

# Gym Design

A photograph of a modern gym interior. The space is multi-level, featuring a mezzanine level with a glass railing. A person is visible on the mezzanine, possibly using a piece of equipment. The ground floor has a large window looking out onto a snowy outdoor area. There are blue chairs and tables on the mezzanine, and a staircase with a metal railing. The ceiling is high with exposed ductwork and hanging lights. The overall design is clean and functional.

GYM:

ENJOY HEALTHY LIFE

# PREFACE

GYM: Enjoy Healthy Life  
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## 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.





# 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.

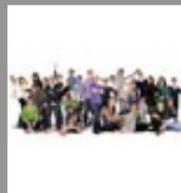
## Blank Studio



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.

## 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.

# THE CONTRIBUTORS

## 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

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## Zhang Tao

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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.

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## Zynk Interior Architects & Designers

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## 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)