTH AREA 2     |
| 3. SALES OFFICES       | 12. WOMEN'S LOCKER ROOM |
| 4. SHOP                | 13. MEN'S LOCKER ROOM   |
| 5. STRENGTH AREA 1     | 14. SPA                 |
| 6. CARDIO AREA 1       | 15. BOXING STUDIO       |
| 7. FUNCTIONAL TRAINING | 16. CYCLING STUDIO      |
| 8. GROUP FIT STUDIO    | 17. PILATES STUDIO      |
| 9. YOGA STUDIO         |                         |











# EXHALE MINDBODY SPA

Design Agency: S3 Design Inc.

Client: Exhale Enterprises / PNC Bank

Location: 2 Battery Wharf, Boston MA 02109

Area: 13,000 s.f

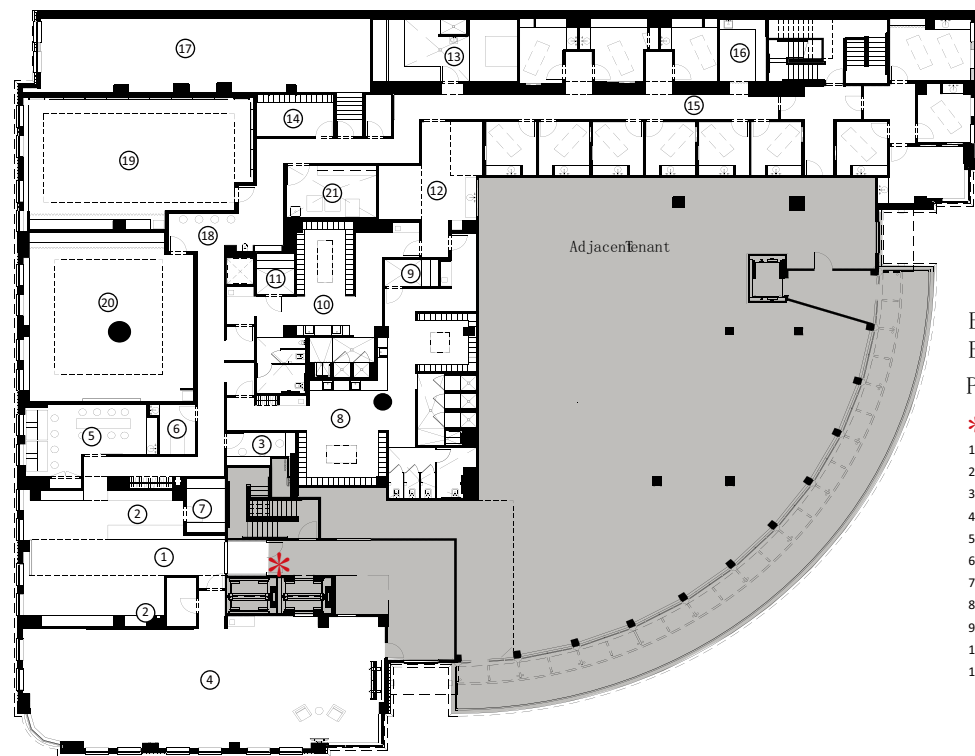
Photographer: Kristen Teig Photography ([www.kristinteig.com](http://www.kristinteig.com))

Others: DLDT Associates, Legatt McCall Associates



Exhale Mind Body Spas, are the embodiment of holistic spiritual wellbeing, and their flagship location in Boston, is no exception. This location boasts a luxuries locker room and spa, but at the heart of their mission, is the Yoga and Core Studios. The core studio is designed to maximize the proprietary CORE programming, while the Yoga Studio is design to capture the spiritual side of wellbeing. A wooden ceiling trellis is used to hide the minimal lighting that accents the exterior windows. The use of dark woods, rich red drapery, and a rattan woven column enclosure, in the Yoga Studio captures the solemn nature of the yoga experience.





EXHALE MindBodySpa  
BATTERY WHARF BOSTON, MA  
PlanKey

- \* ARRIVAL AT SECOND FLOOR SPA ENTRANCE
- 1. LOUNGE
- 2. BOUTIQUE
- 3. OFFICE
- 4. FITNESS ROOM
- 5. MANICURE/PEDICURE
- 6. WAXING ROOM
- 7. GM OFFICE
- 8. WOMEN'S LOCKER ROOM
- 9. WOMEN'S SAUNA
- 10. MEN'S LOCKER ROOM
- 11. MEN'S SAUNA
- 12. QUIET LOUNGE
- 13. HAMMAM
- 14. EMPLOYEE LOCKERS
- 15. TREATMENT ROOMS
- 16. DISPENSARY
- 17. BACK OF HOUSE
- 18. STUDIO VESTIBULE
- 19. CORE STUDIO
- 20. YOGA STUDIO
- 21. LAUNDRY











# ILLOIHA OMOTESANDO

Designer: Oki Sato

Client: ILLOIHA fitness club

Location: Tokyo

Area: /

Photographer: /



The second branch of the ILLOIHA fitness club is located on two below-ground floors of a building. Since the gym is spread out over the two floors, we decided to use a studio with an unusual two-story ceiling to unify the space.

To express the original brand concept of "becoming beautiful through movement", we chose the theme "rock-climbing in Omotesando" and developed a design that uses the mismatch between a rugged outdoor sport and Tokyo's fashion district to its advantage. Instead of the usual rough and outdoorsy climbing wall, we came up with the idea of using interior design elements like picture frames, mirrors, deer heads, bird cages and flower vases to create a challenging wall with hard-to-find holds and unusual finger grips. We hope that our uniquely Omotesando-style climbing wall inspires newcomers to try out the sport, and starts a new wave in fitness with style.









## CLAY FITNESS



Design Agency: STUDIOS Architecture

Location: New York, NY

Area: 20,000 square feet

Photographer: /

Robin Brown and Partners hired STUDIOS to design Clay, an alternative "health" center committed to the enhancement of the mind, body, and spirit. Clay is a place to exercise, eat, relax, and think. Subtle green and brown accent furnishes an otherwise neutral color palette that combines lighter shades with warmer dark grays. Light-colored Australian floor tiles cover the entire central area, from the reception area to the lockers. Specially designed skylights and occasional light covers accentuate curving walls and oval columns to create an exquisite, minimalist space, with emphasis on comfort and light. Upscale design and high-level service mark Clay as the premier facility of its kind.









# mBODY YOGA & MASSAGE

Design Agency/ Designer: Sterios Architecture & Interiors / Peter Sterios

Client: Peter & Tawny Sterios

Location: San Luis Obispo, California

Area: 1000 SF

Photographer: Elliot Johnson and Laurie Hobbs



mBODY yoga & massage is a 1000 SF shell project in a former light-industrial warehouse located near the edge of downtown San Luis Obispo, California. The program included one yoga studio with a loft and a large glass wall that opens onto a private outdoor garden, one massage treatment room, a small reception and retail area with a tea bar, one unisex restroom and change area. The project was built in 2010 at a cost of approximately \$35/SF, incorporating cork floors, natural daylighting, low VOC paint, recycled and salvaged cabinetry, IKEA modular cabinets and counter-tops, stained concrete flooring, low flow plumbing fixtures, energy efficient fluorescent and low-voltage lighting fixtures.









# TRIDOSHA HEALING CENTER

Design Agency/ Designer: Sterios Architecture & Interiors / Peter Sterios

Client: Michael Brevet

Location: San Luis Obispo, California

Area: 2200 SF

Photographer: Elliot Johnson



Tridosha Healing Center is a 2200 SF shell project within an old brick industrial building in downtown San Luis Obispo, California (the first commercial butchery in the city built in 1928). The program included two yoga studios, two massage treatment rooms, a cafe and outdoor patio, an admin office, reception and retail area, two restrooms and change areas. The project was built in 2006 at a cost of approximately \$115/SF, and was the first green yoga studio in the area, incorporating bamboo hardwood floors, natural daylighting, low VOC paint, recycled plastic laminate surfaces, natural slate flooring, and low flow plumbing fixtures, energy efficient fluorescent and LED lighting fixtures.





## OM KIDS YOGA CENTER

Design Agency/ Designer: Ore Studios Interior Design

Client: Elyse Rotondo

Location: Pawtucket, Rhode Island, USA

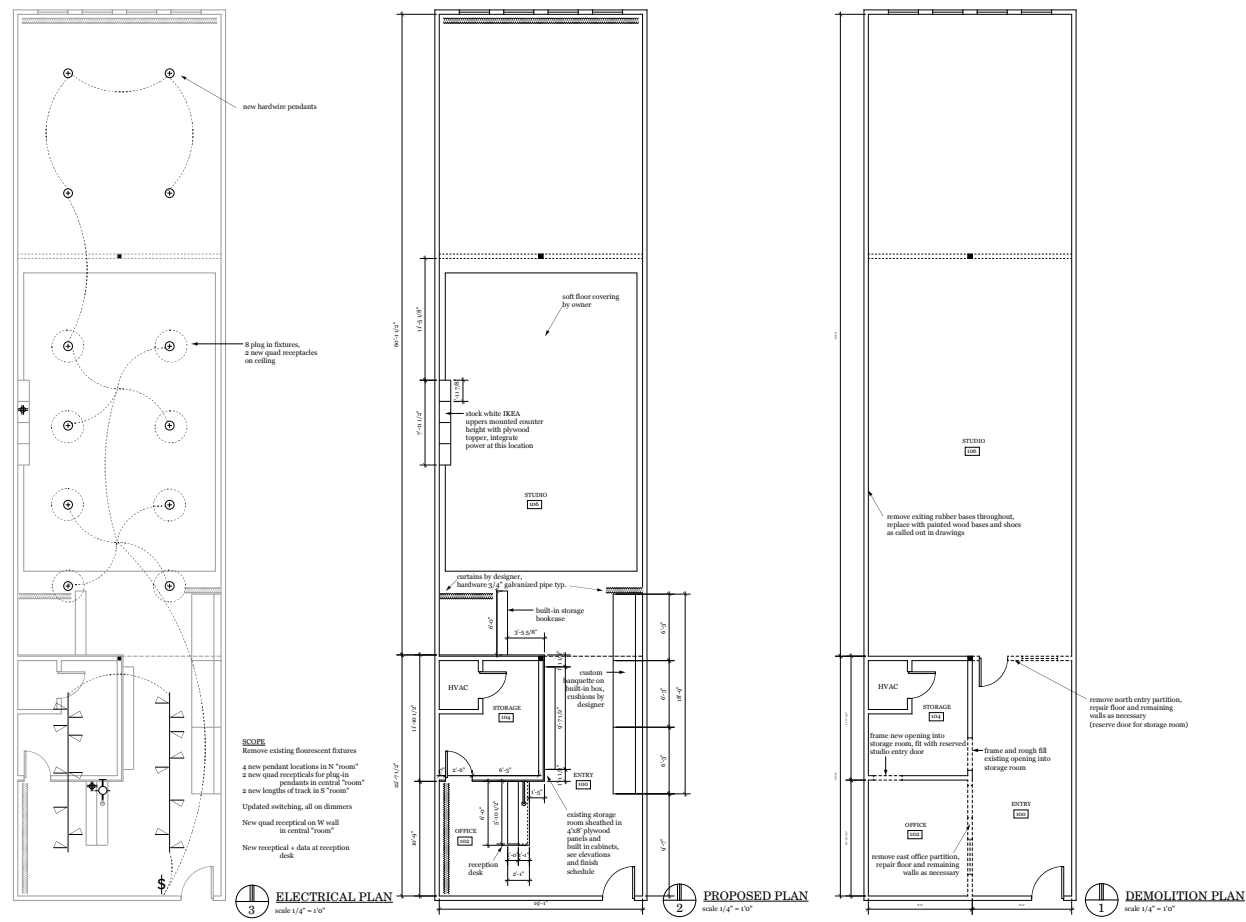
Area: 1500 square feet

Photographer: Ore Studios Interior Design



Rhode Island-based yoga instructor Elyse Rotondo asked Ore Studios to design a yoga studio that would appeal to both children and their families. Combining her affinity for strong color and organic textures, the resulting tenant infill project is a beautiful, warm space for kids to participate in her innovative yoga classes. Located in a historic mill building in Pawtucket, RI, the existing walls were relocated or removed and then clad in sequence-matched red oak plywood. All of the custom casework in the space has an exposed laminated plywood edge with brightly colored exteriors and door faces. Teal colored curtains hang from galvanized pipe and a custom pendant from Studio Dunn illuminates the front desk.





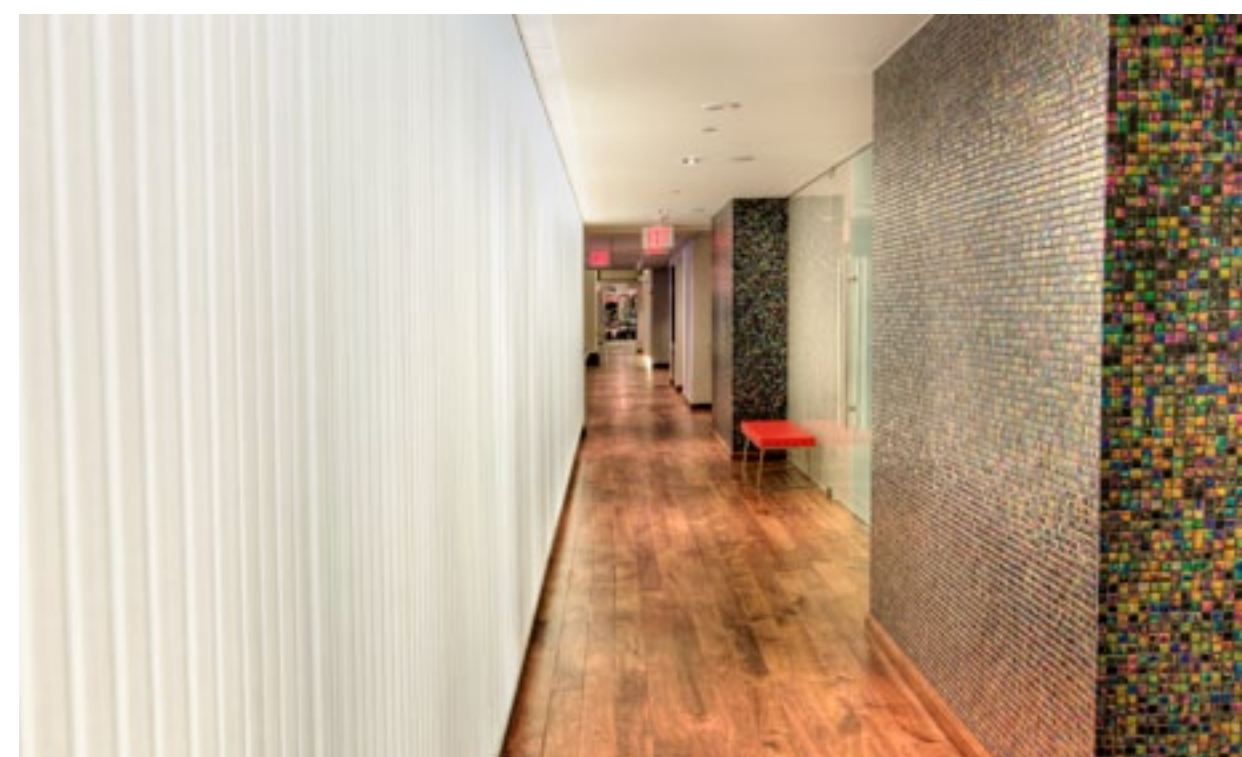








# CLUB H 34TH STREET



Design Agency: Fabiano designs

Type: /

Location: /

Photographer: /

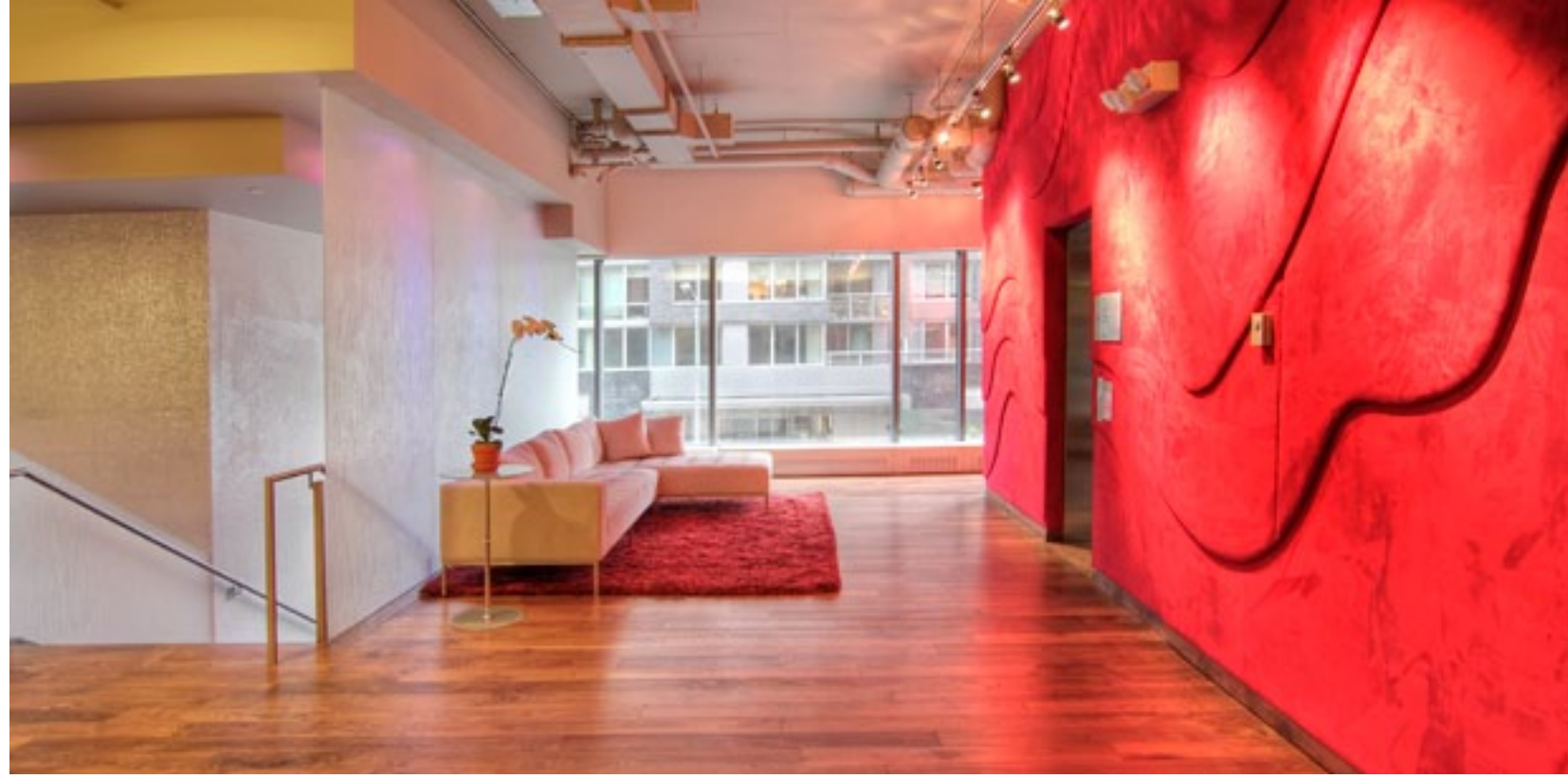
Club H 34th Street, located in the Murray Hill neighborhood of New York City, is a 30,000 sf renovation within an existing 40 story apartment building. Designed to respond to the surrounding neighborhood, this club is extremely successful at evoking the casual chic New York City loft feel.

"You've got about 30 seconds to grab someone's attention", so this club visually impresses right away with the street level lobby and glass encased staircase that accesses the second floor of the club. Club H 34th Street incorporates these (and many other) unique features as part of the experience of moving through the club while embracing the long, narrow space and existing structural constraints.

The materials used to achieve the casual chic feel are organic and tactile in nature. Raw versus refined materials are juxtaposed in different areas of the club to further accentuate the "handmade", touchable vibe. Emphasized with the incorporation of walnut floors, iridescent mosaic tiles and a curtain of hand-cast glass, Club H 34th Street includes some unexpected flairs as well. Throughout the club, you will find some walls covered in felt, some in suede, and even one covered in moss.

The dynamic and social element is encouraged through the materials and experience of space. Although a health club is typically designed for one purpose, this club strives to create community. This ideal is addressed with the inclusion of several social nooks throughout the club. These nooks are as important to the club as the Cardio decks and Group Exercise Rooms. Collectively, Club H 34th Street achieves a successful balance between a fluidly functioning health club and an overall intriguing space to inhabit.





