

FITNESS CENTER

FICM: 670

SPACE DESCRIPTION

Fitness Centers provide faculty and students a dedicated space to participate in aerobic, strength and wellness training. These spaces must be fully accessible and allow for an array of exercise machines and equipment. The space layout shall accommodate minimum equipment identified by the campus. Storage shall be provided for equipment needs such as yoga mats and small equipment.

The Design team shall review specific needs with campus representatives. Community-based initiatives may be considered on a project-by-project basis to accommodate users in the surrounding area. Outdoor Fitness and Wellness options may also be considered, such as walking paths with mileage markers or Track striping in parking lots. When outdoor options are provided, the design must incorporate security features to comply with PSEP requirements (ie, blue-light poles).

SUCCESS FACTORS

Accessibility: The facility must be accessible to all students and faculty, including those with disabilities and special needs.

Safety: All equipment must have proper safety clearances, be well-maintained and inspected regularly to ensure that it is safe for use by students and faculty.

Flexibility: The space must be flexible enough to accommodate a range of activities and classes.

SPACE FREQUENCY

One Fitness Room per service area or campus, minimum.

GENERAL

All perimeter walls shall be full height to deck.

The Fitness Center shall be located on a main corridor with access to services. Fitness Centers require the following: **Fitness Room, Studio, Locker Rooms and support spaces.**

ACOUSTIC

Acoustic Ratings for Perimeter walls: STC 50. Surface treatments such as acoustical panels may be added for increased performance.

Follow the recommended methodologies and best practices for mechanical system noise control in ANSI Standard S12.60; the 2015 ASHRAE Handbook-- HVAC Applications, Chapter 48, Noise and Vibration Control (with errata); and AHRI Standard 885–2008.

Maximum NC Level for VAVs shall be less than 30 at maximum CFM.

MECHANICAL & PLUMBING

Provide appropriate ventilation rate for athletic space to meet the latest requirements of ASHRAE 62.1 and 62.2.

Provide multiple water stations with bottle fillers, located near locker rooms and in each fitness room.

ELECTRICAL & DATA

The facility must have adequate power and data connections throughout, including outlets near cardio equipment and for sound systems in group fitness rooms. Flush floor outlets are preferred to accommodate a variety of equipment uses, and wall/ceiling outlets are required for mounted TVs.

LIGHTING

LED lighting in warm, soft white. Provide controls for zoning and dimming.

Lighting watts per square foot and controls shall meet the latest requirements of ASHRAE 90.1.

TECHNOLOGY

Provide sound system in Fitness Room and Studio.

PSEP cameras are required at all entrances and exits, including storage rooms. All entry doors to the suite shall be accessed by key fob.

DOORS AND WINDOWS

Provide windows or Storefront system along main corridor. Doors with key fob access control, typical.

Exterior windows with a view, preferred.

ACCESSORIES AND EQUIPMENT

Provide AED machine in central location in Fitness Center for ease of access.

Provide wall mirrors for the length of one wall in the Studio.

FINISHES

Provide acoustic treatment on walls and ceilings.

Provide rubber athletic flooring in athletic spaces.

FITNESS ROOM

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SPACE DESCRIPTION

The Fitness Room is a dedicated space for cardio and weight training. Machines and equipment shall be selected by the service area to meet minimum requirements. Selections shall be made and communicated to the Design team during conceptual design.

STUDIO

FICM: 670

SPACE DESCRIPTION

The Studio is a flexible space for various fitness programs and needs. There shall be sufficient space for classes such as Pilates, Yoga, and Dance. At some service areas, instructional programs may also use the space for specialized training. Design shall be tailored to the needs of the service area.

Provide one full wall of mirrors, with optional mounted dance barre. Consider wood athletic flooring in lieu of rubber flooring.

LOCKER ROOMS

FICM: 675

SPACE DESCRIPTION

Locker Rooms for Men and Women shall be provided at each Fitness Room. Toilet and shower facilities shall be provided and fully accessible.

Lockers with benches are required.

Provide a dedicated Janitor closet for the Locker Rooms.