

Fitness Room Design Considerations

Size: Will depend on space available and desired attributes.

- Equipment-verify placement with architectural drawings.
- Locker rooms.
- Bathrooms.
- Accessibility.
- Area for mat work.
- Check-in desk.

Hours: 24/7

Hygiene: Cleanliness is important for aesthetics as well as infection control. It also helps electro-mechanical devices last longer. For example, a treadmill's biggest enemy is heat, and dust under the covers impedes airflow, thus increasing latent heat and ultimately diminishing performance and shortening lifespan.

Flooring: A good quality rubber flooring can help to reduce noise and is easier to clean and more hygienic than a carpet.

Walls: Quality, washable paint is less expensive and easier to clean than wall coverings. Very little wall surface will actually be visible because of the equipment. Mirrors perceptively expand the space as well as offer a way to check lifting technique and form. Bright colors, bold patterns, and even white are recommended. Red is viewed negatively as increasing blood pressure and perception of heat.

Ventilation: Good ventilation reduces heat and odors associated with exercise. It increases the sense of cleanliness and comfort.

Lighting: The American College of Sports Medicine (ACSM) guideline for a fitness center is 50-foot candles.

Sound System: Many exercisers bring personal audio devices with them and each Precor cardio piece will be outfitted with personal viewing screens, but there should still be a sound system for ambient music content.

Disinfectant: Fitness equipment surfaces require dedicated cleaners to obtain the hygienic result while not damaging the surface. Cleaning materials need to be available for participants to use, and will be part of the overall room cleaning strategy.

Digital Scale: Not mandatory, but if available, can help participants stay on track.

Lockers: Participants appreciate the availability of lockers for personal items. A written policy on use helps to set guidelines for participants to follow.

Fitness/Wellness Posters: Posters can be both educational and motivational. They also can brighten up the environment.