SECOND FLOOR PLAN



FIRST FLOOR PLAN



Copyright © 2017 - FABIANO ARCHITECTS, s.r.l.  
 Direzione di Architettura: Fabiano Fabiano  
 Progettazione: Fabiano Fabiano ARCHITECTS















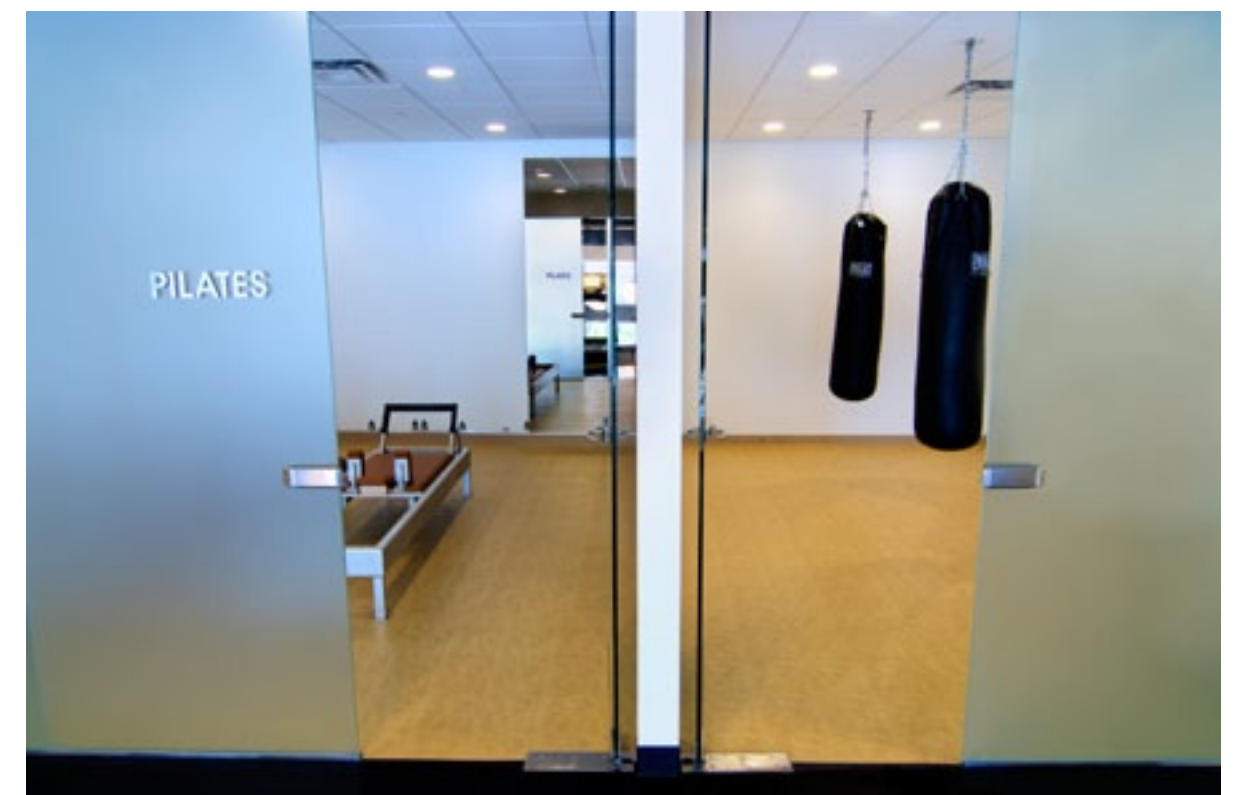
# CLUB H JERSEY CITY

Design Agency: Fabiano designs

Type: /

Location: /

Photographer: /



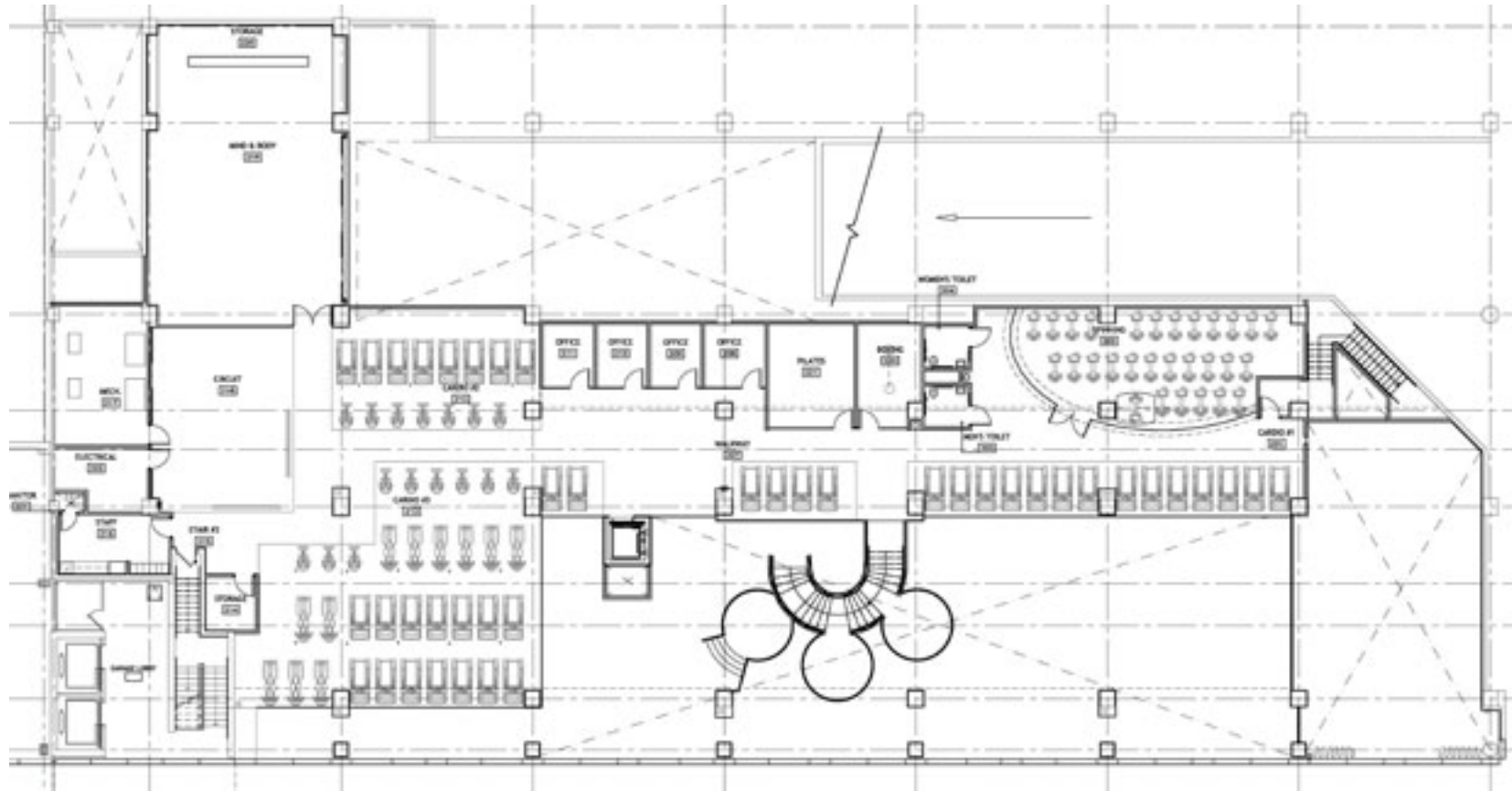
Club H Jersey City is a 27,000 sf fit-out located in the new Columbus Towers development. The space incorporates an impressively long stretch of street frontage which ultimately sets the tone for the open and visible feel of this club.

Considering the newness of the development, the design strove to emphasize the clean, white purity of new construction in a sophisticated way. Constructed as a one-story space with a mezzanine, the entire length of the club is exposed to the street, but never in a self-conscious way. Instead, elements such as the light, airy volume of the lobby seep into the more intimate spaces of the lounge and café while also extending to the grandeur of the curved stair. The stair, in and of itself an engineering feat, functions as the main circulation to fitness areas interlaced with "pods" of social opportunities.

Shades of white, as incorporated through refined materials & textures, are punctuated by bursts of color throughout the space. Subtle yet bold, the materials express texture in an elegant way.

Although designed primarily as a health club, Club H Jersey City strives to play a bigger part in the lives of its members. This is especially evident with the sweeping curve of the stair and the moments of socialization it provides for. Ultimately, Club H Jersey City succeeds as a health club but also as an integral part of the community.













# FITNESS CENTER RENOVATION- THE 14TH STREET Y COMMUNITY CENTER



Design Agency: Studio ST Architects & Z-A Studio

Client: The 14 Street Y of the Educational Alliance

Location: NY, USA

Area: 50,000 sq.ft.

Construction on the renovation of the 14 Street Y Community Center began in early June and was completed on time and on budget in October 2009. On the ground floor, the lobby, fitness center, locker rooms, office, fitness studios, showers and pool are reorganized as a series of parallel bands. As users move through the different spaces, they experience the variety of happenings that animate the building.

The existing offices, which occupied the prime space along 14th Street, were relocated to make space for a new entrance lobby. This 2000-square-foot lobby has a gradient blue custom pattern cement tile floor, a field of circular fluorescent lights, and bright yellow 100% recycled plastic lounge furniture. New large windows were installed that open the lobby to 14th Street and bring the action of the street and natural light from outside into the space. A new garden was planted with colored pebble and birch trees to shade the façade. The overall effect is young, fresh and befitting the Y's East Village location.

The fitness center, while not much larger than it was originally, now comfortably accommodates 25% more fitness equipment. This space is also organized as a series of parallel bands corresponding to type of equipment (cardio, weight training, stretching etc.). The bright yellow and orange rubber floor brighten this windowless space. The waiting bench, fitness desk and low partition walls are all formed of curved rubber.

Locker rooms were relocated to the southern end of the fitness center. The architects removed the existing vinyl floor and poured a clear layer of epoxy mixed with sand to create a slip-resistant concrete floor. The warm brown color of this floor is juxtaposed with six vibrant colors of locker doors. Each color indicates the type of locker, from monthly rentals to day use and handicap-accessible. The light fixtures, which are typical of construction sites and sidewalk scaffolding, float below the exposed concrete ceiling, creating a simple plane that complements the existing pipes and ducts servicing the upper floors. The overall look is a thoughtful response to the client's desire to create something that felt "new, clean and edgy."





**Legend**

- 1. Entry Vestibule
- 2. Entry Lobby
- 3. Elevator
- 4. Security Desk
- 5. Reception Desk
- 6. Waiting Area
- 7. Gallery
- 8. Fitness Entrance
- 9. Fitness Office
- 10. Stroller Parking
- 11. Office
- 12. Fitness
- 13. Stretching Area
- 14. Hallway
- 15. Pool Entry
- 16. Family Changing Room/ ADA Bathroom
- 17. Women's Locker Vestibule
- 18. Women's Locker Room
- 19. Men's Locker Room
- 20. Women's Drying Area
- 21. Men's Drying Area
- 22. Pool
- 23. 13th Street Entrance







# PURE YOGA-EASTSIDE

Contributor: Pure Yoga



## The Pure Yoga Experience

PURE Yoga is the only studio in the United States that will offer 19 styles of yoga under one roof, encouraging people to experience many forms. PURE Yoga programming is designed to complement your physical and spiritual growth as a yogi, whether you are just starting out or advancing your practice.

PURE Yoga is devoted to offering the best yoga experience possible: ever evolving teachers, grounding practice spaces, transformative lounging spaces, inspired programming, never-ending education and an energizing community.

## Pure Yoga Approach

Where do you want your yoga to take you? Because PURE Yoga is devoted to offering the best experience possible, a personal guide helps determine what aspects of yoga speak most to the member and navigates the hundreds of classes and wide range of styles given each week to make a blissful match. And, each style offered comes in three levels, starting with a beginner-level technique class. At PURE Yoga, teachers guide, support, motivate, and invigorate members to keep advancing their practice. Each and every PURE Yoga instructor has a high level of experience in many styles of yoga and its complementary techniques.

## Pure Yoga Offerings:

1. 19 different styles of yoga under one roof, including meditation
2. Each style of yoga will be offered in three levels, starting with beginner
3. Four dedicated yoga studios (hold up to 40 people)
4. Two private studios for one-on-one attention and instruction, as well as meditation
5. Spacious, spa-quality changing rooms and lounging areas featuring the finest bath and skincare products
6. Over 60 instructors
7. Renowned guest instructors from around the world
8. 110 classes a week
9. Monthly membership allow members to take as many classes and workshops as they want, whenever they want
10. Online class booking to ensure space in the class you want













## PURE WEST SIDE

Contributor: Pure Yoga



Pure harmonizes several yoga practices to produce a consciousness-raising experience dedicated to well being. This holistic approach provides a motivational foundation and sanctuary for yogis of all backgrounds in an effort to promote a temperate internal balance.

Pure's floor plan is influenced by traditional Indian courtyard arrangements found in residential and spiritual architecture. A fusion between modern design and monastic styles can be observed in the subtle touches of artisanship reflected in hand carved tile and sculptures of Mudras - the positions associated with Buddha's hands - to provide a sense of stillness and reverence with a contemporary feel.

The color palette is inspired by traditional Indian aesthetics. Mainly comprised of a mixture of earth tones, the space is accented with saturated oranges, reds, magentas and pinks. The studios are finished in blonde tones to create a light, tranquil feeling, and silver-hued whites complete the locker rooms to create a refreshing environment for members.

"We chose sustainable materials such as formaldehyde-free rapidly renewable bamboo, and cork for the flooring throughout our space," says Aaron Richter, Vice President of Design. "Lighting made of Polywood - which uses post-consumer and post-industrial recycled plastics, and compact fluorescent help reduce the energy footprint. Our design also embraces water and energy conservation. Dual flush toilets, waterless urinals, hand dryers, air jet showerheads and motion sensor faucets are all employed in an effort to achieve a more considerate approach to eco-friendly construction. Moreover, low VOC paints and low formaldehyde content are used to help ensure optimal air quality."

This studio aspires to support and promote the physical and spiritual principles of yoga through thoughtful design. The approach aims to provide students of yoga with spaces attuned to stilling the senses, which results in an environment that supports the transformative experiences members seek.













# BLACK LOTUS YOGA



Architect: Jinhee Park AIA, John Hong AIA/LEED (principals in charge), Anne Levallois

Contractor: Luther Child, Ltd.

Client: /

Location: Cambridge, MA

Area: /

Photographer: /

BLYP is a non-profit studio dedicated to offering yoga practice as a transformational tool, particularly to those suffering from post-traumatic stress. Budgetary constraints were taken as an opportunity to explore and express the client's elemental approach to yoga as a 'simple, well-intended, and imperfect practice.' The design solution was to abstract the site into two materials: the ground and the sky. Like the practice of yoga, the ground (bendable cork) and the luminous sky (fire-retardant tyvek) merge in the space between (the body) in ways that are both functional and symbolic.









# YYOGA WELLNESS CENTRES

Design Agency: Michel Laflamme Architect

Design Team: Michel A. Laflamme (mABC), Donna Toppings (LD), Ron Mikulik (ST)

Client: /

Location: Vancouver B.C.

Area: /

Photographer: /

In 2007, Michel Laflamme Architect was approached by YYOGA to design Wellness Centres focused on the practice of hot yoga, in and around Vancouver B.C.

Four years later, five have been built.

General programmatic elements:

Hot and regular temperature yoga rooms; infra-red sauna; treatment rooms; cool down area; retail; changing and shower rooms.

Client's request:

The Architect was asked to design multiple and unique sustainable Wellness Centres that are focused on the practice of hot yoga. While using similar design elements like bamboo poles and bamboo built-in cabinets, each studio has a unique character that respects and reflects the environment it's built in.

Architect's vision:

The main objective was to design spaces devoid of distractions, which would behave towards the users as some sort of 'mental vacuum' and therefore promote relaxation and focus.

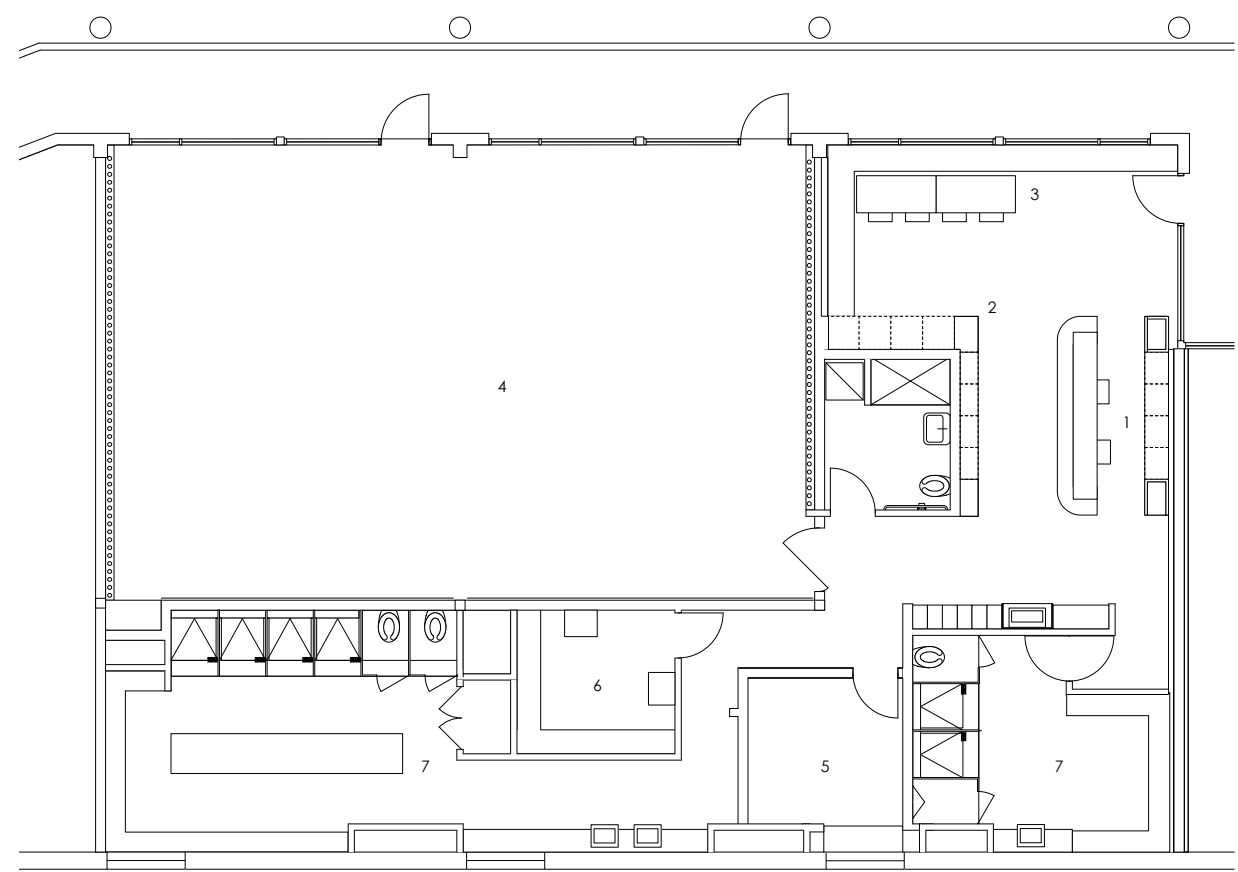
To achieve their goals, the designers stuck to three principles they developed:

.By reducing the colour palette to white and grey, the focus shifts to movement and stillness

.By using materials that are conducive to touching, sensorial awareness awakens

.By eliminating distracting details, the mind expands and the body reconnects with the regulating rhythm of breathing.





- 1 reception
- 2 retail
- 3 lounge
- 4 yoga room
- 5 treatment room
- 6 infra-red sauna
- 7 changing rooms







# AMIDA HEALTHCLUB HAMPTON

Design Agency: Hooper Architects

Client: /

Location: /

Area: /

Photographer: /

















# ASPRIA SPA & SPORT CLUB



Design Agency: Hooper Architects

Client: /

Location: /

Area: /













## 37° OLYMPIA

Designed Agency: SHH

Design team: Stuart McLauchlan, Pedro Janeiro, Susan Knof

Type: Health and Fitness Centre

Location: London, United Kingdom

Photographer: Francesca Yorke



Health and fitness brand 37° opened its second outlet in a Grade-II listed, six-storey building in London's Kensington Olympia, with all architecture and design by SHH. The new 27,000 sq ft centre is comprised of a reception and juice bar on the ground floor, along with a sauna, shower area and swimming pool, disabled changing area, circulation core and reception for three treatment rooms.

The lower-ground floor is dedicated to back-of-house, whilst the first floor houses the changing rooms, with a linking stair to the pool area; the swimming pool lobby, circulation core, unisex steam room and two physio rooms. The second floor is dedicated to the massive gym area, including a boxing ring and kinesis system. Yoga and dance studios are on the third floor, along with a dedicated spin studio, a golf simulator lounge and office space for the club management teams.

At the heart of the brand is the identity 37° - with strapline 'life in balance' - inspired by the body's core temperature and the need to respect and refine the body's natural sense of balance. SHH applied the 37° identity for all the environmental branding and signage on the project, as well as creating the overall lighting design.

37° Olympia is located within a former industrial warehouse on the Olympia site, dating from 1924, which had been used in recent years as a graphics studio. The centre is well-located in terms of customer potential, with plenty of commercial space all around and now has very effective on-street presence, thanks to freestanding orange branding on the frontage of the four-storey building, on the new entrance gate and a new main orange and blue entrance cut into the external wall.

Structurally, SHH has punched a big void through the building, right through from the lower-ground floor to the third floor, to create a satisfactory circulation void with new stair column and lift. The circulation void was created to give as many through-views and glimpses out to the huge Olympia building outside as possible. At the top of the void, a polycarbonate skylight was introduced to increase the level of daylight further. The balustrade is also in the form of polycarbonate sheeting, used in several applications in the scheme to express the theme of transparency, with clear signage on each landing area with the level expressed by a white band across the relevant floor on the wayfinding signage.

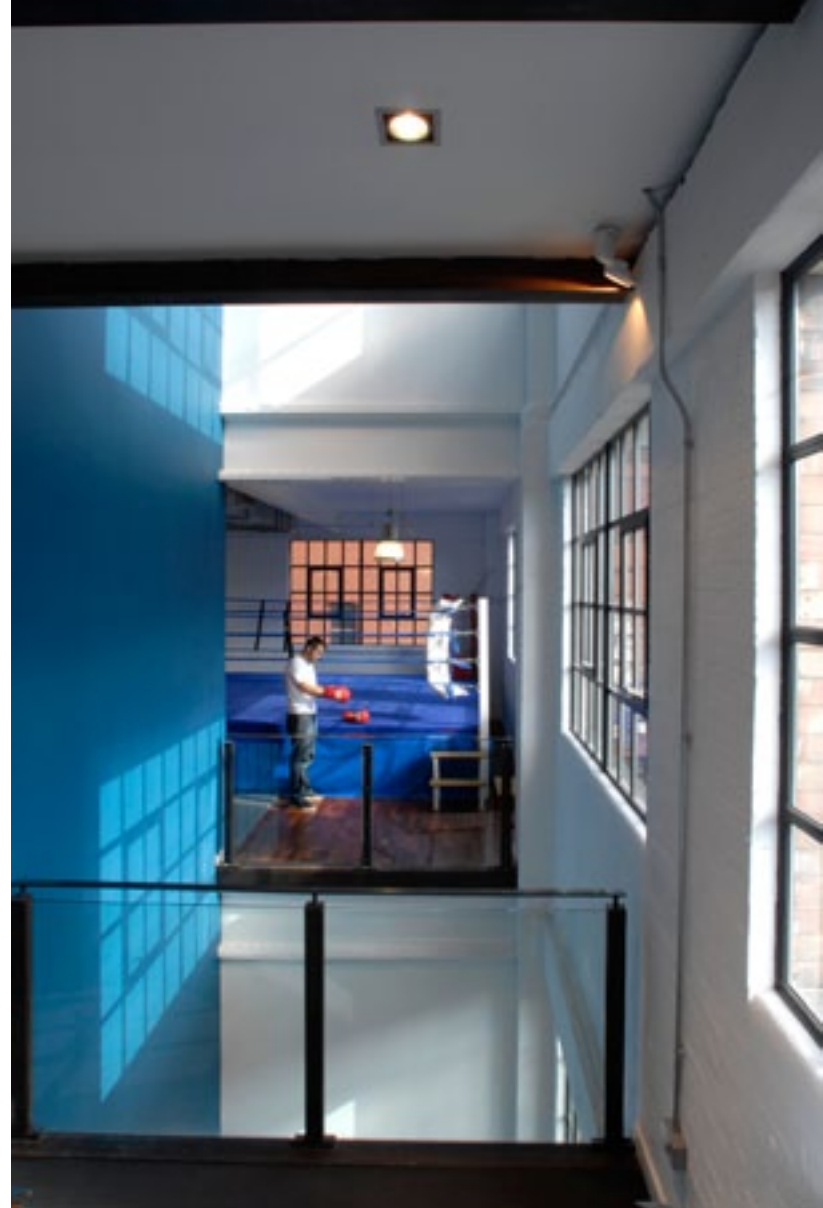
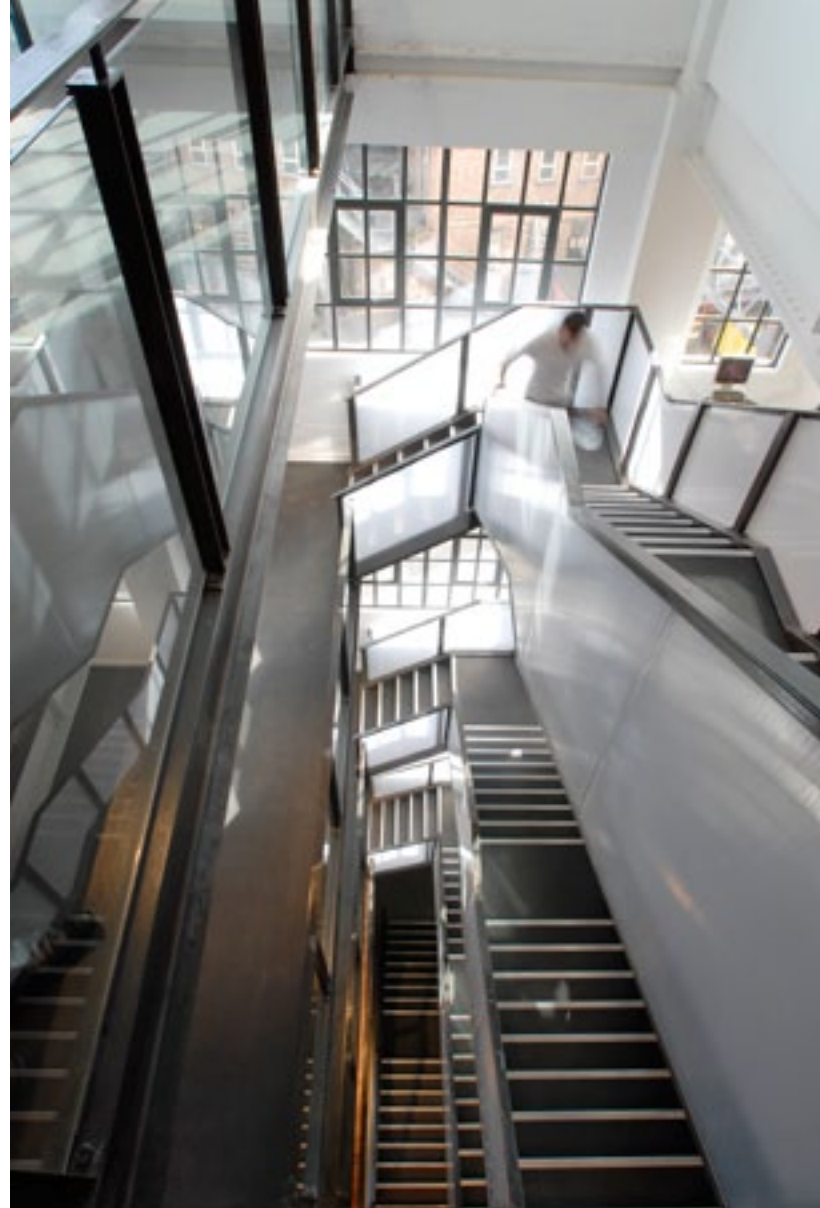
The new circulation void and the distribution of natural light made it obvious that the pool should be located on the ground floor. The two spaces are separated by a huge-scale polycarbonate wall, which shows movement and outlines but masks clear views between the spaces. The reception area has a strong dark timber floor (as a statement against the bland beech used in so many leisure centres!), which serves to offset the bright, white surroundings and the vibrant, dayglo-green reception desk front. The dramatic pool area has bright white tiling with a strong fluorescent orange edging for delineation (also used for the pool's racing lines), surrounded by a chocolate brown tiling treatment which ensures that the pool will glow as if in a dark box at night-time.

