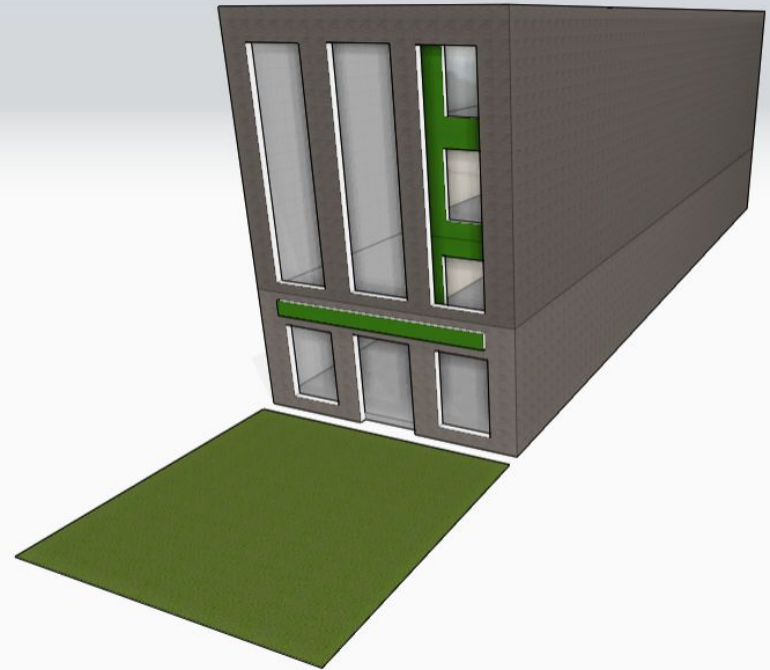
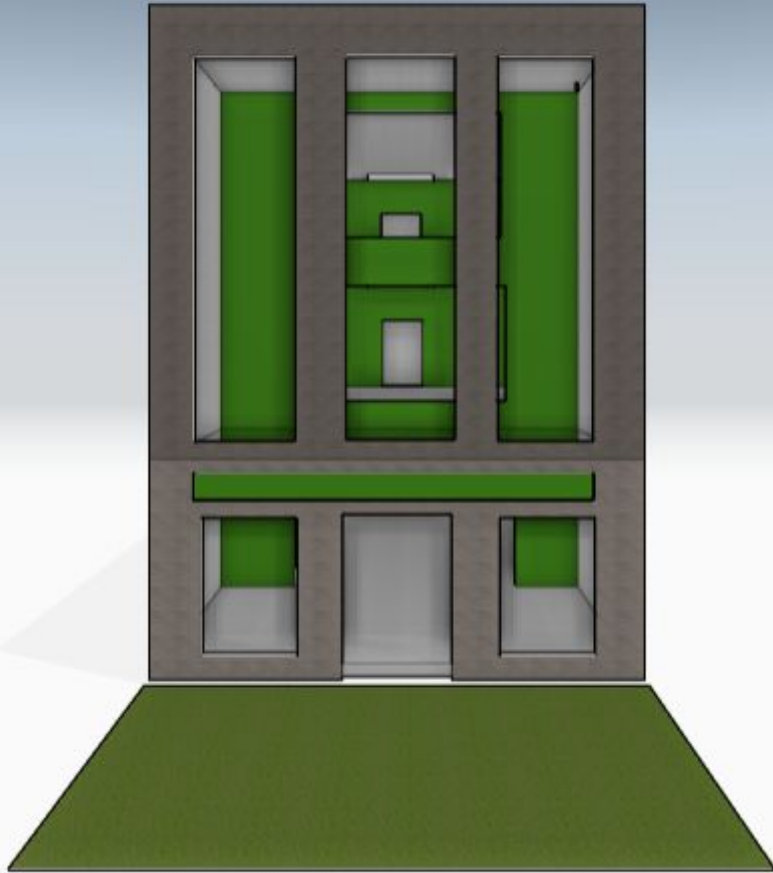


Flexing for the Community

A rehabilitation and training gym and community space featuring James Develin

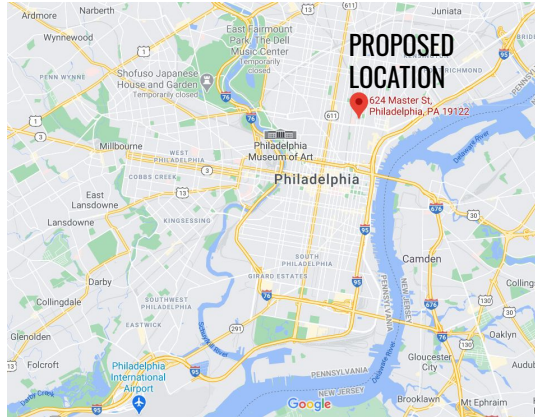


Overview

This modular gym design is made of 12 individual 36' x 36' x 16' modular pods that can be assembled or rearranged as needed to accommodate the property selected for this project. This particular proposal was made to fit an available lot in urban Philadelphia but could be reconfigured for other lots.

