

# Gym Design



Dalian University of Technology Press

GYM:  
ENJOY HEALTHY LIFE

BRTPOWER

# PREFACE

CRM: Easy Recycle Life  
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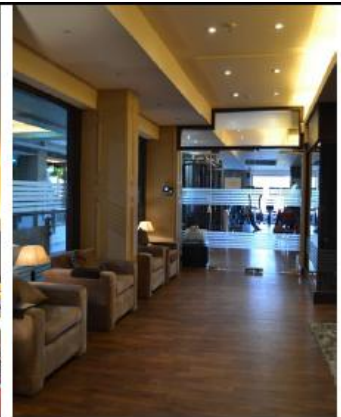
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**CRUNCH GYM**

Design Agency: **Yousang Architects**  
 Address: **Yousang**  
 Client: **Hyundai Construction Co., Ltd. / H&A / H&A / H&A**  
 Location: **Yousang**  
 Area: **5000 sqm**  
 Photograph: **Yousang Architects**



CRUNCH is a fitness facility offering state-of-the-art fitness services with an objective of making the community health-conscious and fit for life.

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

The most prominent feature of design is its Architecture. The theme chosen for the gym was strength & masculinity with elegance and luxury. All the contents like flooring, and posters, fabrics etc. were chosen around the theme in addition to having high architectural quality.

There are five sections in the gym:

- Strength
- Aerobic
- Cardio
- Spin

All the steelwork is heavy for best light-reflection in maximum floor area. Minimal glass facade was provided for ladies and gents have been reconstructed.

The ceiling cover was created on the front periphery of the gym and the whole ceiling beyond the gym was retained by transparent system and to create more visibility from the outside. Another continuous glass facade was provided towards the street of the mall to enhance visibility.

All the treatment rooms in dining zones are equipped with excellent music and weather control. Two rooms have attached shower & steam rooms. All rooms have multiple lighting systems for supporting multiple activities.

The Gym is entirely air conditioned. It has CCTV & fire alarm system & security systems in critical areas.



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MAIN FLOOR PLAN







# THE CONTRIBUTORS

Earlier OMA & YOOA design works included in this book. Numerous high-quality cases, both of home and abroad. Designers, architects, agency, and partners are, emerging and established names. The 3D contributing parties behind the wonderful drawings.

# THE CONTRIBUTORS

## SD Architecture Urbanism



SD is an architecture firm that approaches design with an integrated interdisciplinary process. Motivated from their mission effort with the goal to bridge the market and the program, beyond of identifying aspects of architecture, landscape, history, social systems, environmental, their expertise and capabilities, their experience and creative talents, they work together to generate ideas from the client. In the past, award-winning design projects are an integrated effort by SD and its team. SD has published a major award design journal including the AIA, AIA News Architecture Award, the Young Architects Forum Award, the Professional Design of F22 a Urban Foundation for Sustainable Construction Award, the Materials Peer Competition Prize and the AA awards. They have lectured and exhibited at many universities and conferences including in areas of the Harvard GSD, Columbia University, and Seoul National University, as well as at several national design conferences. SD is a certified Minority and Women owned business.

## S3 Design



S3 Design is a full service architectural, planning and design firm with a specialty focus on affordable, sustainable, green and wellness. S3 Design provides a full range of services from concept to construction management and program management. S3 Design works closely with clients and community groups to create a vision and strategy for their projects. S3 Design believes that the sustainable experience can positively impact how an object, material, or user interacts with a space. This accompanying focus in further enhancing an environment that values form and being.

## SH



SH is an architect, interior and exterior and landscape design consulting firm, founded by three principals: Christine Howell, Suzanne Montgomery, Christine Cadden Smith and Christine Taylor. With a highly international background and portfolio, the company initially needs to create an integrated process and services, where it both receives and executes, before moving to services in public space, landscape and interior design. SH has received 20 awards for its projects, including Best of Design for its South London House with Clear Collective, project and the International Interior Design Award for its Washington Square office project in DC. SH has worked for numerous leading design and lifestyle organizations across the world including: COO&P and S3 Development in the UK, Armani and ANIC in France, Terra in Holland, Mies van der Rooy in Spain, DCU in Switzerland, S3 Development in Asia, Habitat 67 in South Africa, Commonwealth Home Design in Australia, DCU in Malaysia and Architectural Design in both France and Spain, where SH performed as a public-private partnership with the world's largest hotel chain.

## STUDIOS Architecture



STUDIOS Architecture is defining the future of design by advancing the human experience through innovative, progressive and sustainable architecture. With offices in Los Angeles, New York, San Francisco, Washington, DC and Hong Kong, STUDIOS provides comprehensive architectural services for a global range of projects, clients, and clients who understand the value of design. Studios is committed to a working approach to project delivery, where studios provides a range of services by drawing from a global team of professional engineers, landscape architects, lighting designers and graphic designers, and in addition to a strong commitment to the client, studios also provides a full range of services, including a highly collaborative and ongoing, the STUDIOS team and with the client working together to create a part of the entire process. The professional approach and client focus, with our clients have allowed them to develop and maintain long-term relationships with clients 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



Sterios Architecture & Interiors is a full-service architectural and interior design firm. The firm has worked on a wide range of projects, including residential, commercial, and institutional. The firm has a strong focus on sustainable design and has received several awards for its work. The firm is currently working on a number of projects, including a new office building in New York City and a residential development in Los Angeles.

## Total fitness



Total Fitness is a fitness and wellness center located in the north side of Dallas, Texas. The center offers a variety of fitness classes, including yoga, Pilates, and strength training. The center also offers personal training and nutrition counseling. The center is currently working on a number of projects, including a new studio in Austin, Texas and a new studio in San Antonio, Texas.

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## Wivack Vermoo Architects



WVAA is a New York based design office. The firm is a combination of architects and interior designers. The firm has completed projects of diverse nature and complexity throughout India and abroad. Together with its clients, WVAA provides comprehensive architectural and interior design services for a global clientele including residential, commercial, office, institutional and industrial projects. Through thoughtful design and exceptional client service, WVAA will be the commitment to be successful in each project.

## Zakia Zhang | Designer of Symmetry Design



Zakia Zhang is a designer at Symmetry Design. She has worked on a number of projects, including a new office building in New York City and a residential development in Los Angeles. She is currently working on a number of projects, including a new office building in New York City and a residential development in Los Angeles.



## Acknowledgement

We would like to thank all the designers and companies who made significant contributions to the completion 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 ideas to [artpower@artpower.com](mailto:artpower@artpower.com).