In one of the most dramatic features of the whole scheme, a steel-framed tunnel is suspended over the pool, clad in stainless steel mesh, leading swimmers to and from the changing rooms on the floor above. For health and safety reasons this mesh structure had to be created to be completely 'grab-resistant' from all angles, so that swimmers can't hold on to it from the pool itself! The bright orange mosaic tiling on each of the tunnel's steps echoes the orange pool tiling. A poolside shower takes the form of a freestanding glass cube and related facilities such as the sauna are located alongside. The chocolate brown pool floor tiling continues up the back wall of the sauna, creating a dark, relaxed environment.





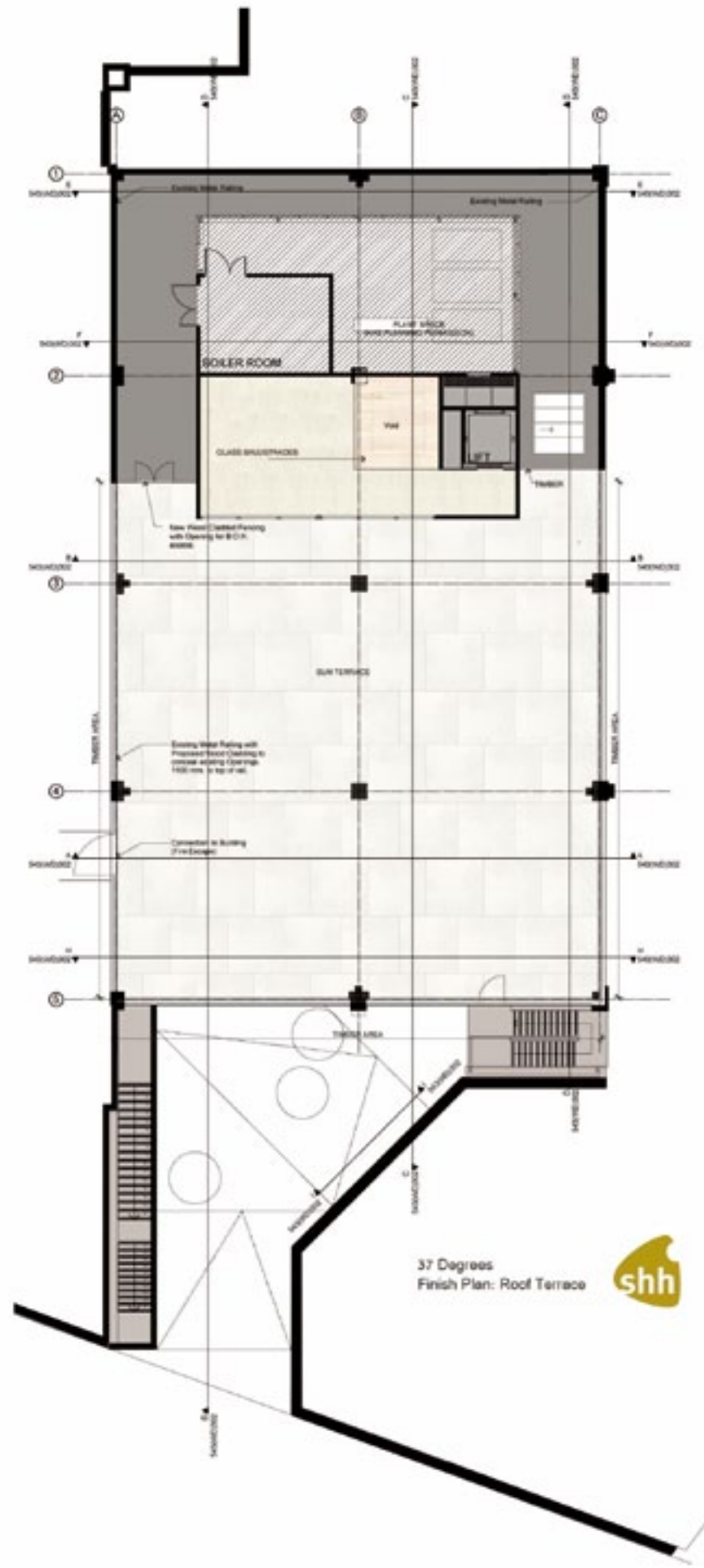
















ISOSPA



Design Agency: Zynk Interior Architects & Designers

Client: /

Location: /

Area: /

Photographer: /









# THE GYM GROUP

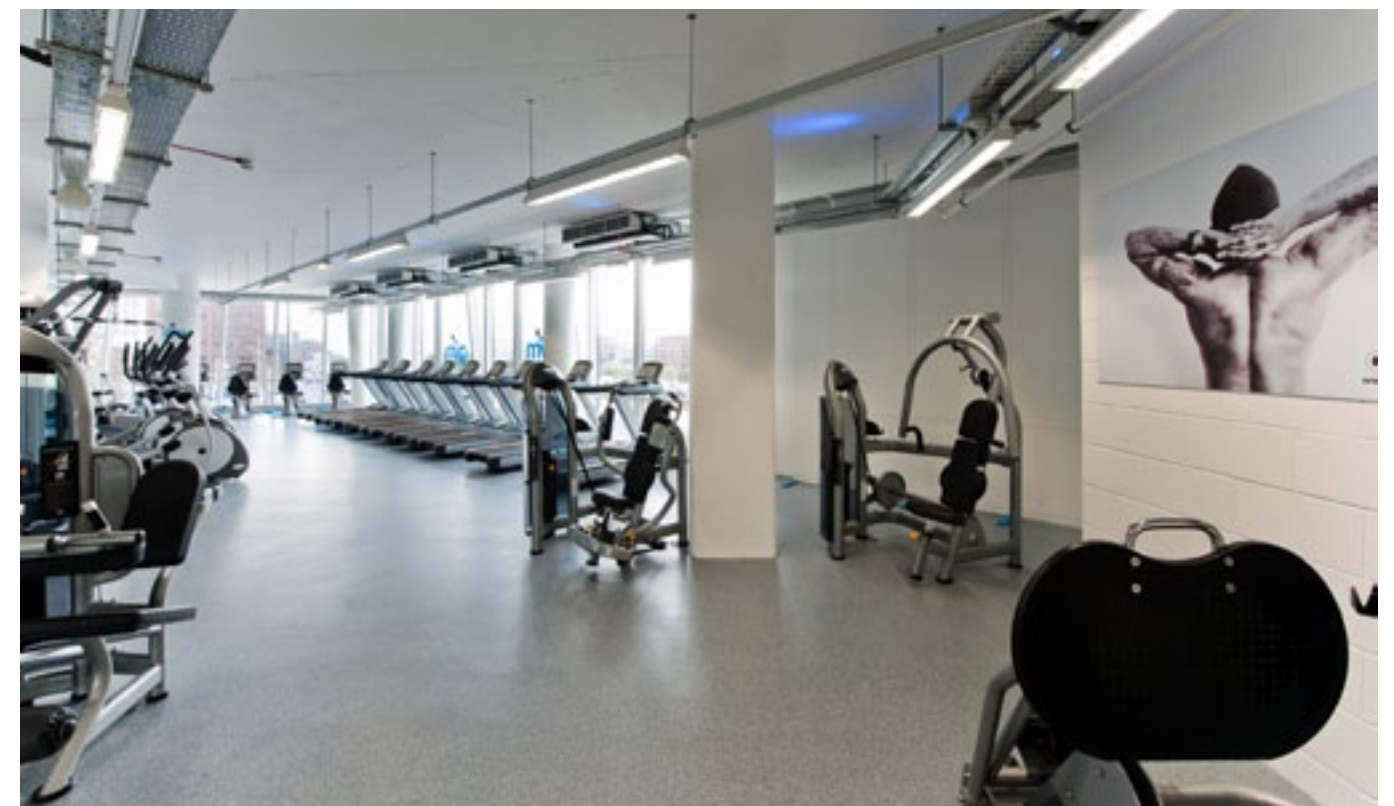
Design Agency: Zynk Interior Architects & Designers

Client: /

Location: /

Area: /

Photographer: /







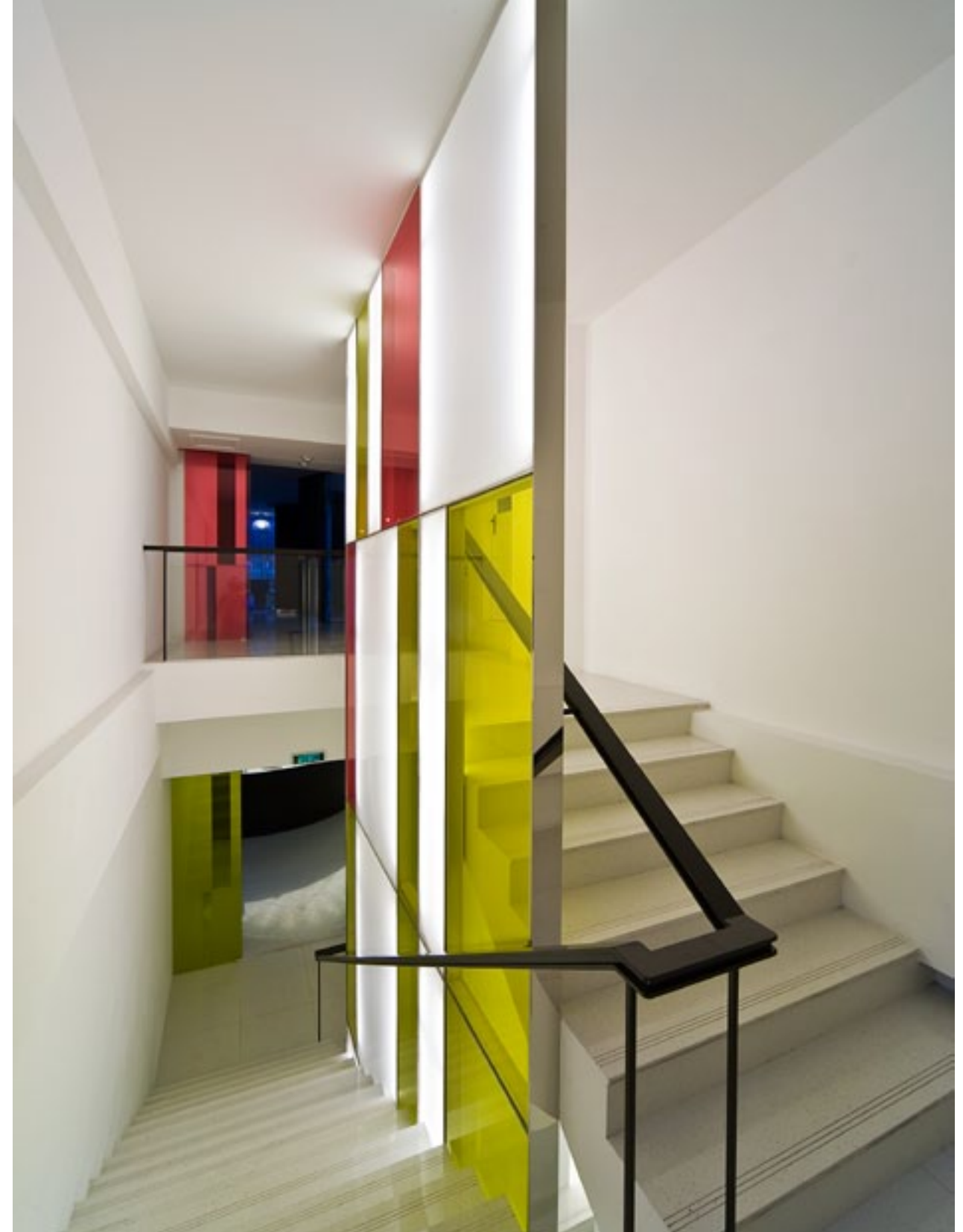
# JOHNSON GYM FITNESS CLUB

Designer: Zakia Zhang, Wenjun Zhou

Decoration design: MoGA Decoration Design

Location: Shanghai, China

Area: 459 Square meters



Johnson Gym Fitness Club covers an area of over 459 square meters. Equipped with the facilities space of billiard, exercise, yoga, aerobics, table tennis etc., the designer emphasizes on the reasonable planning of spatial relationship, trying to create a spatial effect of difference and interest on the premise that the function of every space is conducted well. Every facility space is at its best divided as the active and the quiet part, separated but remaining harmonious with the big whole. From the ingenious variation of the wall colors to the diversified interior accessories, the entire space demonstrates itself with coordination as well as change.









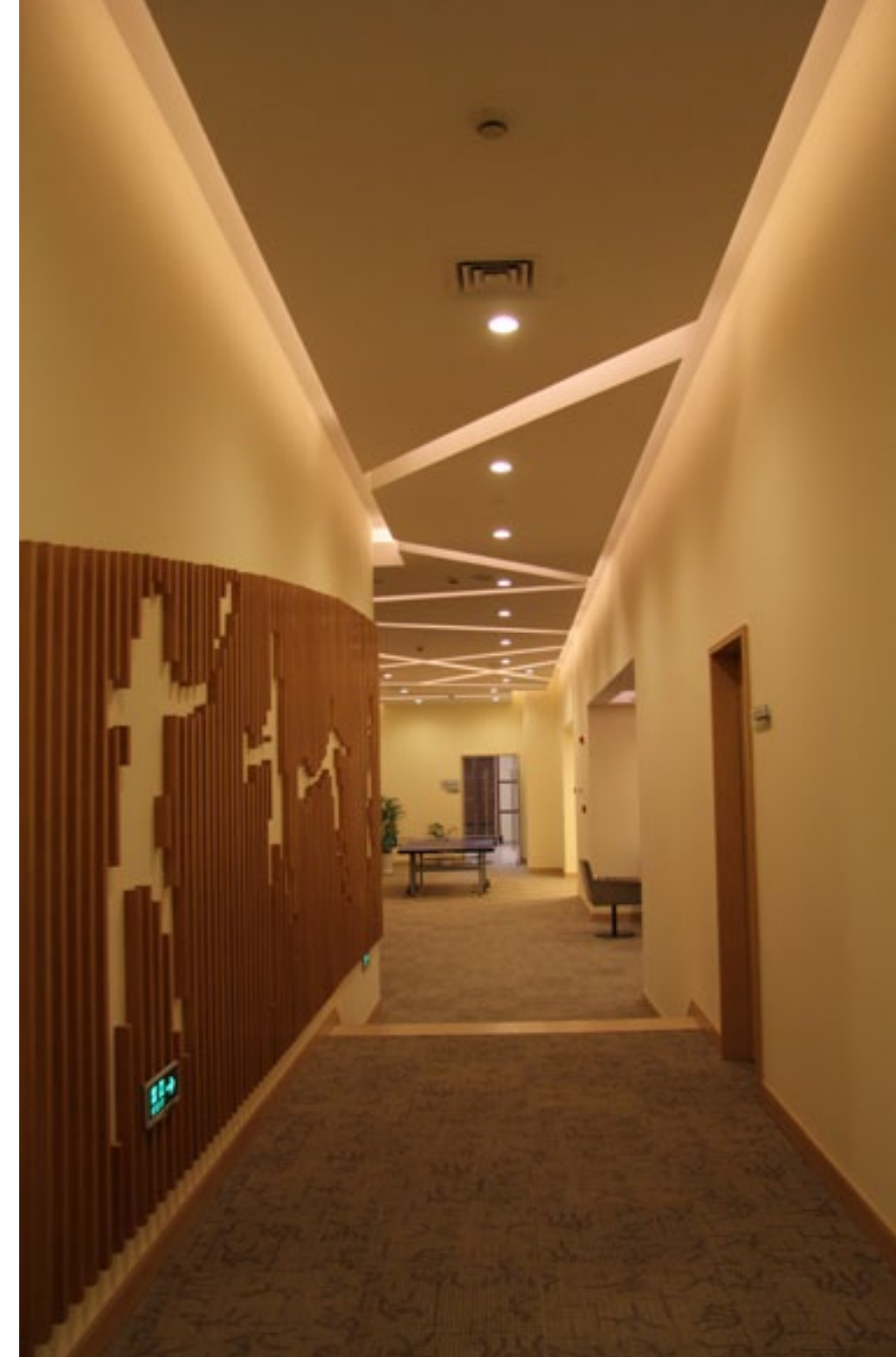








# LEISURE FITNESS CENTER, MILLENNIUM HOTEL, WUXI



Design Agency: K. F. Stone Design International Inc. Canada / Shanghai Taobo Adornment Design Co., LTD

Designer: Zhang Tao

Location: No. 11, Changjiang Road, Wuxi New Area

Area: 900 sqm

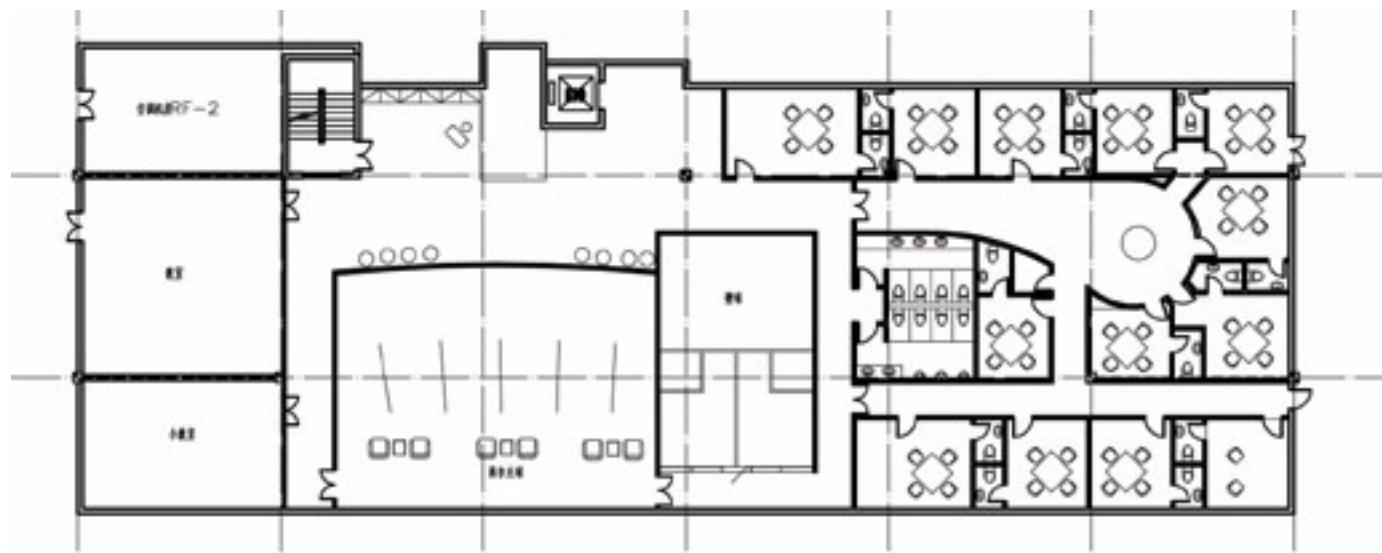
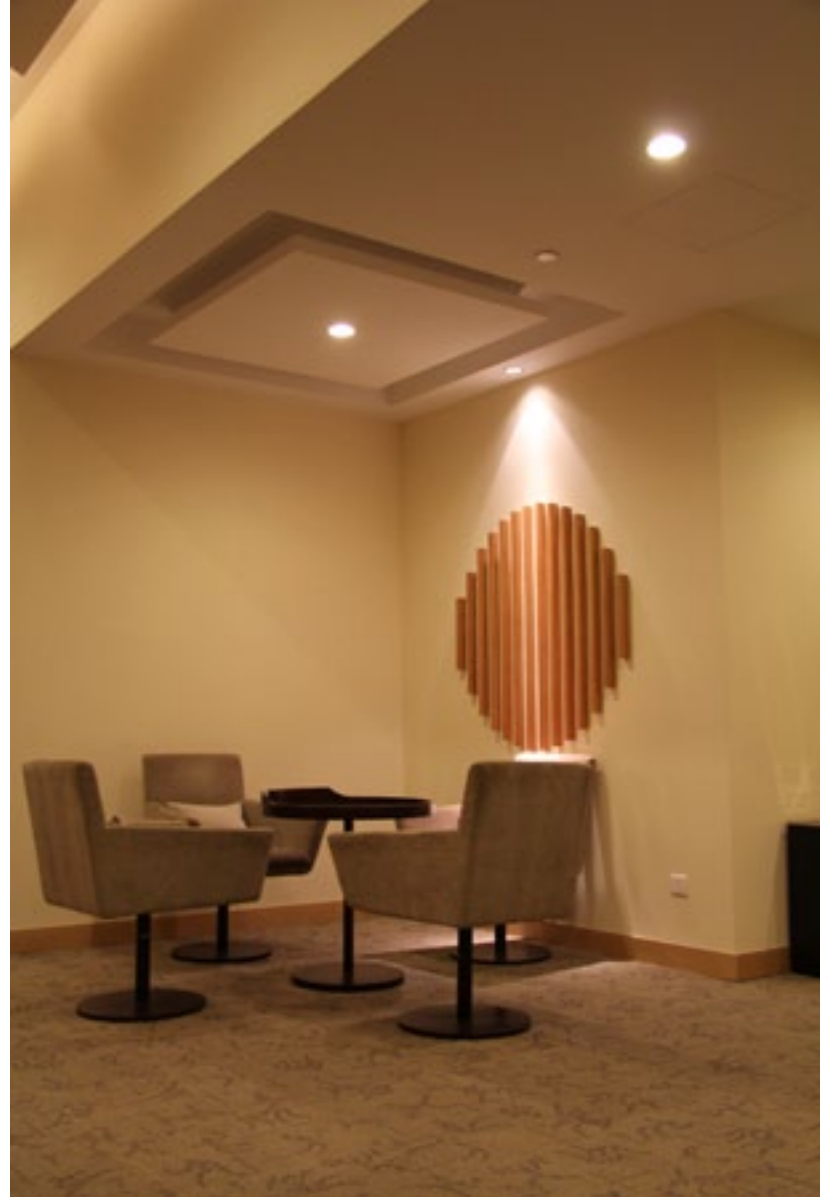
Main Material: Bursa Beige, Cherry Wood Floor, Baking Varnish Aluminum Plate

Leisure Fitness Center of Millennium Hotel Wuxi is at the fifth floor in the east wing, equipped with yoga, dance, tennis, squash, and badminton, simulation golf, chess room and other facilities spaces.