Proposed location:

- Address: 624 W Master St, Philadelphia, PA 19122 (available for \$\$39K)
- Lot size: 8,712 Square Feet (~44' x 198')
- Location features: Close to a large outdoor fitness space (with lap pool, baseball diamonds, playground, etc.) and parking



Considerations

This design concept was prepared with many key ideas/concepts suggested by both James Develin and the Instructables / AutoDesk team in mind, as shown here.

Our goal was to create a space that embodies all of these ideas.



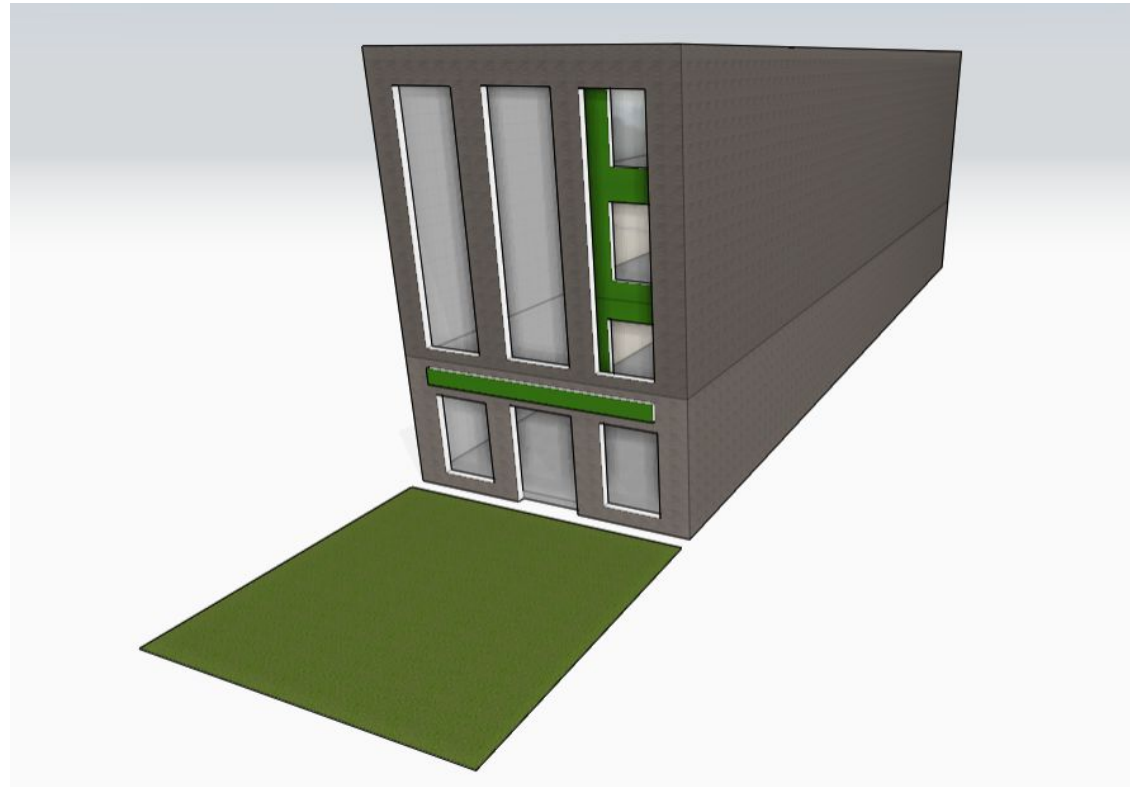
Design Concept:

This 3-story brick building opens with a entry space featuring 48' ceilings that utilized 3 of the 12 modular spaces.

This grand, light-filled space and is the first thing community members will see as they enter the building.

