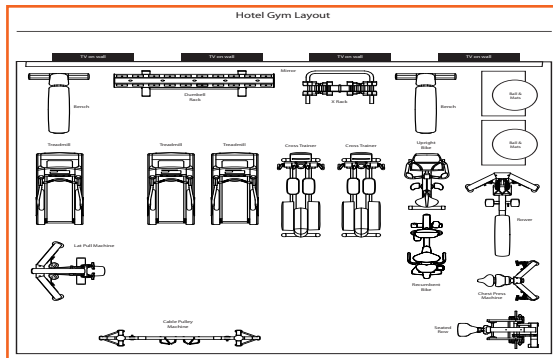


The Design Brief

We were tasked with modernising and re-equipping the hotel's gym to serve the increasingly health conscious guests that were staying at the hotel. The remit was to offer a range of equipment that would be suitable for a broad demographic. We were asked to devise a layout that would allow guests and members to move around the gym easily and that would also provide enough 'personal' training space.

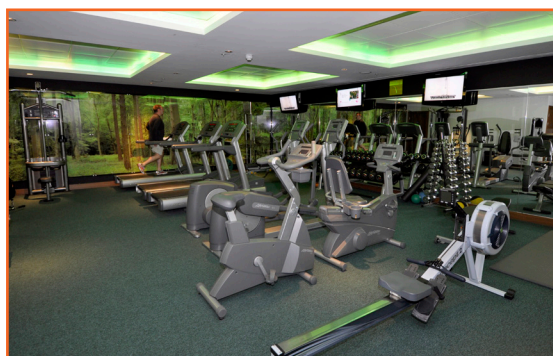
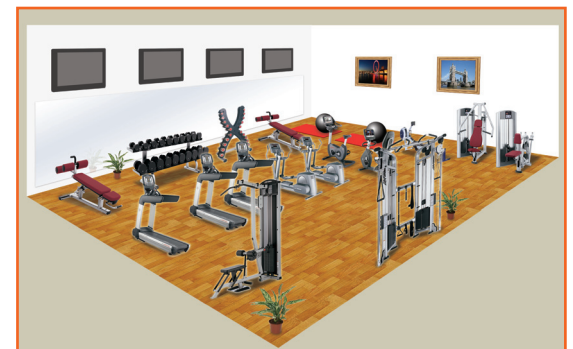


The Concept

First we undertook a careful assessment of how the gym was used. This aided our design team to put together an initial concept and a fitness equipment list that would not only cater to the needs of the users, but would also create a sense of space in a relatively small area. Whilst a good array of cardiovascular equipment was required, an emphasis was also put on functional and free weight equipment which would allow guests to move freely around the space and find adequate space to train in.

The Final Design

After we presented the hotel management with several options that worked within their budget, it was decided that an equal amount of strength and cardio equipment would be the most suitable solution given gym users growing awareness of the importance of a balanced fitness programme. Therefore, the gym was designed to be easy to use, compact, and organized in a way that allowed guests and members to complete their workouts quickly and efficiently.



The Gym

We needed to coordinate the fit out at a time when the gym area was quiet to avoid disrupting guests and members. After discussions with the hotel we arranged an early morning delivery and installation. This allowed the gym to be up and running in time for opening much to the delight of hotel management, who since the installation has received much positive feedback from guests and members alike.

"...We now have a first-class hotel gym which our members and guests enjoy using and come back specifically due to the range of equipment we have..."

Simon Mahon, General Manager, Park Plaza County Hall Hotel