The whole fitness center is connected by a small antechamber and a corridor where people could achieve the purpose of the rest through the exercise. Hence, the designer applies wood of affinity in the corridor and on the wall of antechamber, which has been combined into different movement pattern sequences. That brings a relaxed atmosphere for sports in a flash. The different lines lightings echoing the ceiling also makes the whole space active and relaxed.

Other facilities spaces are divided according to functions of motion or quietness as far as possible, in that case, they are free from mutual effect. Every space is self-contained yet belongs to the whole fitness center space together.













# GREEN OXYGEN FITNESS CLUB, MILLENNIUM HOTEL, WUXI

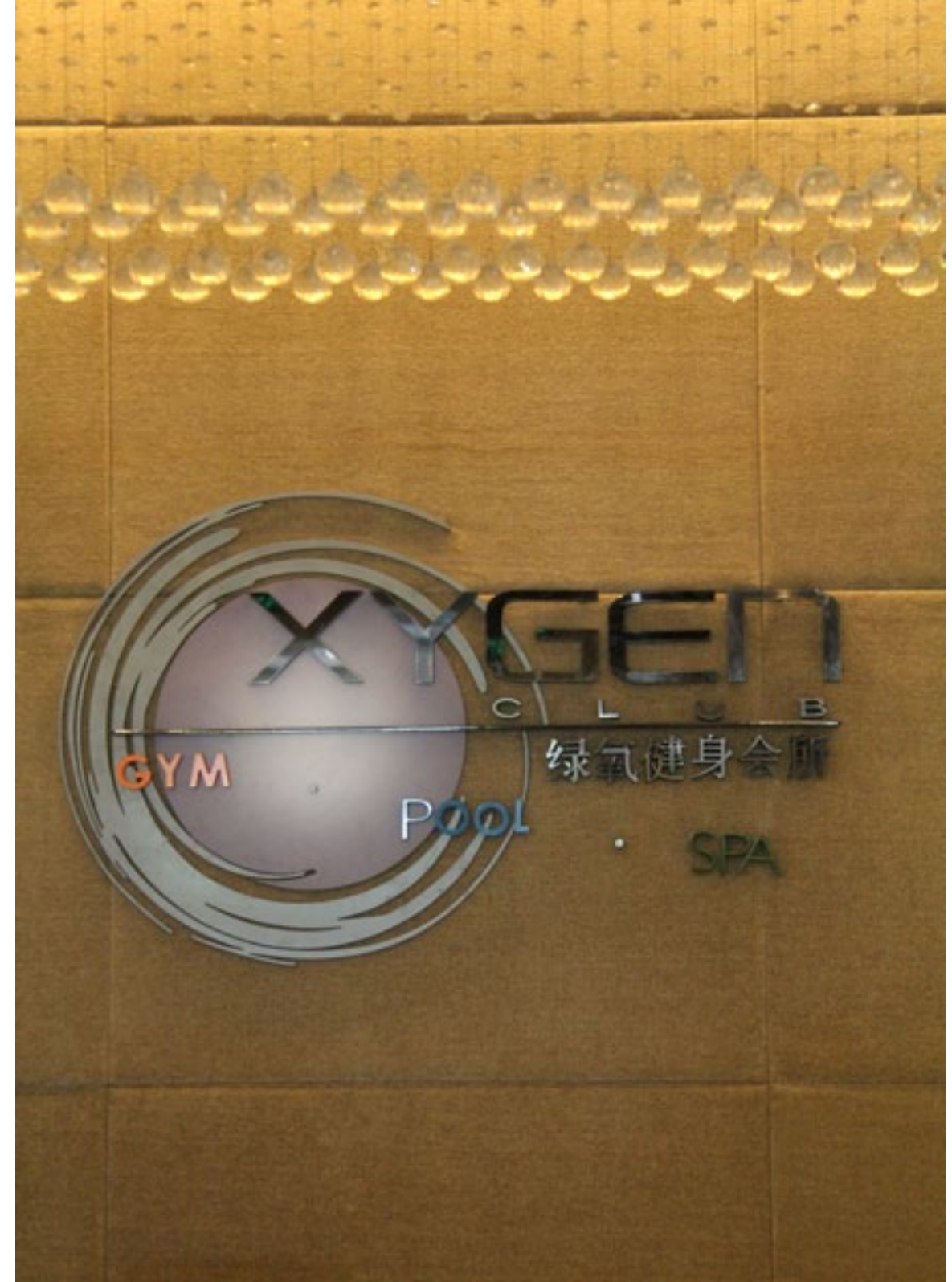
Design Agency: K. F. Stone Design International Inc. Canada / Shanghai Taobo Adornment Design Co., LTD

Designer: Zhang Tao

Location: No.11, Changjiang Road, Wuxi New Area

Area: 1350 sqm

Main Material: Bursa Beige, Cherry Wood Floor, Baking Varnish Aluminum Plate



Green Oxygen Fitness Club, Millennium Hotel, Wuxi is located on the first floor in the east wing, including the reception, fitness, bathing, swimming pool and other spaces. The whole space design focuses on planning rational spatial relationships, and tries to build different interesting space effects in the premise that functions in every space are reasonable.

From the artful change of the glass on the wall in the fitness hall, and the bright changeful orderly modeling of the ceiling, to the warmth and comfort of the bathing center as a transition, and then a twisted swimming pool suddenly opened clear, the whole space tries to achieve mutual echoes and changes, especially with the design of the swimming pool. The equipment space leads to an unbalanced ceiling. Hence, the designer cleverly applies curve modeling matched with fall level one, with branch-shape Mosaic Tiles echoing in the bottom of the pool. The design technique makes the space full of streamlined changes, as if into dreamlike space.













## VILLASPORT WOODLANDS

Designer: Colin Russell and Kevin Bernard, Russell Architects

Location: The Woodlands, Texas

Area: The building is 88,742 square feet on a 12.44 acre site

Photographers: Colin Russell, Kevin Bernard



VillaSport Athletic Club and Spa is a premium, full-service athletic club offering individuals and families the ultimate in the health and fitness club experience at a moderate cost. It is located in The Woodlands, a suburb of Houston, Texas. The goal of the parent company, VillaSport, Inc., for this facility was to create a state-of-the-art "destination-oriented" facility for the entire family serving all age groups, from infants to adults. The company researched the finest clubs in the United States, and worked closely with Russell Architects to develop an open floor plan, with an emphasis on natural light, incorporating the best equipment and materials available.

The design features a two-story atrium entry hall which provides access to all functions within the complex. The hall is naturally lit with skylights running its entire length, supplemented with energy saving up-lighting and large expanses of glass at either end. Directly off the atrium are a retail store, full service day spa for both men and women (offering relaxation rooms, massage and treatment rooms, manicure, pedicure, and Vichy shower facilities), a café with seating area, and lounge.

Spacious locker rooms for the adults are equipped with luxurious wood lockers and generous changing and showering areas. Each locker room provides direct access to separate whirlpools, saunas and steam rooms, as well as to the indoor lap pool and activity pool.

The 12,000 sq. ft. VillaKids section is a "club within a club," offering a full child-care program that enables adults to maintain their individual exercise schedules while the kids are involved in their own age-appropriate activities, all under the same roof. It can be accessed from within the club or through its own separate exterior entrance, and contains five separate studios and a dedicated sports court offering exercise, art, basketball, educational activities. The program serves ages 6-months to 12 years.

Other ground floor indoor activities include:

- An NBA size basketball court
- Personal Training area
- Free Weights area
- "Selectorized" Weights area

At the upper level, ample space is provided for group exercise activities, including:

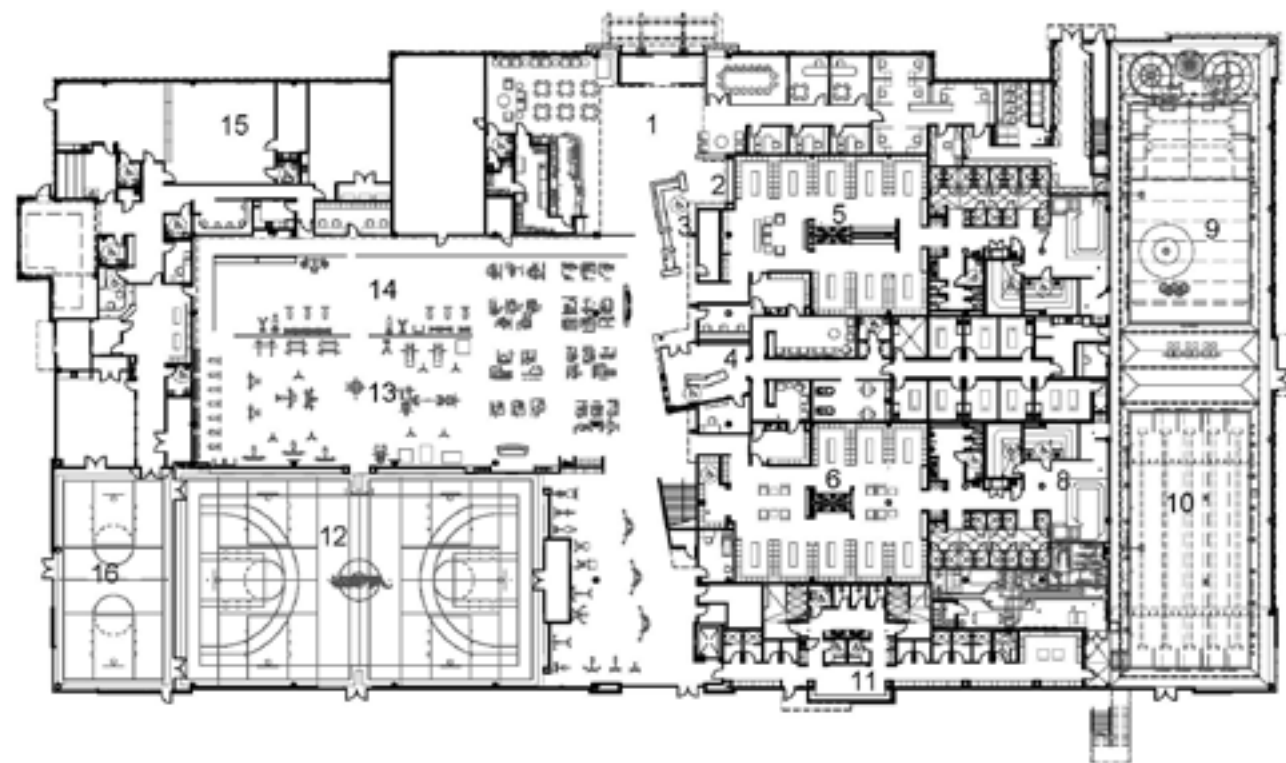
- Kinesis
- Pilates
- Yoga (Mind and Body)
- Spinning
- Aerobics

Complementing the facility are five different pools, two indoor and three outdoor, and their adjacent play areas. Water slides and fountains serve both the indoor activity pool and the main outdoor pool. The indoor pools at VillaSport include a five-lane, 25-yard lap pool for reserved lap swim; a zero-entry recreation pool with fountains and two waterslides; and a co-ed family whirlpool. Programs offered include swim lessons, Junior Swim Team and Adult Swim Conditioning classes.

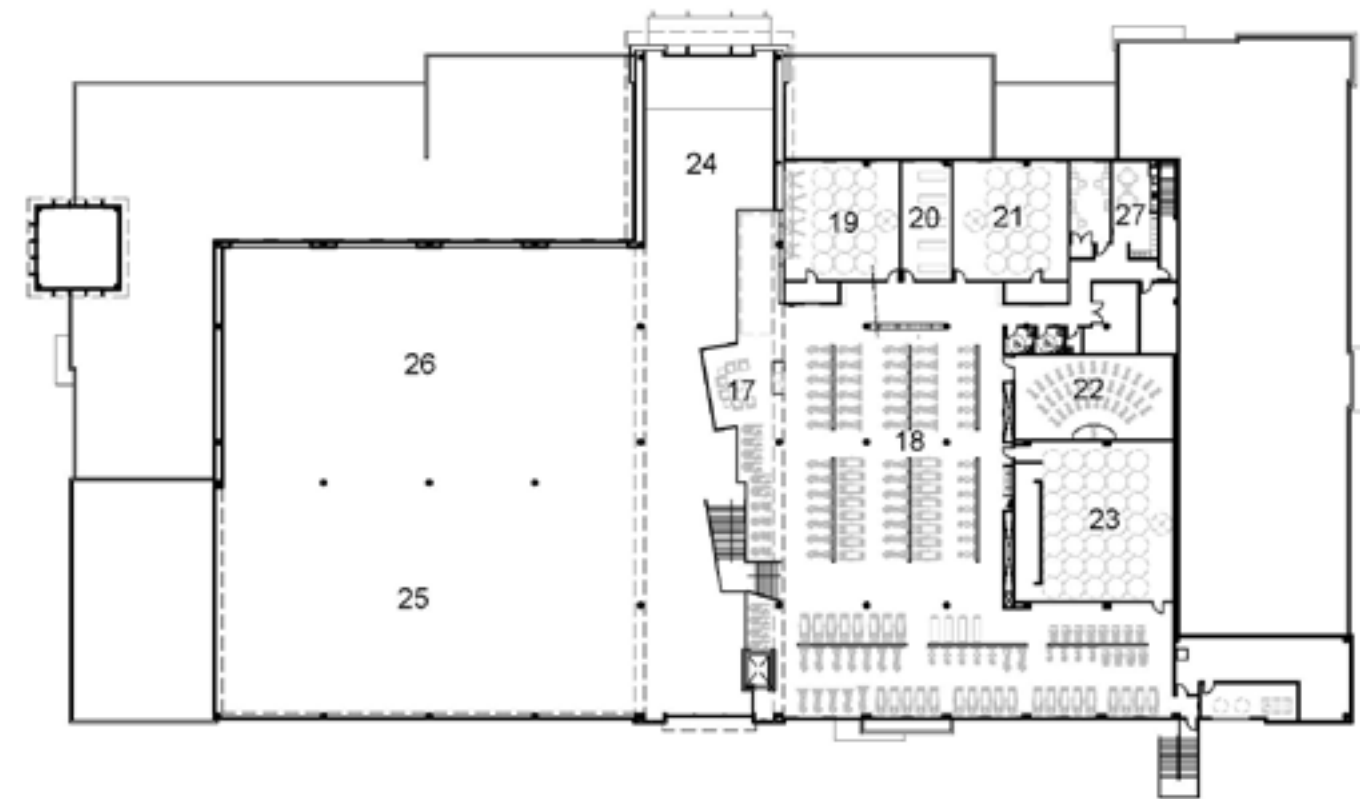
The outdoor pool complex includes a grand family recreation pool with a large play structure with dump buckets, water guns, and climbing features. Adjacent to the family recreation pool are two waterslides with splash pool and a family lap pool. The nearby adult lap pool offers a lounge area with a built-in whirlpool.

This location also features a 15,000 square foot regulation indoor soccer field.





- 1 Entry
- 2 Retail
- 3 Reception
- 4 Spa Reception
- 5 Women's Lockers
- 6 Men's Lockers
- 7 Women's Steam etc.
- 8 Men's Steam etc.
- 9 Indoor Activity Pool
- 10 Indoor Lap Pool
- 11 Family Lockers
- 12 Basketball Court
- 13 Free Weights
- 14 Training
- 15 VillaKids
- 16 Kids Gym



- 17 Lounge
- 18 Open Fitness
- 19 Kinesis
- 20 Plates
- 21 Mind and Body
- 22 Spinning
- 23 Aerobics
- 24 Lobby below
- 25 Basketball Below
- 26 Weights Below
- 27 Offices













# HILTON “CENTRO HISTÓRICO” HOTEL SPA & FITNESS CENTER



Design Agency/ Designer: Pascal Arquitectos

Client: /

Location: /

Area: /

Photographer: /

On the site where for decades stood the Hotel del Prado- which suffered damages during the 1985 earthquake and was later demolished- the construction of an office building was planned. Later, given market conditions at the time, it was decided to build a modern design hotel that integrated the latest technologies and would have the possibility of adapting to new developments in coming years.

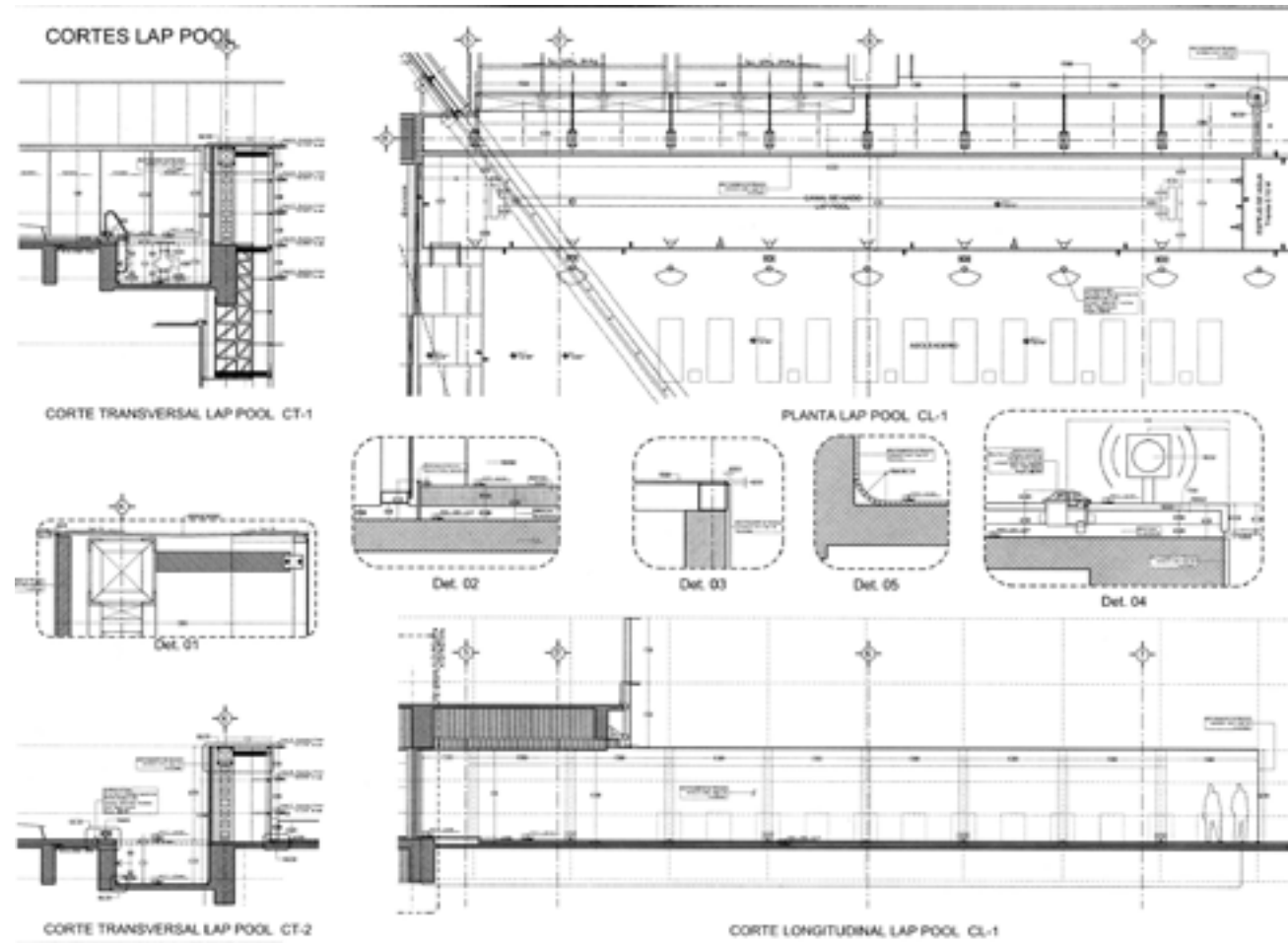
The idea was to break intentionally with its surrounding context and the image of its neighboring buildings, but that would, at the same time, manage to bring back the atmosphere and the commercial, cultural and social activities of Mexico's 50's, where hotels were considered socio-cultural gathering centers, such as the Hotel del Prado used to be.

In order to extend the business traveler's stay over the weekend, a Fitness Center & Spa, and 3,000 sqf garden were included. This garden area match in a certain way with the original design of the old Alameda, but with a more contemporary landscape design; it overlooks the Alameda Park, surrounds the cafeteria, the lap pool and paddle tennis court. The Spa services include massage and beauty treatment salons, a gym, an indoor swimming pool and social events open area. All areas are decked in teak wood and they are secluded from the main street but at the same time they participate of the urban context.













# FIT N FAST



Design Agency: Pouné Design

Client: /

Location: /

Area: /

Photographer: /

Ranging from 900sqm to 1300sqm, the concept for the Fit n Fast gymnasiums was to create a contemporary industrial look that encompasses safety and comfort as well as adhering to the corporate identity and price point of a lower cost health club chain.

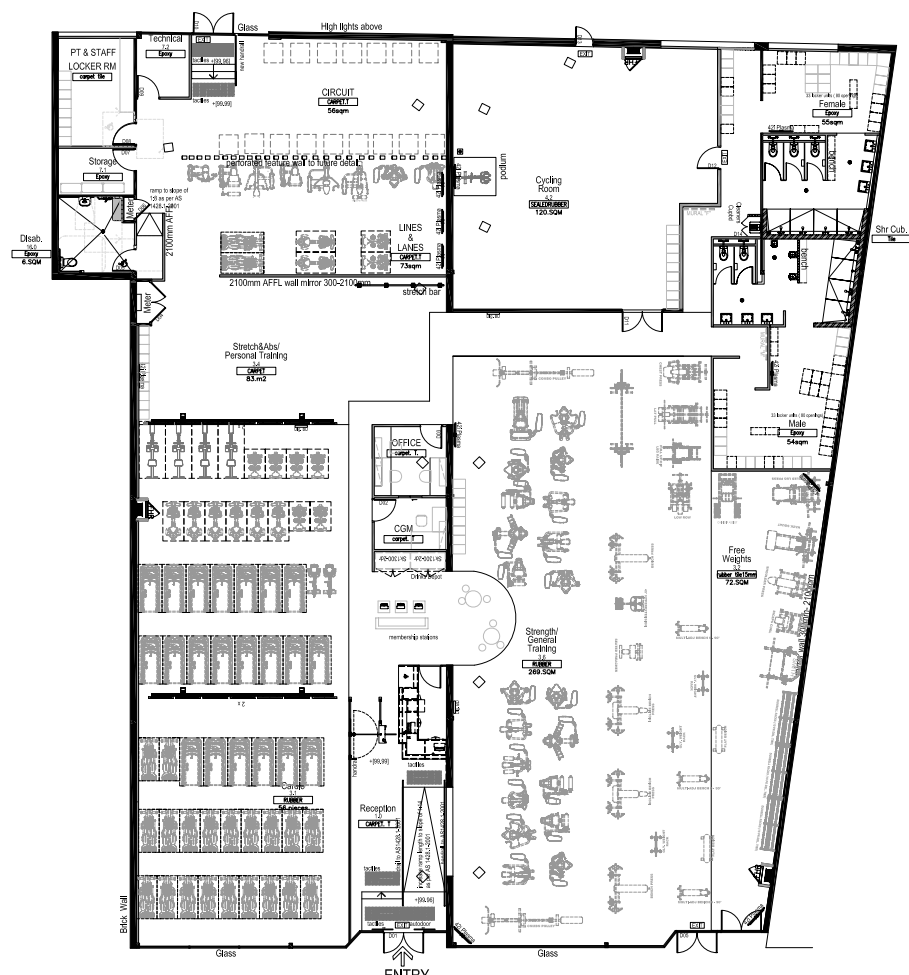
Each Club generally incorporates a vast cardio theatre as its focal point, with strength training zones, various fast zones which incorporate 30minute workout concepts or otherwise termed "Quickie Zones", small yet modern change facilities, and a state of the art cycle studio designed with UV lights to create an adrenaline glow-in-the-dark disco ambiance.