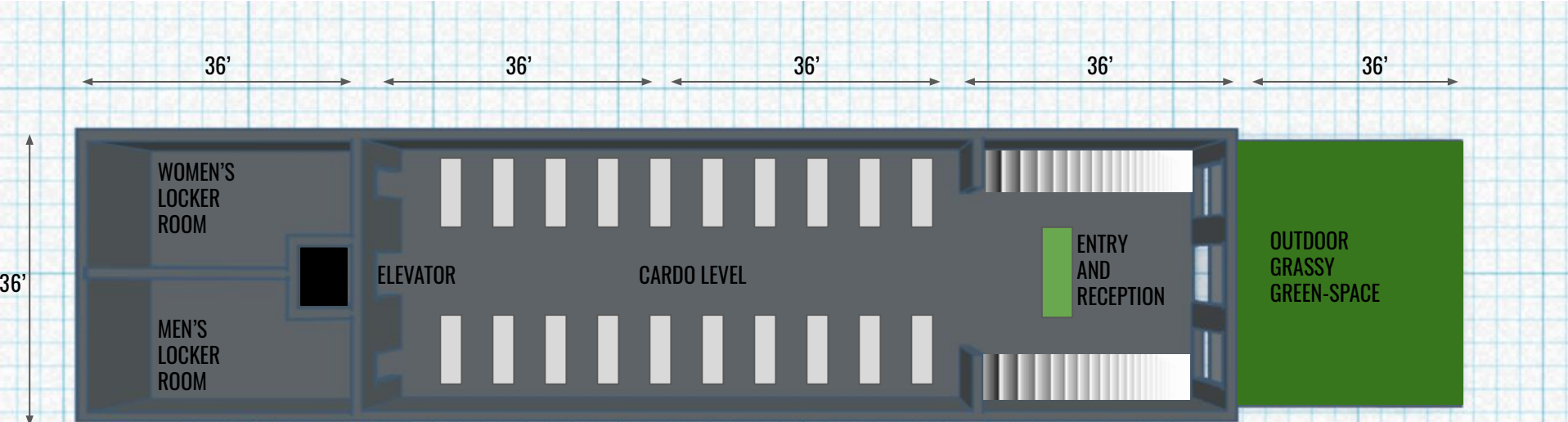
This area will also house two staircases. One will primarily be used to help people move in between the different floors and the other will be primarily used for fitness.

There will be a community board and local art throughout this area.



A key feature of this area is the large windows which should let in lots of natural light. Since the sides of this building are near other pre-existing structures, the goal throughout this design is to utilize large windows facing the front of the building to bring the natural light into each space.

FIRST FLOOR

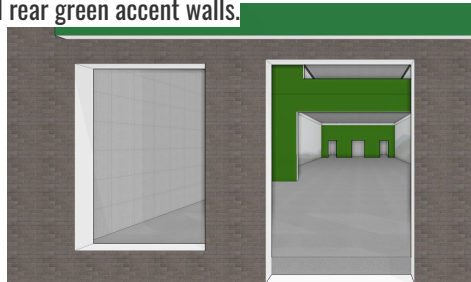
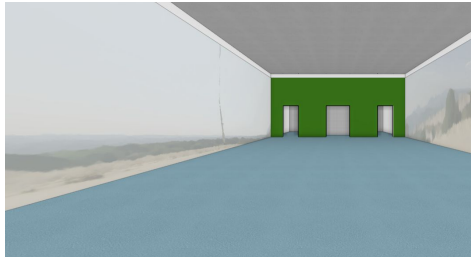