In order to achieve the cost effective outcome of the brief, Pouné Design relied heavily on utilising the colours selected for the club chain's logo to create a continuing theme throughout all elements of design within the club. The touches of orange that can be seen in such elements as pendant light, funky, multiuse furniture, floor and wall features adds a sense of vibrancy & energy, required in gymnasiums when set against the colder, industrial shades of grey used in the base palette. Movement & flow is created within the club by the directionality of the stripes in the carpet selection while various areas are defined using a simple bordering of solid orange carpet tiles.

Pouné Design selected materials chosen both for their ease of maintenance, such as the laminates, but also for their recycled components as evident in the custom made rubber floors in black with orange and grey flecks and the tangerine Comcork sheeting made from cork which was cleverly used on the walls in the entrance ways to bathrooms and as detailing on joinery throughout the club.

In general, these clubs are contemporary and vibrant spaces that are cost effective for the client yet pleasing and fun for the members.









FITNESS FIRST



During her time in the position of Design Manager at Fitness First Australia, Pouné Parsanejad was responsible for the design and documentation of many of the clubs nationwide. She played a key role in modeling the look and feel of the health club chain in Australia in correlation with the brief set by the parent company in England.

Contemporary, yet warm, Fitness First is geared towards middle class to higher end clientele as evident by the special vastness of the clubs, the myriad of zoning and the extensive material pallet employed.

The simple invigorating colours and materials on the walls and flooring has been used to delineate individual areas within the overall space. A change in flooring level or colour enhances this design characteristic.

Clubs generally range from 1200sqm to over 3000sqm, and have various elements such as pools, relaxation zones, large reception and member's lounges, extensive cardio theatres as well as resistant and weight training zones. Various designs are employed for the group fitness studios that range from aerobics rooms, to disco like cycle studios as well as the Zen nature of the mind body studios.

There is a luxuriousness and warmth to the change rooms with floor to ceiling wood framed mirrors, wooden laminate locker doors and leather ottomans. Similarly, the bathrooms have a high end feel with clean simple lines and crisp tones. Intricate tiling in an array of colours in the relaxation zones adds an authentic European thermal baths atmosphere with an emphasis on pampering.

Design Agency: Pouné Design

Client: /

Location: /

Area: /

Photographer: /



Motivation is  
what gets you started,  
habit is  
what keeps you going







# GWINGANNA LIFESTYLE RETREAT

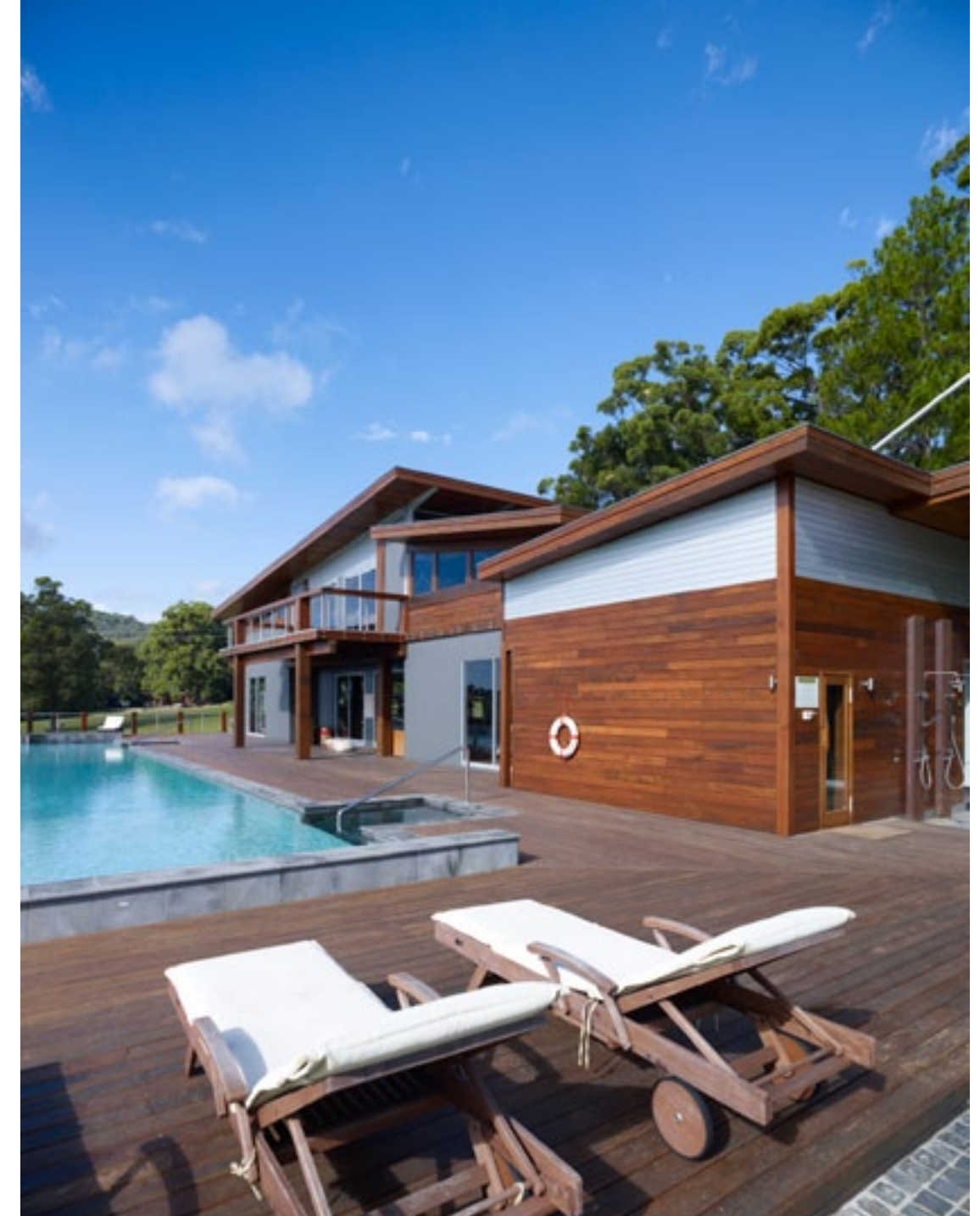
Design Agency: Pouné Design

Client: /

Location: /

Area: /

Photographer: /



Set on over 400 acres high on a plateau in the hinterland of Queensland's Gold Coast is Gwinganna Lifestyle Retreat. The striking two level multi-purpose gymnasium is just one element of this extensive retreat by Pouné Design.

Having previously worked with the unbelievable resources of Australian reclaimed hardwood timbers that originated from local wharfs, bridges and old buildings it was evident that these would form the main building and finishing materials for our design and construction. Not only would this resource add richness, warmth and power to the project but would also allow it to be an example of innovative sustainable design.

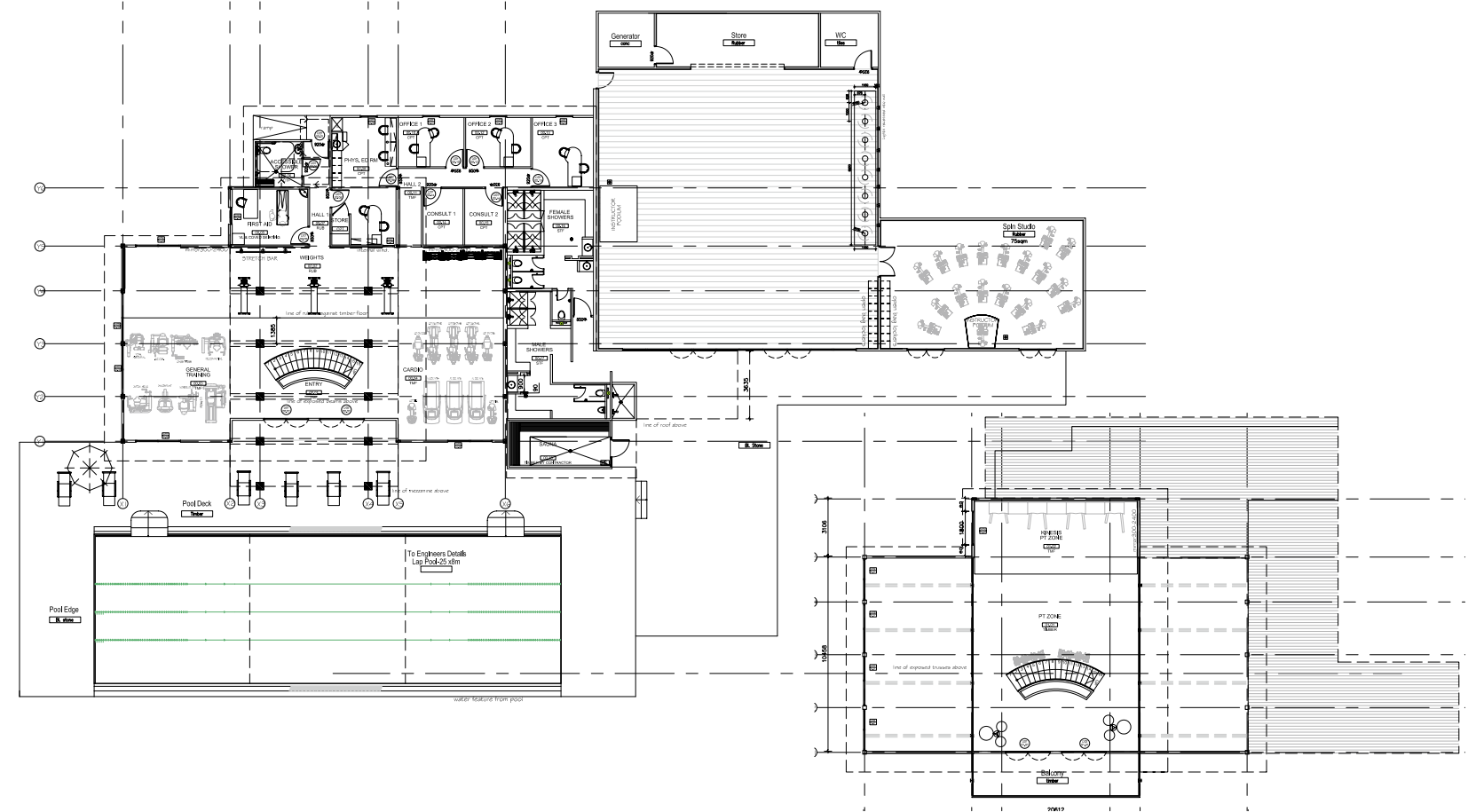
The structure contains exposed ironbark trusses and columns which accommodate the double volume heights internally. There is a magnificent curved timber staircase leading to the private training rooms. The ceilings and floors are mirror images of each other with coated ironbark and spotted gum boards which catch the sunlight through the large windows. The timber floor transitions out to the external pool deck where the building facade is a combination of vertical corrugated Colorbond steel and horizontal spotted gum - reminiscent of the surrounding landscape and Australian bush sheds.

Internally, the gym comprises of a boutique like cardio area, each machine oriented such that the user can enjoy the landscape beyond. Beside this, also on ground floor is the weight and strength training area. Upstairs, private training zones housed one of the first Kinesis training systems to be installed in Australia.

This new complex wraps around the existing Helicopter Hanger, was converted to a most elegant group exercise studio and cycle room, while externally a large 20m pool that is supplied only by rainwater collected from the large roof spans of the gym, is home to much of the retreats water activities.

Winner of the Australian Timber Design Awards 2008.





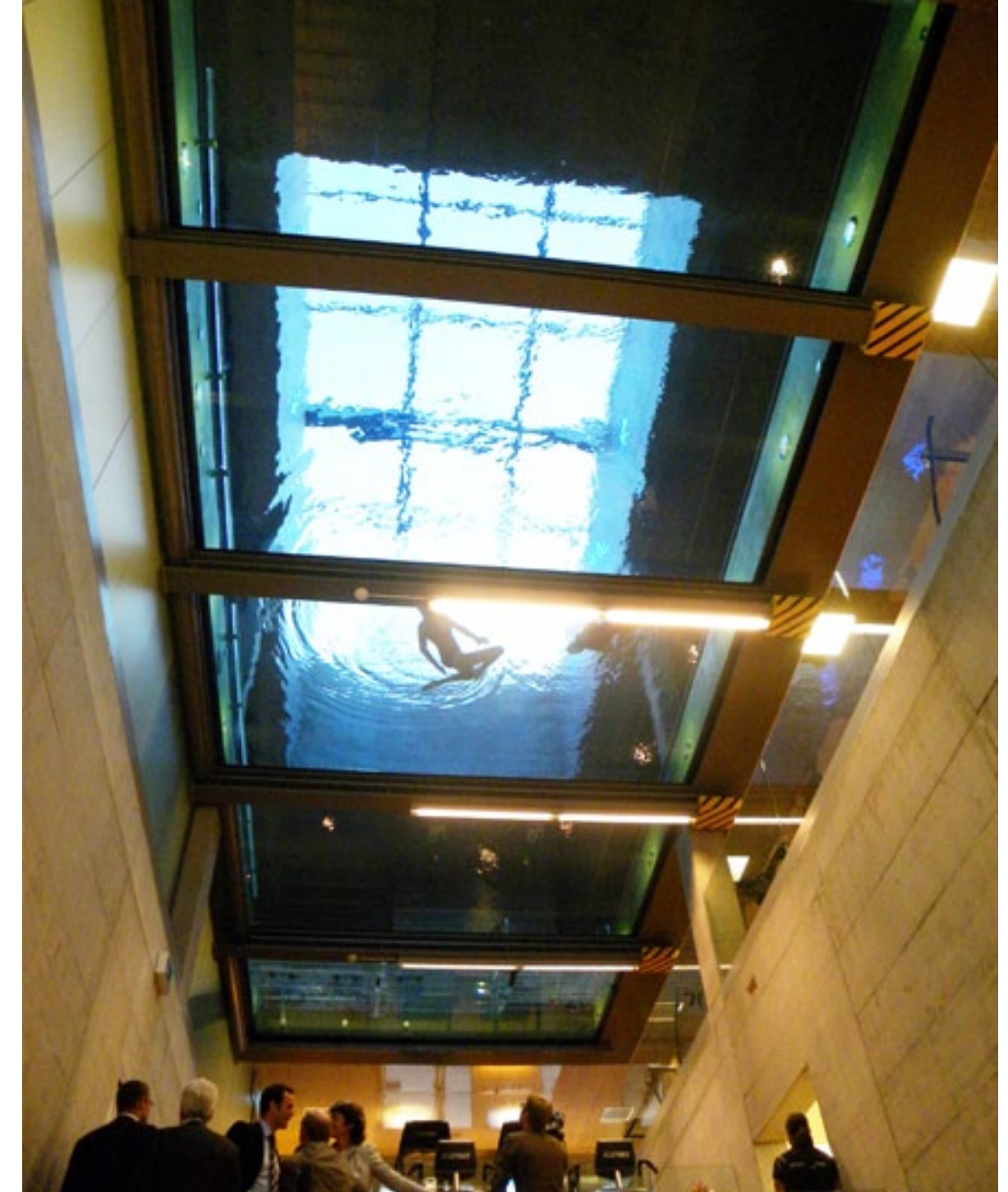








# FITNESS PARK EINSTEIN



The heart of the five story Fitness Park Einstein beats as a hovering water crystal pool, flooded with the light of the overlying atrium.

Above the three-story cascade steps of the fitness center floats the transparent and/or translucent basin. This focal point motivates the fitness customers, and tells of a promise, which will redeem. The horizontal, translucent screen under pool's transparent, acrylic bottom can be used flexibly.

As time and experience horizon, the light and shadow of the pool separate and connect the joy of active health education with the subsequent, completing contemplation in the spa area. The guests' views glide from the pool through the atrium with the openable glass roof into the vastness of the ether.

To introduce a courtyard so far is a standard procedure. But to "occupy" it with functions - suspended swimming pool on the 4th floor and below its orchestration with the cascade stairs (main circulation in fitness clothes) - is the key to two highlights: - The heart of the project as light source and as time and experience horizon - The optimum utilization of the square meters available at this site.

Fitness Park Einstein - Specifications

1st floor: Classroom / Kindergarten 63 m<sup>2</sup>, Personal Training 40 m<sup>2</sup>

2nd floor: Classroom 135 m<sup>2</sup>

1st to 3rd floor: Fitness area 790 m<sup>2</sup>

4th floor: Relaxation pool and wellness area 490 m<sup>2</sup>

5th floor: Roof terrace 256 m<sup>2</sup>

Pool: 14.2 x 5 m, depth 1.3 m. Bath water 36 degrees Celsius, 92 m<sup>3</sup> - 92,000 liters Static pool: waterproof concrete, pool wreath 60 cm thick and 147 cm high, prestressed, standing on four pillars.

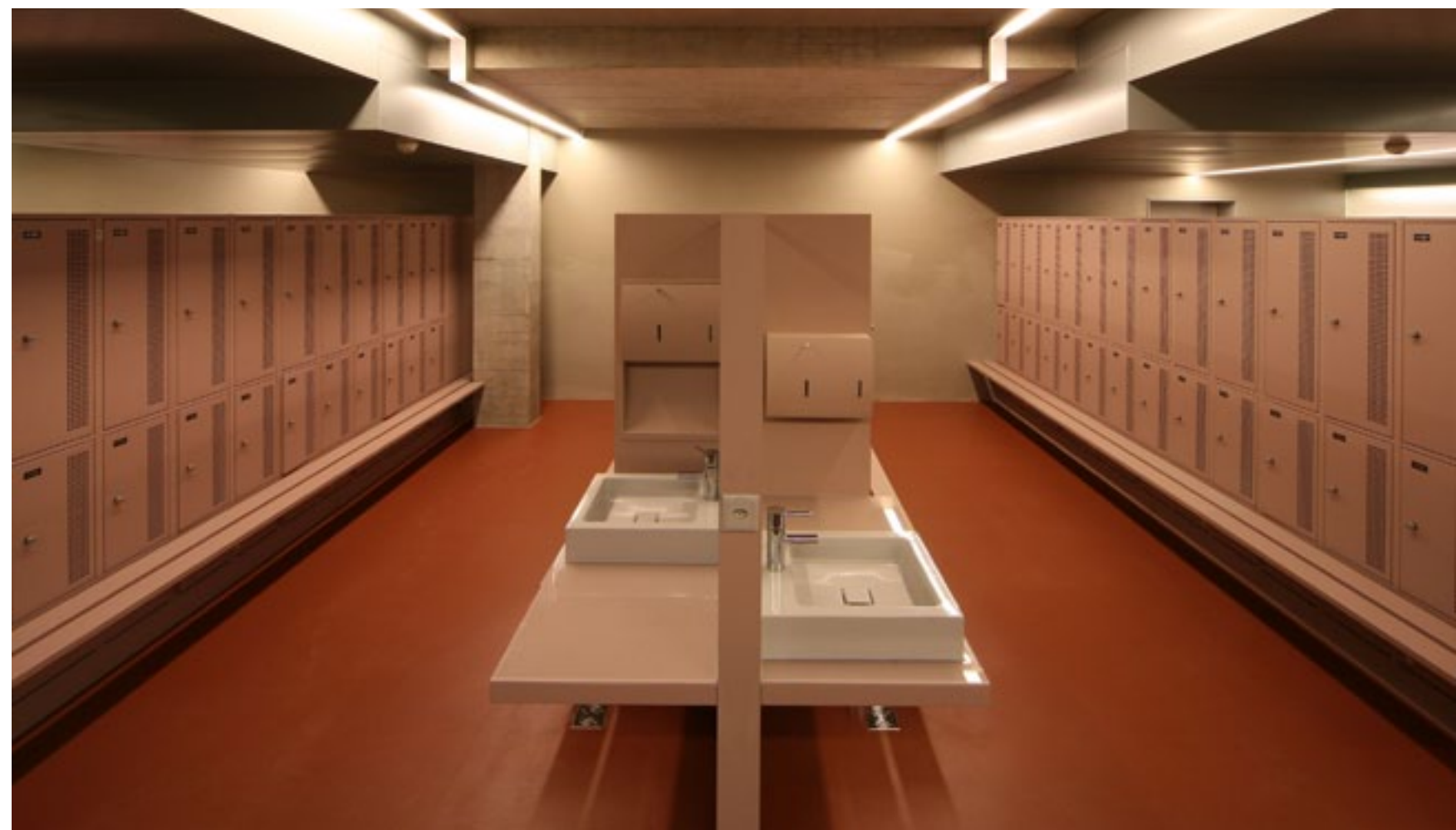
Architect: Damir Masek

Client: Migros Ostschweiz

Area: /

Photographer: Robert Narr









# DANCE POINT FITNESS CENTRE

Architect: Liong Lie  
 Design team: Roeland de Jong, Fred Gerdes, Cas Nagtzaam, Ping Chan, Edo Schrijver  
 Client: DPFCH Health Fit & Dance, S van Groenendaal Holding  
 Location: Rotterdam, The Netherlands  
 Area: 1350m<sup>2</sup>  
 Photography: Christiaan de Bruijne

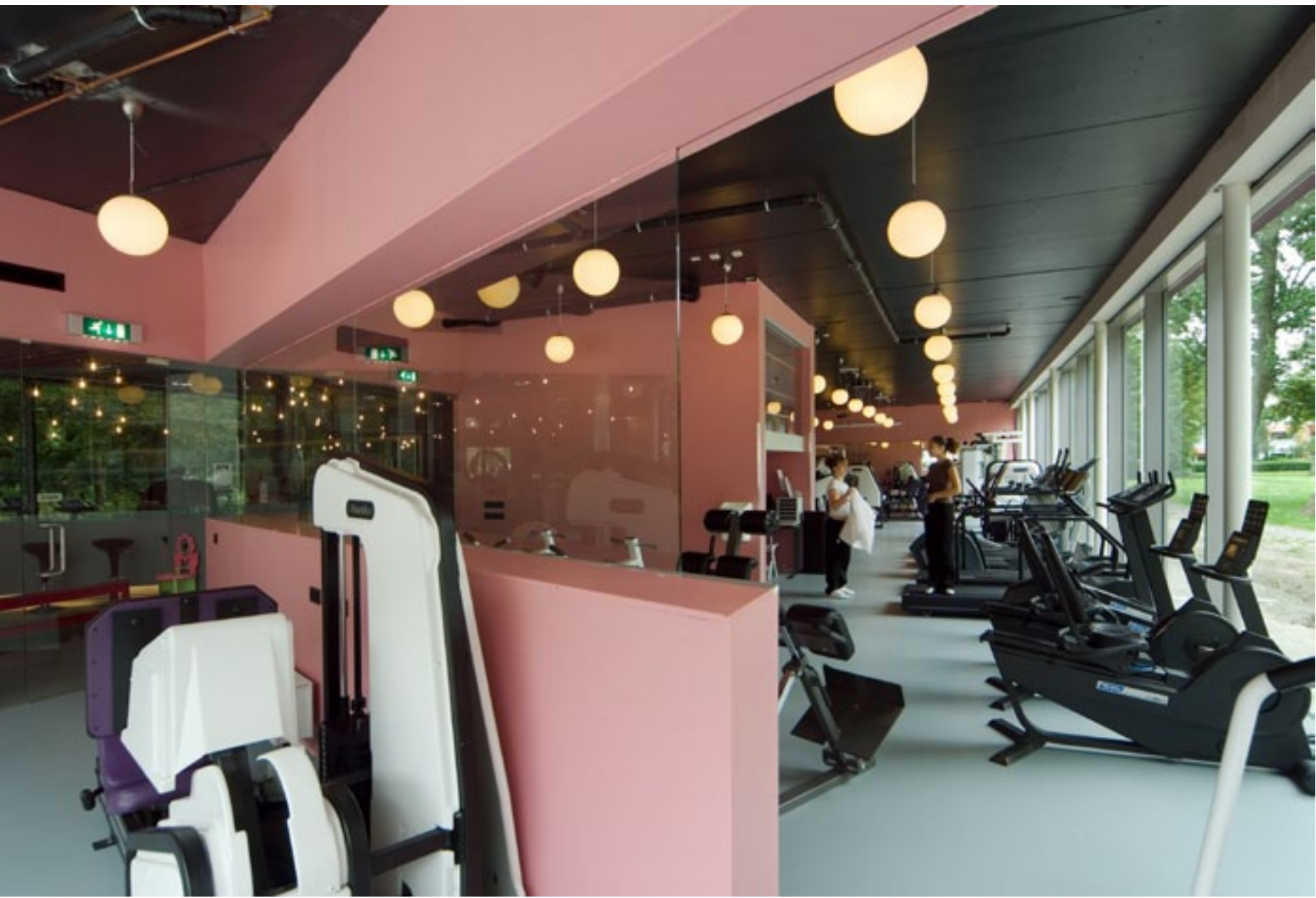


This dance and fitness centre is located in Rotterdam in the urban plan Alexanderpolder by Bakema. There is a public garden alongside the building. The natural colours of the flowers were the inspiration for the colours of the building. The purple color of the building is a metaphor for the adjacent park and the logo color of the dance fitness centre.

The concept of the building is about hedonism, provoking, flirting, about the extras in life. People can see themselves or each other in mirrored walls and reflecting metal ceilings, through voids or glass parts. Most of the fitness and dance rooms have large windows towards the park and the bar. So the work out and dancing people can be the actors for the people in the public garden or at the bar. Otherwise the park becomes the panoramic view during the training.

Ballet dancing and fitness are combined in this building. People can meet each other in a central meeting area with a bar and reading table. The bar provides a view at a toddler playroom so parents can exercise while the toddler play under supervision of the bartender.

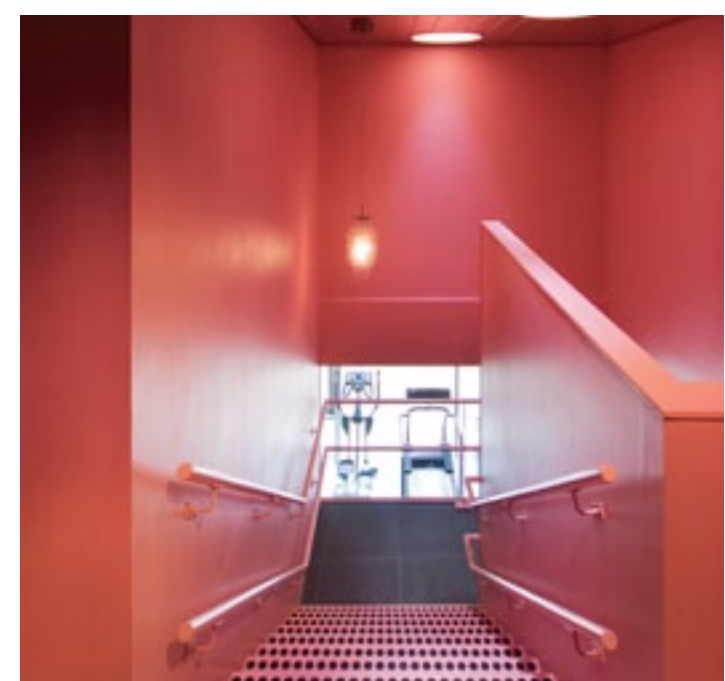




GROUND FLOOR



FIRST FLOOR







## HILLSIDE ISTINYE PARK

Design Agency: GAD & Gokhan Avcioglu

Architect: Gokhan Avcioglu

Project Team: Arzu Meyvaci, Bora Soykut, Ayca Tatar, Baris Ucar

Project Consultant: Sami Ciprut

Location: Turkey/Istanbul/Istinye

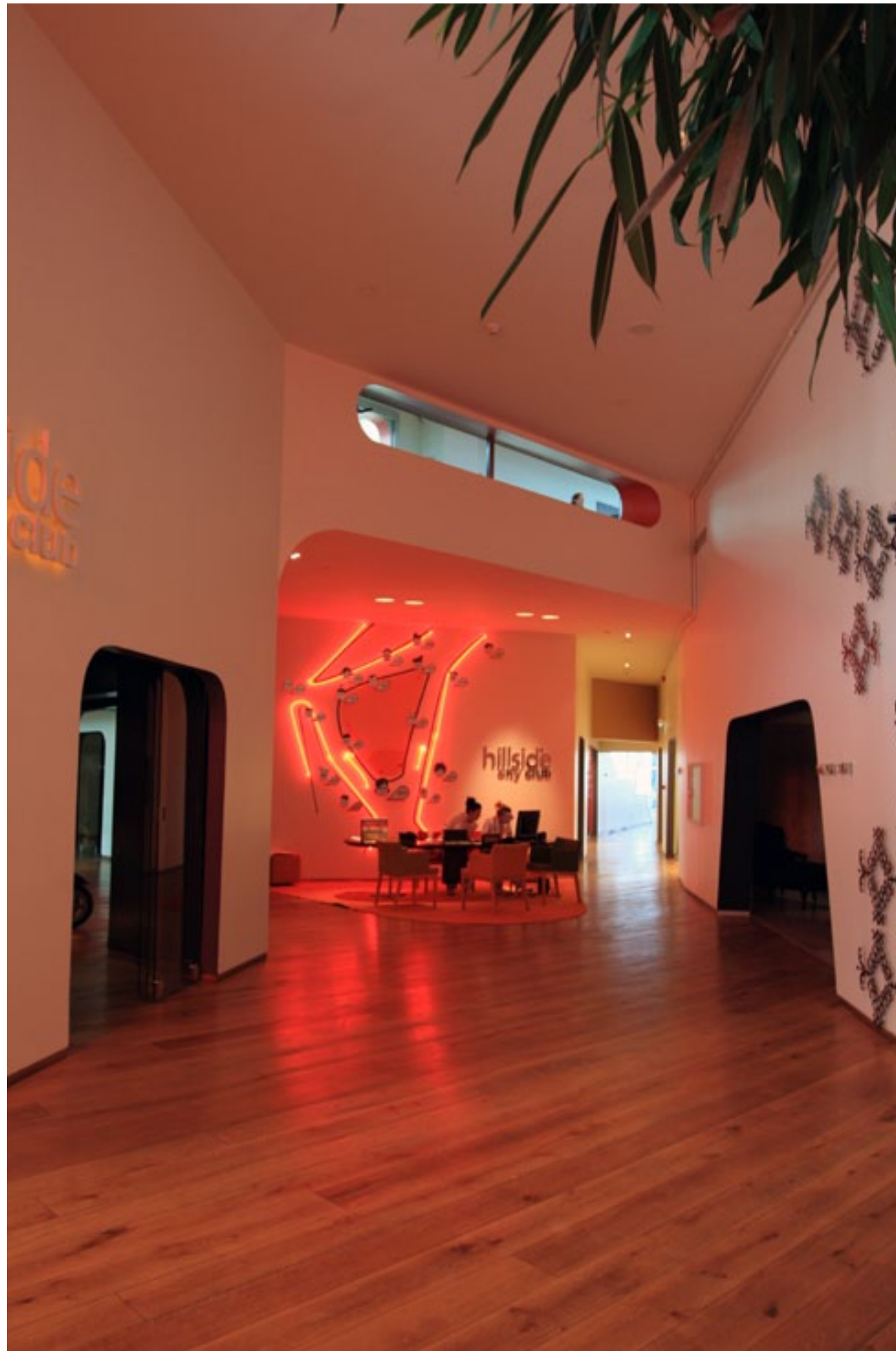
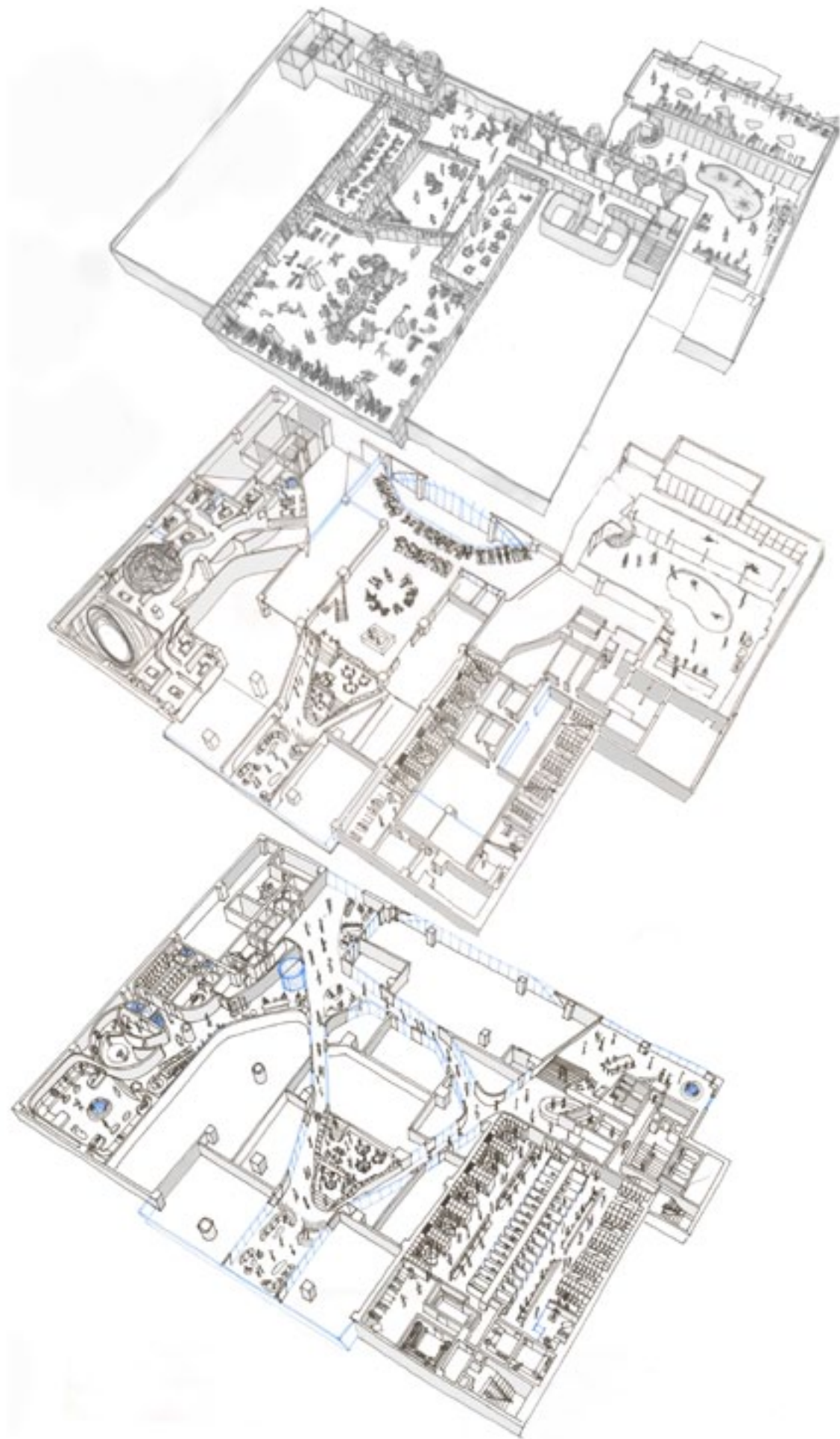
Area: 6000 m<sup>2</sup>



Located in the new Istinye Park mall complex in Istanbul, the Hillside City Club is a state of the arts sports facility. While offering the latest in physical and mental training, the club also provides guests with other amenities such as; a café, restaurant, shops, bookstore, spa and a traditional hamam. This all encompassing service philosophy is a trademark for the Hillside Company.

Architecturally, the programmatic organization of the complex is arranged around various 'social nodes' intended as areas for social mixing and interaction. Additionally, the architects design objective was to create variation with spatial volumes throughout the complex. The 'social nodes' and 'spatial volumes' offer an architecturally diverse environment to supplement the various activities and services taking place at Hillside.









# FUEL FITNESS

Design Agency: Panton Architect

Client: Fuel Fitness

Location: Laredo, Texas USA

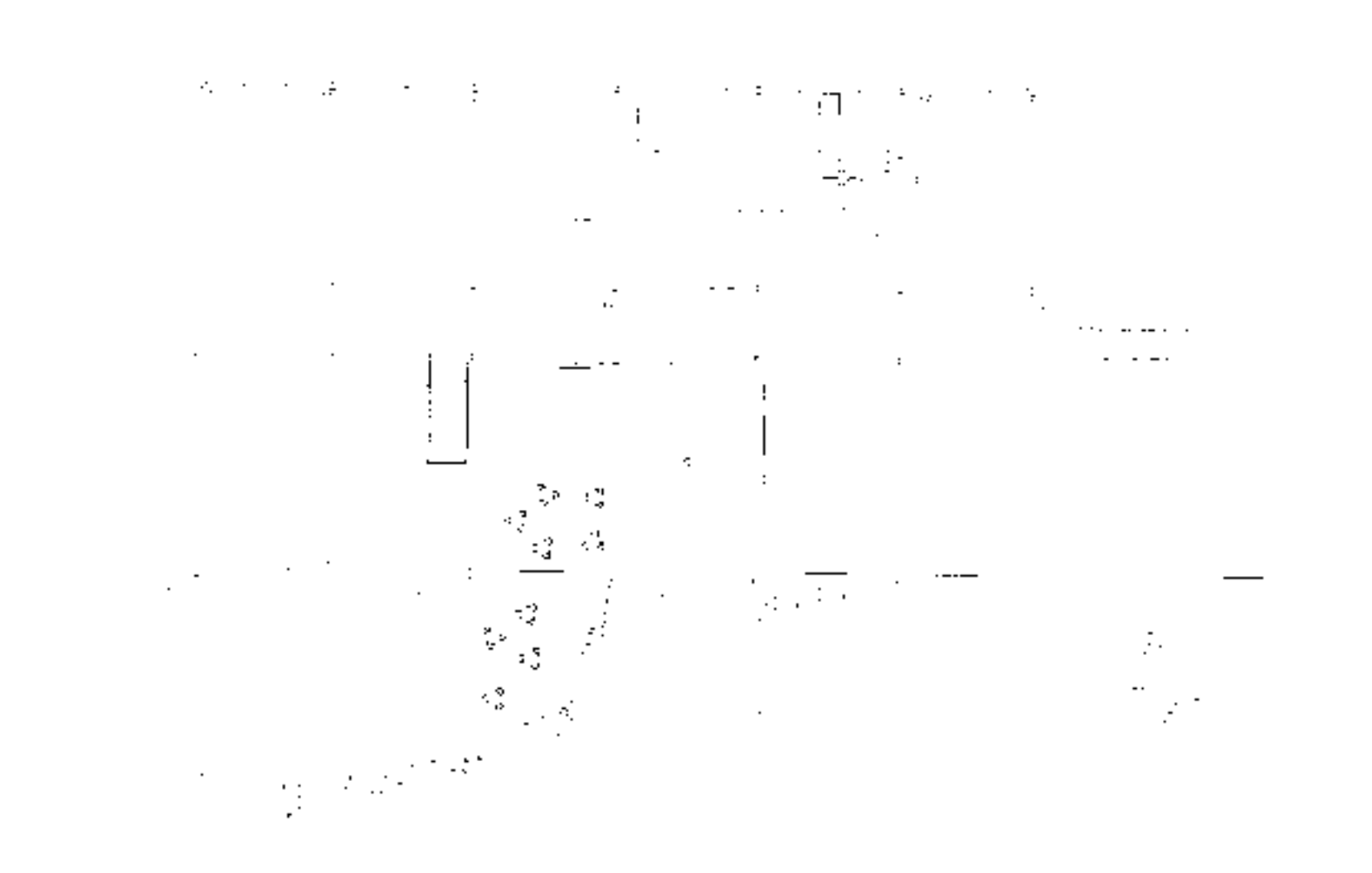
Area: /

Photographer: Architect Staff



Thick folded stucco with large recessed glass windows allow indirect day lighting for elevated fitness near the Rio Grande River.









PURE AUSTIN  
FITNESS AT QUARRY LAKE

Design Agency: Panton Architect

Client: Pure Austin Fitness

Location: Austin, Texas USA

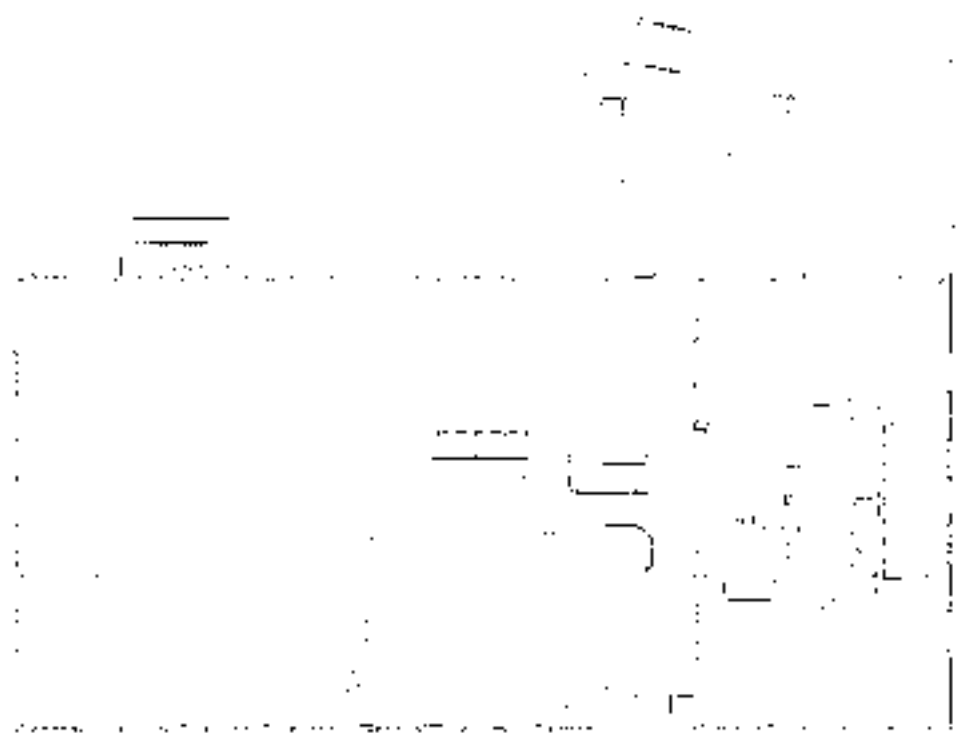
Area: /

Photographer: Architect Staff



19<sup>th</sup> Century industrial buildings inspire a brick, glass and steel factory of fitness by the lake. Principal materials: Mexican Brick, zinc metal panels, exposed steel structure, rubber and stained concrete.









# MY-FIT SPEEDFITNESS CONCEPT

Design Agency: POSITION Collective

Client: My-Fit Speedfitness Concept LTD

Location: Budapest, Hungary

Area: 70sqm

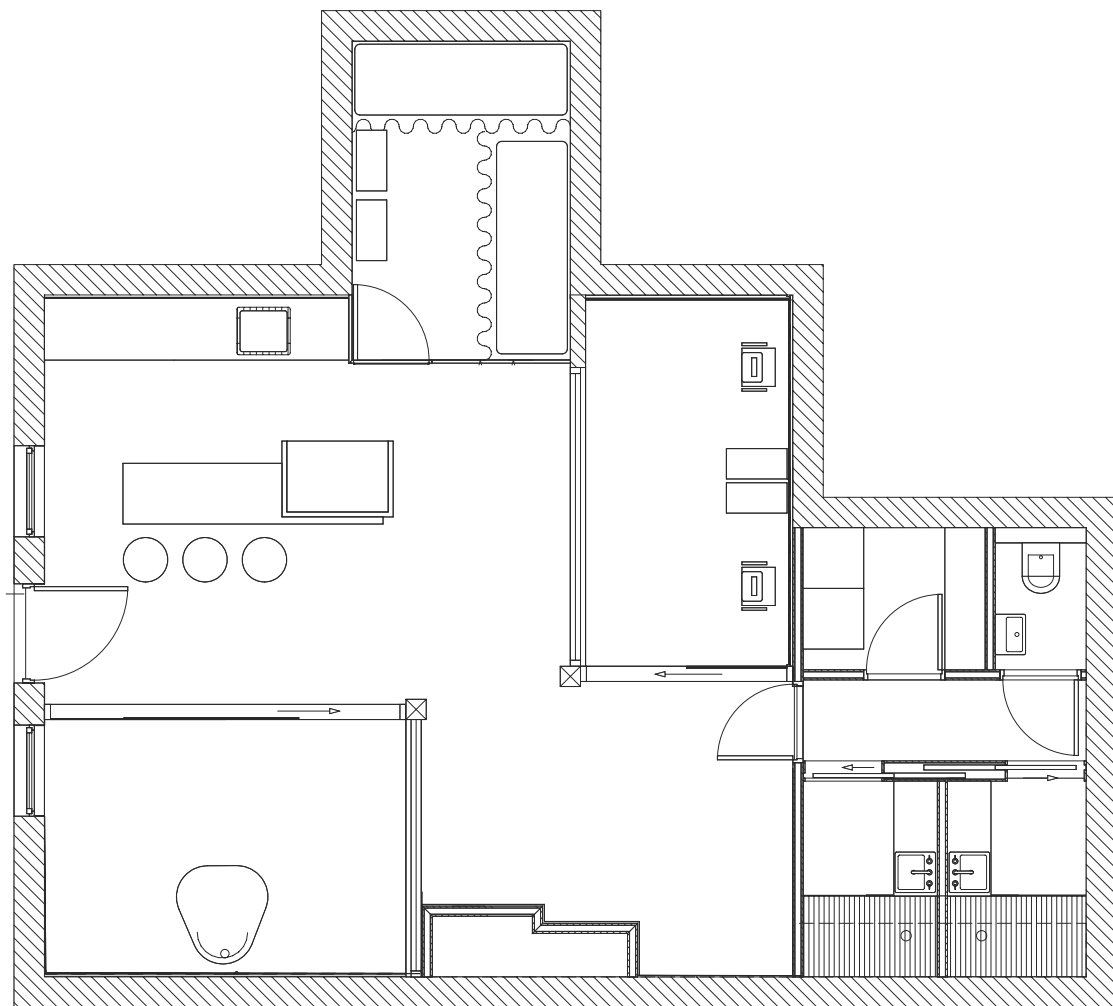
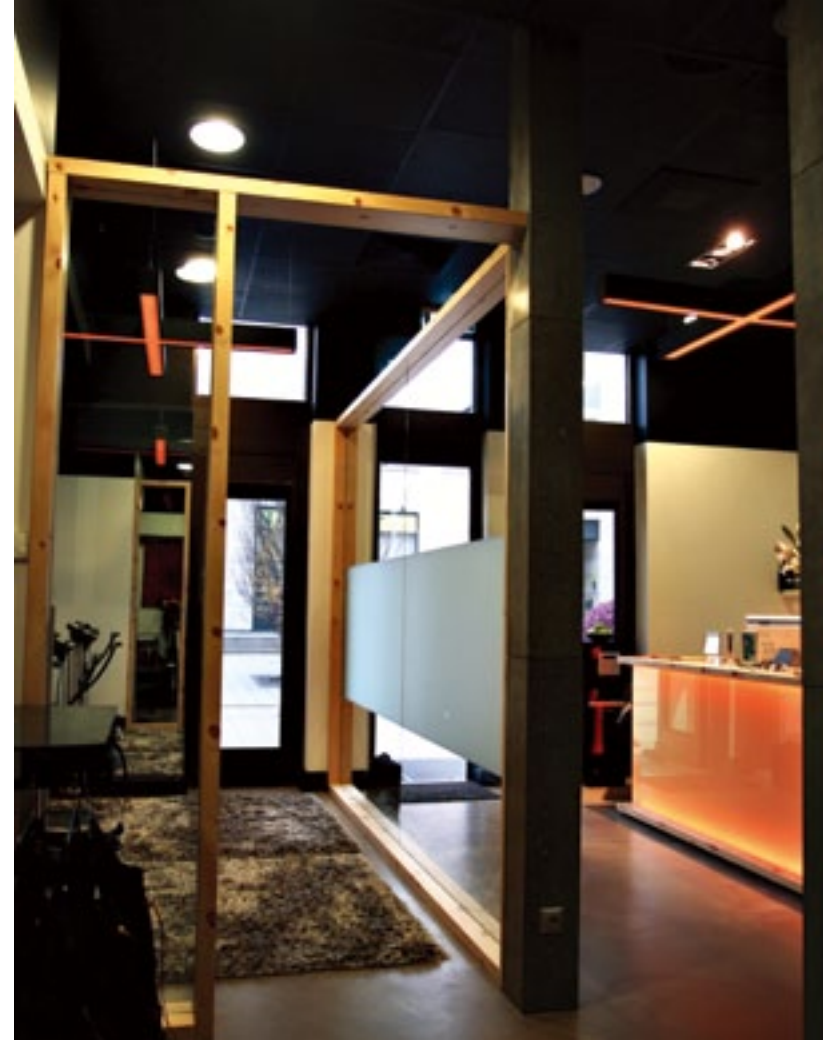
Photographer: POSITION



In June 2011, we started working on the design concepts of a new fitness salon - located in Budapest, MOM Shopping Center- using the more and more popular speed fitness training method. From the beginning the full design process was a close collaboration with the client, while a friendly, comfortable yet sporty, unique design concept began to take shape. As the speed fitness training itself is a tough physical activity, that requires concentration and strong will, we gave a slightly industrial feel to the interior. The characteristic visuality of the space is defined by using concrete, wood, ceramics and 'design-recycled' factory windows. Main part of the design was to create separate rooms according to the different type of trainings. In a room of 70 sqm it was hard to find a solution of both visual and acoustic separation, at the same time not dividing it into tiny dark boxes. Finally we decided to create massive timber frame with partly sandblasted glass for visual separation. Acoustic demarcation was solved by adjustable sound technology in each room.

Besides interior design, we were happy to create the full corporate identity of MyFit through a branding process with the client involved. We have designed both printed and online graphic materials with a coherent approach of the MyFit feel.









# PACE POWER PLATE CENTER



Design Agency: POSITION Collective

Client: Pace Power Plate Center

Location: Hungary

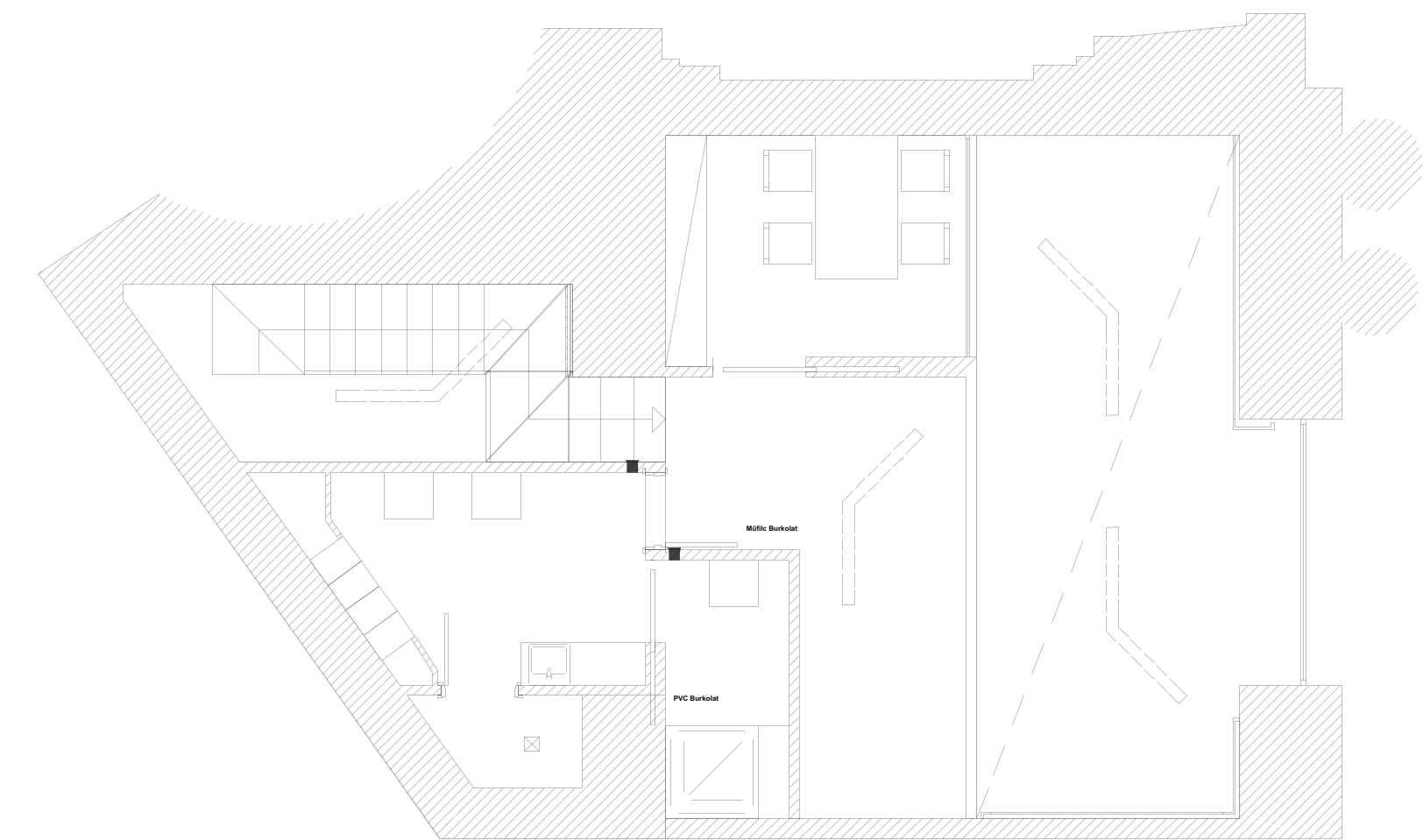
Area: /

Photographer: POSITION

The pace power plate center is the latest project of position. The new project is the Hungarian Headquarter of the POWERPLATE brand. Apart from their commercial activity they provide technology trainings and private fitness trainings.

Our vision was to create an interior which is inspired by the simplicity of this innovative training system. The whole training lasts only 30 minutes which helps losing fat and gaining muscle easily. This super fast method made us to design a brand and interior that show the future of being fit. The white, smooth and glossy surfaces make the whole interior clean and classy. We had to consider that the customers are both male and female. The black geometric stripes on the floor and the stairs give a little masculine look while the purple lights make it more feminine. A mobile branded wall was designed to divide the fitness area from the entrance and the reception. The main character of the interior is the object of the reception desk and the stairs. Our aim was to hide all the technical background of them and make a solid and simple form.









# UENERGY BOUTIQUE HEALTH CLUB



Design Agency: Godwin Austen Johnson

Architect: Jonathan Ashmore

Client: Uconcept

Location: Dubai International Financial Centre, Dubai, UAE

Area: Sports and Leisure

Photographer: Jonathan Ashmore @ GAJ

The concept of the health club was influenced by a series of black and white photographs taken of an old gymnasium. "The figures appear in silhouette and their true physical form is expressed against the backdrop of a stripped out warehouse" GAJ wanted to express this honesty of form and function in the project through the new structure contrasted with the existing columns and surfaces of the original building. The design therefore focused on the attention to detail and materials to bring together the raw industrial textures of a New York warehouse with the finesse and execution of a luxury hotel.

One primary challenge was to create the health club within a prominent retail space of three fully-glazed elevations. On paper, this was not the best suited space for a Health club; in full view of passersby, particularly in a conservative region like the Middle-East. This posed an issue of privacy and a crucial design challenge.

The designation of functions and client requirements meant that the layout of the project had to work very hard. GAJ looked at the concept as a series of volumes rather than two-dimensional areas. A proposed new mezzanine floor increased the overall floor area from 560 to 650sqm across three levels which allowed the designers to accommodate all the facilities.

The design explored the connecting volumes to filter natural daylight and views deep into the heart of the project. The circulation route into the gymnasium was directed around the perimeter to serve as a buffer between the public and private areas.

This also created a dynamic relationship between people passing in parallel both inside and outside of the façade. The main-corridor privacy screen constructed of tinted-mirror, Engineered timber blades and light-boxes, created linear apertures that controlled selected views and daylight to penetrate the internal space.

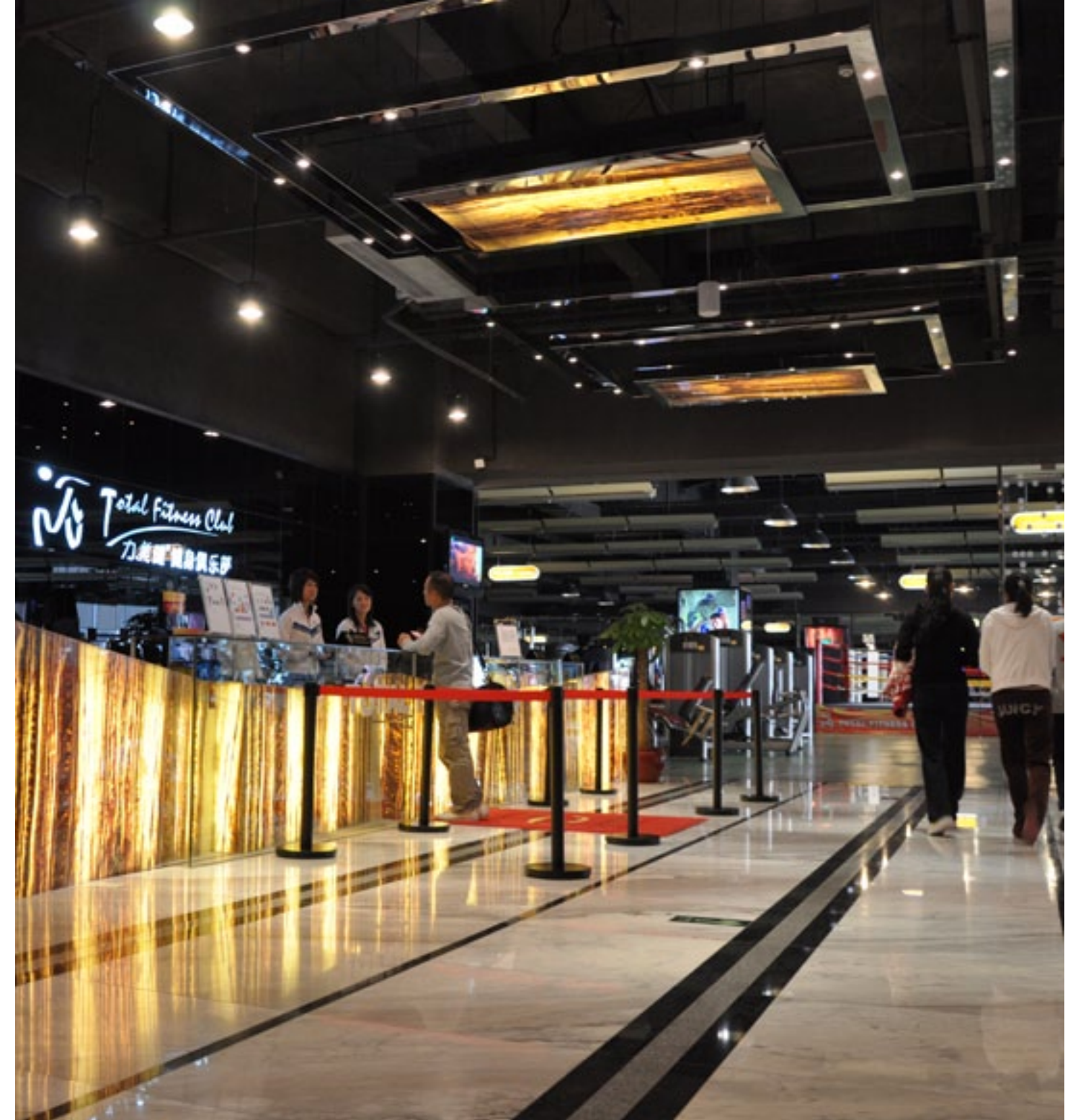








# TOTAL FITNESS CLUB, HUADU, GUANGZHOU



Designer: Wang Hongxia

Client: Total Fitness Club

Location: Guangzhou

Area: 3800 sqm

Total Fitness Club Xingguanghui GYM, Huadu, founded on December 8th, 2008, is situated on the 7th floor of Xingguanghui Shopping mall, No.72, Jianshebeilu, Huadu District, Guangzhou City, with more than 3800 square meters saleable area. The embraced luxurious decoration design and Total Fitness's valued brand make Xingguanghui GYM become the leading upscale fitness club and favored many citizens shortly after its opening.

Xingguanghui GYM, Huadu, adhering to the traditions of Total Fitness's other branches, provides members with the most superior fitness service and environment through the international top fitness equipment and Total Fitness's own brand - la magic courses and other courses, making all the members feel at home entering the club. At the same time, the group of professional international private coaches in Xingguanghui GYM who have gained international private coach authentication certificate are committed to the development of private coach courses, offering our valued members the most professional and the most considerate fitness guidance in a short time, which can not only ensure members' health, but also bring members the best fitness effect.









# TOTAL FITNESS CLUB, JINBI, GUANGZHOU



Designer: Wang Hongxia

Client: Total Fitness Club

Location: Guangzhou

Area: 3000 sqm

Total Fitness Club Jinbi GYM--- the 25th branch of Total Fitness Club, founded on December 8th, 2008, is situated on the 4th floor of Dushi Square, Jinbi Garden in the famous buildings "Evergrande Real Estate Group" (No. 821, Industrial Avenue South, Haizhu District, Guangzhou City), with several express routes. What's more, the club provides large parking lot, ensuring parking demands.

Jinbi GYM covers an area of more than 3000 square meters, with the most advanced constant water temperature setting in the locker rooms, and there are comfortable recreational teahouses and free Internet zone as well as dry evaporate and wet steam rooms. It is more a place for making friends with many elite white-collar than a place for enjoying the world's top fitness equipment.

Total Fitness Club Jinbi GYM hires lots of international private coaches for the members' health. There are more than 150 classes per month for the members' options, including the body pump, body combat, popular hip-hop, indoor cycling, Step Aerobics, fitball, big ball, taekwondo, kickboxing, high temperature yoga, double yoga, Flow Vinyasa Yoga, Hatha Yoga, reduced pressure yoga, pole dance, belly dance, Indian dance, comb form, Tai Ji, body balance, Salsa dance, hip hop dance, aerobic dance, ballet, shape boxing etc.









# CRUNCH GYM

Design Agency: Viveck Vermaa Architects

Architect: Viveck Vermaa

Client: Elysium wellness Pvt Ltd - Mr. Jitin Mittal / Akram ali / Abhinav aggrawal

Location: New Delhi

Area: 5000 SQFT

Photographer: Viveck Vermaa

Project coordinator: Amit Kalakoti



CRUNCH is a Lifestyle Fitness Facility offering state of the art Fitness Center, Slimming and Spa services with an objective of making the community health conscious and Fit for life.

It is situated in one of the up market shopping Malls. The objective was to create a high end gym with all the latest facilities.

The most prominent feature of design is its Ambience. The theme chosen for the gym was cosy & monochromatic with beiges and browns. All the materials like flooring, wall papers, fabrics etc. were chosen around this theme, in addition to having their own practical utility.

There are five sections in the gym:

- a. Slimming
- b. Strength
- c. Weight
- d. Cardio
- e. Spa

As the site offered a twenty two feet high ceiling, a mezzanine floor was created where separate spa facilities for ladies and gents have been accommodated.

The cardio zone was created on the front periphery of the Mall and the whole opaque façade of the Mall was replaced by transparent curtain wall to create more visibility from the outside. Another continuous glass façade was erected towards the atrium of the mall as another step to enhance visibility.

All the treatment rooms in slimming area are soundproof with individual music and weather control. Two rooms have attached shower & steam rooms. All rooms have multiple lighting options for supporting multiple activities.

The Gym is centrally air conditioned. It has CCTV & Bio Metric access & security systems at critical areas.





- LEGEND
1. ENTRANCE
  2. RECEPTION LOBBY
  3. WAITING
  4. OFFICE
  5. COUNSELLING
  6. NURSE'S
  7. TREATMENT ROOM
  8. SHOWER
  9. STORE
  10. WC
  11. PANTRY
  12. STRENGTH SECTION
  13. SPINNING STUDIO
  14. WEIGHT SECTION
  15. CARDO ZONE

MAIN FLOOR PLAN











## THE THIRD SPACE



Design Agency: Nick Farnell Architects

Client: /

Location: /

Area: 40,000 sq

Photographer: /

40,000 sq ft of holistic health and sports related fitness club, housed within an existing hotel annexe in the heart of soho and spread across five floors including a large basement. The £6M interior fitout was completed in 12 months, and has received numerous accolades from the press, corporate bodies and the members and professionals who train there.

The fitness club comprises: Ozone swimming pool and Spa, Climbing Wall, 3 dedicated fitness zones, pilates studio, boxing ring, hypoxic altitude chamber, complimentary medicine and in-house GP. The entire concept was to create a space where everyone would become part of the experience and enjoyment of this dynamic space. The client wanted to break the typical fitness club design mould, they instructed the architect that Third Space must, at all costs, be unlike other fitness centres or clubs. Where rivals occupy underground spaces, Third Space should be filled with light and open to the sky, with open floor plans. Facing you at the entrance to Third Space is a visual section through the heart of the building; you can see a structural glass deck below you engineered to take aerobic classes and under this is the subterranean swimming pool. Above you in this spot is a double-height void covered by a large rooflight, this gives swimmers an open view of the sky. Two further gym floors, enclosed by glazed walls, rise around the void over the pool. Before concentrating on the interior design, several practical problems had to be tackled, of which sound insulation was the most important: the Regent Palace hotel occupies the five top floors of the 1930s building, and the Piccadilly Theatre abuts it to the south. The use of mirror-wall finishes, glass balustrading on the central, metal staircase, and glass fire-doors framed in galvanised mild steel, reinforce the transparency theme. From every point of the building, you can observe other members engaged in different activities. For example, the climbing wall ascends from the basement, through each floor in turn, and emerges under patent glazing in a rear corner of the building. Where partitions are needed, as in the pilates room, mirrored walls and glass partitions minimise their separation from open-plan areas; the martial arts room overlooks the pool through a glazed wall, like a Japanese tea pavilion.









## ETERNITY FITNESS

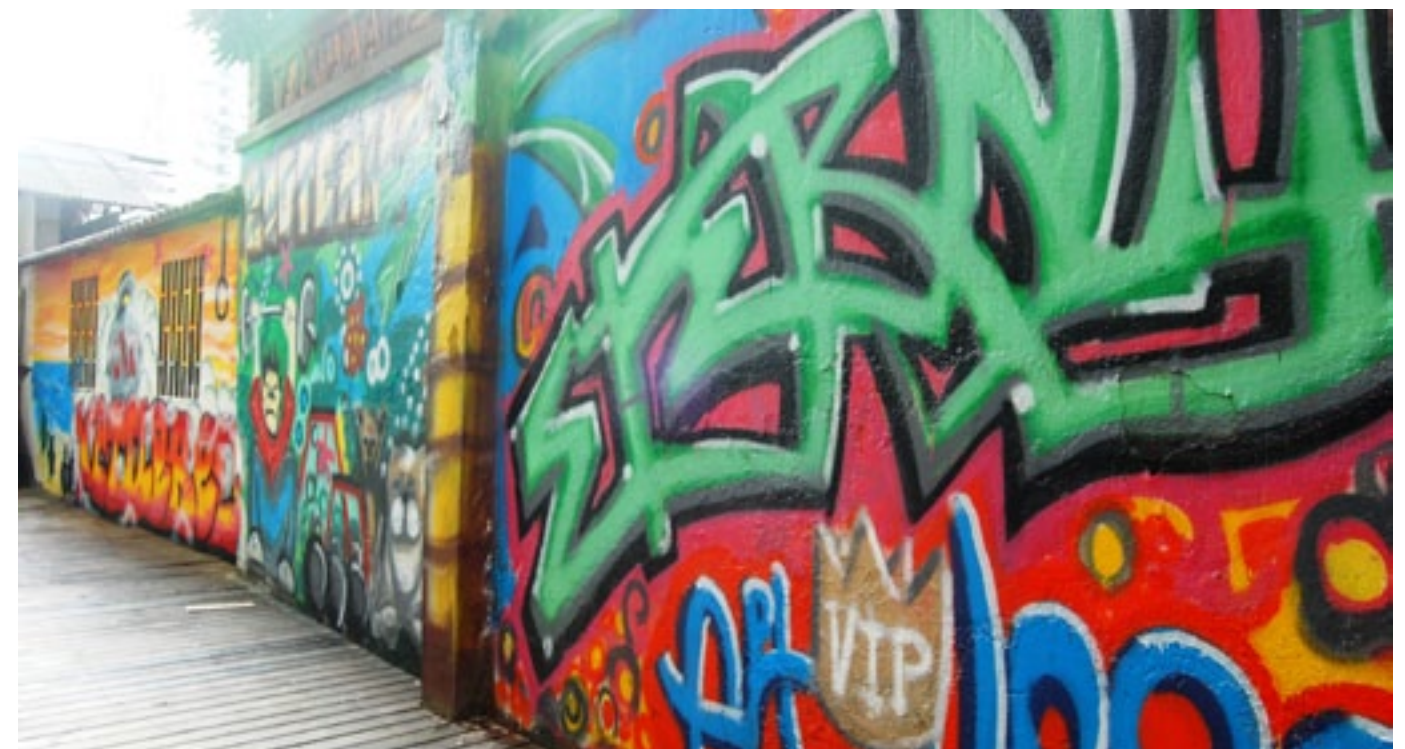
Designer: Mark Soo

Client: /

Location: /

Area: /

Photographer: /



Eternity Fitness personal training studio is the first of its kind on mainland China. The original fitness boutique was the first to change the approach of the typical big scale busy treadmill gym to a small and intimate and cozy design. The gym is housed in a former paintbrush factory with high five meter ceilings and bright natural lighting provided by large vintage windows. The idea behind the design was to incorporate natural and traditional materials such as wood and stone to be contrasted by vibrant solid eye catching colors such as reds, greens and yellow to stimulate the senses at the same time having a more calming and relaxing feeling compared to the big commercial gym designs. Each classroom is designed to maximize the space accommodating around 10 ppl for high quality fitness classes and attention to details both in the actual training and also design. Although the gym is relatively small it is packed with some of the most unique workout and training equipment found in the city. Just like gym design being simple yet functional so is the selected equipment. You won't find rows of machines or other gimmicks taking up space. More so just simple old style hardcore equipments proven by time for functional training- barbells, dumbbells, kettlebells, medicine balls, pullup bars, plyoboxes and gymnastic rings sand bags and other fun toys the choice for a world class training facility and professional athletes. Although recently moved to a different venue a few blocks away the new gym follows the same design principles.











# THE CONTRIBUTORS

## Asuncion Berenguer, Inc.



Asuncion Berenguer, Inc. is an architectural and interior design firm headed by architects K. Digno Asuncion and Isabel Berenguer-Asuncion. ABI is committed to the highest quality design service that covers the entire design process. This includes early site selection studies, budget estimates, concept design, detailed design, contract documentation through to construction inspection and post occupation review. ABI, completing a variety of residential, commercial, hospitality, institutional and corporate architecture and interior design, continues to integrate other services such as design and build, graphics, and other related disciplines and services for a complete turnkey delivery. ABI is holistic, approaching every project by integrating physical context, unique function and aesthetic goals into a design program. This complex process includes ABI's role in collaboratively working with the Client in synthesizing needs and visions to translate them into powerful living forms and spaces.

## Blank Studio



Blank studio architecture, established by Matthew G. Trzebiatowski (Born in Wisconsin, 1972), was to honor the capacity for architecture to challenge, inspire and elevate design awareness in an environment that is directed toward increasingly simplistic and synthetic solutions. The design process centers upon investigation and synthesis, the experiential use of space, an authentic expression of materiality, and the engagement of senses. Within this inclusive method of design, blank studio endeavors through its work, to transcend meaninglessness and create that which is a testimony to the potential of the designed environment.

In addition to realized projects, blank studio actively participates in the theoretical realm as well, through teaching and by taking part in various local and international design competitions. As an ever present concern in our natural and built environments today, explorations into sustainable technology and practices inform much of the current work of blank studio.

## Concrete Architectural Associates



Concrete consists of 5 fundamental building blocks: concrete interiors, concrete architecture, concrete tomorrow, concrete today and concrete heritage, with about 35 professional visual marketers and interior designers, graphic designers and architects included.

The company builds brands, produces the interior design, architectonic and urban development plans, along with the main presentations and, eventually, the scale models themselves. The work extends from interior design to urban development integration and from the building to its accessories.

Concrete, for example, also sets the perimeters for the graphic work and considers how the client can present itself in the market. This all happens from the "one concept" philosophy. The designers of Concrete create holistic plans and everything they design is used for the benefit of that total concept: that's where their strength-and thus the clients' greatest advantage-lies.

## Damir masek gmbh



The project comes to flourish when it is handed over to the client.

The individual notion of the client is at the beginning. We accompany you on the further, new path, convinced that the project will suit you as a custom-made outfit does.

By adopting a phenomenological approach we go to the roots of the idea, of the task, of the specific context. At the center we are placing openness, absence of bias in perception of the diverse substance, parameters und possibilities. The mysteries of the details are in the whole, and the macrocosm is rooted in the microcosm. The understanding we achieve allows for the interpretation and the implementation of the project at the highest level of quality, in close cooperation with the client and within the budgetary framework.

## EOP Architects



EOP Architects is an architectural and interior design firm based in Lexington, Kentucky. Our design-focused culture is centered upon the passion that architecture has the responsibility to inspire, transform, and provide iconic, cultural and environmental value. EOP has completed projects in over 30 states across the US. The firm's projects have been recognized on both a national and regional basis through numerous design awards in addition to receiving the KY AIA Distinguished Architectural Firm Award In 2009. EOP has an established reputation in Lexington and the region for their contemporary and innovative responses to many of the area's most high-profile new construction projects. In addition, the firm has played a leadership role with regards to the importance of sustainability within the design profession and was the design architect on the first LEED Certified project in the Commonwealth of Kentucky. The firm is led by five principals, Rick Ekhoft, AIA, LEED AP; Paul Ochenkoski, AIA; Richard Polk, AIA, LEED AP; Brent Bruner, AIA, LEED AP; and Chris Estes, LEED AP.

## Fabiano designs



Fabiano Designs is a full-service architectural and interior design firm with 20+ year track record in the fitness and wellness industries. Our years of experience in managing, supervising and planning projects from the most simple to the most complex make us the firm of choice for the country's leading facilities.

Three unshakable principles- Creativity, Flexibility and Business Savvy which we bring to each and every project, have earned us our reputation as a world-class leader in the design of socially-based community centers, health, wellness, spa and fitness facilities.

## Global Architectural Development



Global Architectural Development is an Istanbul and New York based company, which performs architectural practice, research and concept design since 1994 owned by Gokhan Avcioglu and GAD's global collaborators. It is committed to finding innovative approaches to architecture and creating new spatial experiences with projects and ideas.

GAD has won numerous awards including the 1997 Turkish Architecture Prize for the design of a Public Park in Istanbul and the 2001 Cimsa Design Prize for outdoor seating, a bronze medal in Miami Biennale for Borusan Exhibition Center in 2003. The Public park in 1998 and in 2004 and Esma Sultan Venue place in 2001 was short listed for Aga Khan Award for Architecture.

The firm's projects have been exhibited at numerous venues internationally, at the Galerist gallery in Istanbul and Minima Art in Philadelphia, USA in 2002, at Miami Biennale in December 2003, in Architectural Museum in Rotterdam, in 2004 and in 2005 in Royal Academy of Art in London.

## Godwin Austen Johnson



GAJ (Godwin Austen Johnson) is one of the largest and longest-established UK architectural and design practices in the UAE. Throughout its 22 year history the company has created some of the Emirates most iconic buildings and has helped define the Emirates as we know it today.

An award-winning and multi-disciplinary architecture practice, GAJ has particular expertise in hotel and hospitality, residential and commercial, education, sport and leisure design. Despite its years the company remains young and dynamic employing 130+ staff from its Dubai headquarters with offices also in Abu Dhabi, Sharjah and the UK. The GAJ portfolio of work is extensive with a wide range of built and ongoing projects across the Middle East and North Africa.

Godwin Austen Johnson is committed to the belief that the quality of the built environment is an essential part of the economic and cultural fabric of society. In which the very best architectural approach plays a central and intrinsic role.



# THE CONTRIBUTORS

## Hooper Architects



## Liong Lie Architects



On March 21 2011, 123DV Architecture & Consult has split into two separate companies, 123DV and Liong Lie, each with its own identity and target audience. 123DV specializes in modern villas, Liong Lie in public buildings. Liong Lie architects currently consist of 10 architects, planners and interior designers.

Our mission is to improve people's lives by creating a built environment that bring beauty and imagination alive.

Before we think up any ideas we want to know who you are. And before we draw a single line. We believe design follows insight - into your brand, your vision and your strategic objectives. Only then can we set our creativity to work, to help you achieve your goals.

## Mark Soo



The creator and designer, also senior coach and founder of Eternity Fitness is Australian Mark Soo. Mark has always been interested in creative arts since childhood and holds a Masters Degree in Industrial Design. Mark also holds additional 10 different training certifications including Master Trainer, Advanced Kettlebell and Crossfit Instructor. Prior to opening the venue Mark first entered China and worked as a personal trainer as well as a fitness equipment designer creating both commercial and home use machines for US and European Markets since the early 00's. Having seen a niche in the marketplace for high quality training Mark pooled his creative talent and resources to open the first personal training and specialty fitness center. Over the past decade Eternity fitness continues to be the market leader for serious training introducing the China to unique programs such as outdoor bootcamps, eco-adventure getaways, gladiator training, kettlebells and crossfit and also the first body transformation competition.

## Michel Laflamme



Michel Laflamme Architect was established in 1996. Graduating with highest distinction, Michel studied architecture at Laval University in Quebec City. Prior to venturing on his own, he spent the majority of his career working with world-renowned architect, Arthur Erickson.

In a continuous search for timeless architecture, Laflamme's approach towards design is to combine light and material, according to function and context, in a way that extracts the essentials of a building. Working on highly customized architectural projects, where every design element was stripped down to its bare minimum, has bolstered his beliefs for clarity in design. Also, his extensive experience on high-end residential projects, has allowed him to explore design in its entirety, treating with equal attention both landscaped and interior elements.

Michel Laflamme Architect's portfolio includes Art Galleries, Wellness Centres, Custom Residences and Office Spaces.

## Nendo



Giving people a small "!" moment. There are so many small "!" moments hidden in our everyday. But we don't recognize them, and even when we do recognize them, we tend to unconsciously reset our minds and forget what we've seen. But we believe these small "!" moments are what make our days so interesting, so rich. That's why we want to reconstitute the everyday by collecting and reshaping them into something that's easy to understand. We'd like the people who've encountered nendo's designs to feel these small "!" moments intuitively.

That's nendo's job.

## Neri&Hu Design and Research Office



Founded in 2004 by partners Lyndon Neri and Rossana Hu, Neri&Hu Design and Research Office is a multi-disciplinary architectural design practice based in Shanghai, China. Neri&Hu works internationally providing architecture, interior, master planning, graphic, and product design services. Currently working on projects in many countries, Neri&Hu is composed of multi-cultural staffs who speak over 30 different languages. The diversity of the team reinforces a core vision for the practice: to respond to a global worldview incorporating overlapping design disciplines for a new paradigm in architecture.

## Nick Farnell Architects



Nick Farnell Architects formed in 2001 on the success of the Third Space Health Club, which won "The Best Health Club in The World" - International Design Award presented by British Airways 2002. Since this the practice has achieved considerable success, becoming widely respected for its innovative, modern and bespoke approach to architecture. Several projects have been featured on TV spots including, "The Richard and Judy Show" (Channel 4, June 2006) and various Magazines, both in the UK and mainland Europe, including, "Deutsche BauZeitschrift" (German Magazine, Feb 2002) and "Living etc" (2 articles in May 2007).

Modern buildings require not only exciting and individual concepts but also an exciting and individual approach to their design and implementation - to this aim Nick Farnell Architects' approach ensures that the design is realised from concept to completion and that at all times the process is managed and communicated. The Architects' designs all have a continuity that reflect an authorship of style in the contemporary field; from modern health clubs and gyms to high-end residential developments.

## Ore studio



Ore Studios is the interior design practice of Cara Scarola and Andy Beers. Specializing in residential and boutique commercial interiors, they strive to create spaces that revere both their inhabitants and the environment. Their work is characterized by a simple, informal style that respects the beauty of natural materials and strong forms. This perspective is informed by a deep admiration for traditional architecture tempered with a love of contemporary design.

Working in many scales, Cara and Andy have completed both new construction and renovation projects, often including custom millwork, lighting, and furnishings. By collaborating with a network of like-minded design professionals and artisans, the details of these projects remain unique while still adhering to the aesthetic and sustainable design principles that inform all of Cara and Andy's work.



# THE CONTRIBUTORS

## Panton Architect



Panton Architect is a Texas based design firm founded in 1994, dedicated to making beautifully designed and well-crafted commercial and residential buildings. We believe good architecture is achieved through active Client/Architect collaboration and clear design solutions, unique to each project and to each client.

Our interests and strength lie in personally engaging clients in an ongoing dialogue about their needs, resources, and vision. We want you to live and work in a space that reflects what you value. We believe good architecture is achieved through meticulous attention to detail, from spatial organization to the nuts and bolts. This is why we build what we design.

Our experience in construction means we are mindful of the technical competency, cooperation, budgeting and logistics needed to construct buildings. This hands-on experience informs our designs with a rare combination of imagination and feasibility.

## Pascal Arquitectos



The identity that supports the projects developed by the firm Pascal Arquitectos, with headquarters in Mexico City since 1979, comes as a result from the fact that there is not an ulterior ideology norming the form, the language or the materials used; the team work is aside from unique discourses ascribed to any project.

At Pascal all kind of projects are produced: residential, corporate, contract and hospitality, temples or ritual spaces besides developing -depending on each particular case, the architecture, the interior and furniture design up to the lighting and landscape design too.

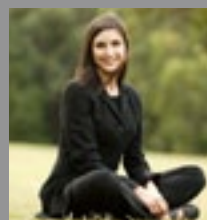
The works of the past thirty years have left a lot of knowledge and experience. Amongst the more representative are the Sheraton "Centro Histórico" Hotel, located in front of the Alameda Central; and Meditation House, in Bosques de las Lomas, that has been worldwide recognized with numerous awards. The firm's work has been widely published.

## POSITION Collective



POSITION Collective was founded by five friends as a result of a creative initiative at the beginning of 2010. Their objective is to perform complex designing tasks by making use of the diverse design skills of the team. Accordingly, POSITION possesses state-of-the-art technical skills as well as a modern approach in all the applied creative fields (graphic design, branding, image design, package design, web design, furniture design and interior design). With the combination of all these skills, POSITION is able to provide creative services, supplying small orders and complex design tasks alike.

## Poune Design



Established in 1997, Pouné Design is an award winning Sydney based design practice with a commitment to providing poetic and pragmatic architectural design befitting its region and context. Creative spacial planning, innovative structural engineering and inspiring materials pallets have provided the practice, headed by Pouné Parsanejad, with a number of highly impressive and ecologically sustainable projects to their name.

Pouné Design has a diverse range of design experience across both commercial and residential spaces throughout Australia including offices, showrooms, retail spaces, medical clinics and domestic spaces but also a specific portfolio of projects for the fitness and health industry, stemming from the Director's previous experience as Design Manager for Fitness First Australia. Projects include Gwinganna Health Retreat in the Gold Coast hinterlands (for which the practice has won several design awards), gymnasiums for Fitness First, Fit n' Fast, Anytime Fitness and various intimate hotel gymnasiums.

## Pure yoga



PURE Yoga is Asia's premier brand of yoga studios with five locations in Hong Kong, one in Singapore and one in Taipei. PURE Yoga launched in 2001. A wide variety of traditional and contemporary yoga practices are offered and taught by passionate, certified teachers. Beginners' workshops are organized every month to encourage newcomers. Workshops for all levels with internationally-acclaimed guest yoga masters, retreats in idyllic locales, and teacher training programmes are all part of providing students with the most rewarding yoga experience possible.

## Rand Elliott | Elliott + Associates Architects



Established in 1976, Elliott + Associates Architects is a full-service architectural firm of licensed architects, interior and graphic designers and support personnel. The firm has designed award-winning projects for corporate clients, various arts organizations, museums, and public spaces.

The design philosophy of the firm is shaped from the theory that a space reflects the unique personality of the owner, coupled with functionality. Elliott + Associates Architects creates special environments - architectural portraits - revealed as expressions of the client.

Elliott + Associates key members are Rand Elliott, FAIA, who is Principal-in-Charge and Design Architect and Bill Yen, AIA, Senior Associate. Mr. Elliott has been principal of his own firm for 35 years. The firm's projects have won 268 international, national, and local awards including ten National AIA Honor Awards. Rand Elliott is only the second architect in Oklahoma to have a book published featuring the firm's projects; the first was the world-famous architect, Bruce Goff.

## Russell Architects



Mr. Russell is a Managing and Design Principal with Russell Architects, with offices in Bend, Oregon and Mill Valley, CA. He has over 40 years of experience in Architecture, Planning, and Interior Design, including major commercial, industrial and institutional projects. He has also directed the design effort for over 3 million square feet of Interior Design projects, and has completed numerous multi-family and custom residential projects. A Southern California native, he graduated from the Cornell University Architecture department in 1970, and lived in the San Francisco Bay Area resident from 1980 to 2011. He now divides his time between Bend, Oregon and Mill Valley, CA. He has been an active participant in civic and business affairs, most recently as Board Chairman for the San Rafael Chamber of Commerce and Chairman of the Advocates for Housing and Economic Development (AHED) Committee.

## Studio ST Architects & Z-A Studio



Studio ST Architects, founded by Esther Sperber in 2003, is a full-service architectural firm located in Manhattan that is dedicated to exploring the embedded logics of materials and structures to generate new spatial experiences.

Studio ST's built work is a combination of high-end residential renovations and budget-conscious construction projects for real-estate developers. Among these are a small apartment building in Brooklyn, a number of high-end duplex renovations in Manhattan, and a single family house in New Jersey. Studio At were recently selected to design two public buildings; the renovation of the 14th Street Y in Manhattan and the Keshet Synagogue in New Jersey.

Studio ST also regularly participates in international competitions and was invited to submit designs for the Mediatheque in France and the Hoboken 9/11 Memorial. They were semi-finalists for the Prague National Library and were first place in the Keshet Synagogue competition.



## SsD Architecture Urbanism



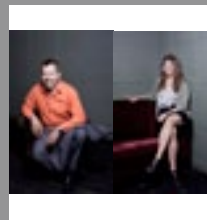
SsD is an architecture firm that approaches design as a convergent, interdisciplinary venture. Minimum form takes maximum effect with the goal to bridge the utopian and the pragmatic. Instead of separating aspects of architecture, landscape, history, social systems, and codes into their constituent disciplines, these agendas are simultaneously explored so that each discipline symbiotically gains from the other. In this way sustainability emerges as an integrated rather than additive result. Along with being published in major media such as Metropolis Magazine, Dwell Magazine, Architectural Record, The New Yorker, and PBS, SsD has received many prestigious design awards including the AIA Young Architects Award, the Young Architects Forum Award by the Architectural League of NY, a Holcim Foundation for Sustainable Construction Award, the Metropolis Next Generation Prize, and ten AIA awards. They have lectured and exhibited at many universities and conferences including venues at the Harvard GSD, Ohio State University, and Seoul National University, as well as at several national design conferences. SsD is a certified Minority and Woman owned business.

## S3 Design



S3 Design is a full service architectural, planning and design firm with a specific focus on athletics, recreation, fitness, and wellness. S3 Design's practice is dedicated to creating spaces that increase the users well being and athletic performance. S3's work ranges from Athletic and Recreation Centers for Colleges and Universities to spa's and fitness centers for private owners. S3 Design believes that the architectural experience can positively impact how a client, member, or user interacts with a space, thus encouraging them to continue returning to an environment that betters their well being.

## SHH



SHH is an architects' practice and interior and branding design consultancy, formed in 1992 by its three principals: Chairman David Spence, Managing Director Graham Harris and Creative Director Neil Hogan. With a highly international workforce and portfolio, the company initially made its name in ultra-high-end residential schemes, where it both innovates and dominates, before extending its expertise to include leisure, workspace and retail schemes. SHH has won over 30 Awards for its projects, including Best Eco House (for its 'North London House with Green Credentials' project) and the 'International Interior Design' Award (for its Manchester Square office project) in 2010. SHH's work has appeared in leading design and lifestyle publications all over the world, including VOGUE and ELLE Decoration in the UK, Artravel and AMC in France, Frame in Holland, Monitor in Russia, DHD in Switzerland, ELLE Decoration in India, Habitat in South Africa, Contemporary Home Design in Australia, IDS in Malaysia and Architectural Digest in both France and Russia, with over 125 projects also published in 66 leading book titles worldwide.

## STUDIOS Architecture



STUDIOS Architecture is defining the future of design by enhancing the human experience through dynamic, program-driven architecture. With offices in Los Angeles, New York, San Francisco, Washington, D.C., and Paris, STUDIOS provides comprehensive architectural services to a global roster of corporate clients. For each new project-from commercial to civic work, from a jewel-like boutique to a sprawling corporate or university campus-STUDIOS builds teams of consultants by drawing from a deep bench of well-respected engineers, landscape architects, lighting designers and graphic designers, that is dedicated to a common purpose: partnership with the client. Because each project is different, so every project is highly collaborative both among the STUDIOS team and with the client, ensuring that feedback is part of the entire process. This project-based approach and deep affinity with their clients has allowed them to develop and maintain long-standing relationships with many of today's most prominent, dynamic and demanding companies, several of which are working with STUDIOS to build multiple facilities around the world.

## Sterios Architecture & Interiors



## Total fitness



Nowadays, Total Fitness Club is well-known. You will see the three most individual Chinese characters – 力美健, as long as you walk in downtown or senior housing district.

In 2001, the first Total Fitness Club in Guangzhou was created in the north side of Tianhe, South-Central Business Center, with brilliant tolerance. Attentively persistent and innovative spirit. In 2011, with the aim of "profession, health, honour and fashion", Total Fitness Club become the first Fitness brand in South China with 10 years. Up to now, there are 26 branches throughout the country, and this legendary growth will not stop as long as the thought isn't weak.

Just think, in the future of another 10 years, how Total Fitness Club will become? In 2021, the heritage of Total Fitness Club's culture and property must be more legend.

## Viveck Vermaa Architects



VIVEA is a New Delhi based design office. The firm is a conglomerate of architects and interior designers. The firm has completed projects of diverse scales and programs throughout India and Abroad.

Together with associates VIVEA provides comprehensive architectural and interior design services for a distinct clientele including residential, hospitality, office, commercial and industrial projects. Through disciplined design and exceptional client service, VIVEA affirms their commitment to the success of each project.

## Zakia Zhang | Designer of Symmetry Design



Major Projects:  
Reception House of Serenity Coast, Sanya  
Topoint Technology Head-office Building, Shanghai  
Reception Club of Rhine Bay, Taicang  
Reception Club & Model Room of Shannan Yinxiang, Huainan  
Flat-type Model Room of Aquilia Garden, Hefei



# THE CONTRIBUTORS

---

---

---

## Zhang Tao

---



With excellent grades, Zhang Tao has graduated from Xi'an Academy of Fine Arts in 1999, and he has served in domestic and overseas firms of architectural design and construction successively, such as Taiwan Shen Zuhai Architectural Design Firm, World Trade Group, K. F. Stone Design International Inc. Canada, and so on. He has taken charge of Shanghai Science & Technology Museum, WTO Lakeside Garden, WTO Village Garden, Shell China Exploration and Production Company Limited (Shell), Millennium Hotel, Wuxi and other interior and exterior design projects.

The designer is adept in using various techniques to build comfortable natural human space, and he pays more attention to the integrity of the design and the unity of finished project as he is deeply responsible for the project. His finished projects have all won high evaluation from both owners and the industry.

---

## Zynk Interior Architects & Designers

---







## Acknowledgement

We would like to thank all the designers and companies who made significant contributions to the compilation of this book. Without them, this project would not have been possible. We would also like to thank many others whose names did not appear on the credits, but made specific input and support for the project from beginning to end.

## Future Editions

If you would like to contribute to the next edition of Artpower, please email us your details to: [artpower@artpower.com.cn](mailto:artpower@artpower.com.cn)