1 unit: Locker Rooms

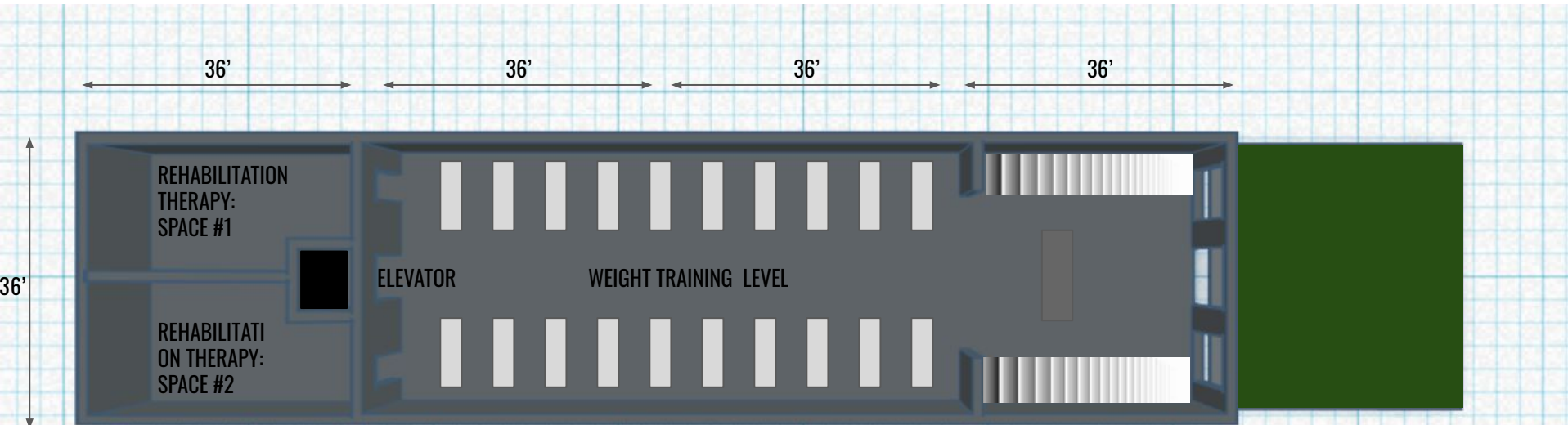
- This 1st-floor rear unit will have men's and women's locker rooms. Each locker room will include restrooms, showers, lockers, and a changing area. Each space will also be equipped with a small sauna and jacuzzi that can be used by either individuals working out or individuals receiving rehabilitation treatment services.

2 units: Cardio equipment

- This 1st-floor central space will be used for fitness and training using machines such as treadmills, elliptical machines, stair machines, bicycles, etc. The machines will be spaced by 6 feet to give users privacy and increased protection from the germs from other guests. Sidewalls will be covered with mirrors with front and rear green accent walls.



SECOND FLOOR



1 unit: Rehabilitation Zone

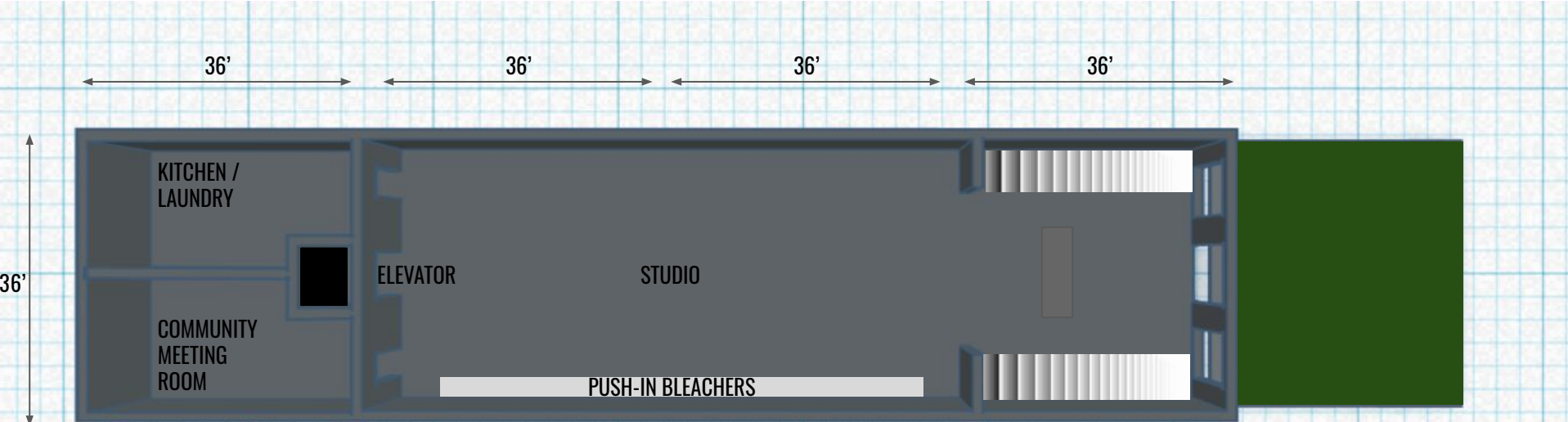
- This 2nd-floor rear unit is all about rehabilitation. With an onsite therapist, individuals can develop and execute a plan to recovery through the use of this facility.

2 units: Strength training equipment

- This 2nd-floor central space will be used for weight training and will include both weight machines and free weights. Like the cardio space, these machines and weights will be spaced apart by 6 feet. Sidewalls will be covered with mirrors with front and rear green accent walls.



THIRD FLOOR

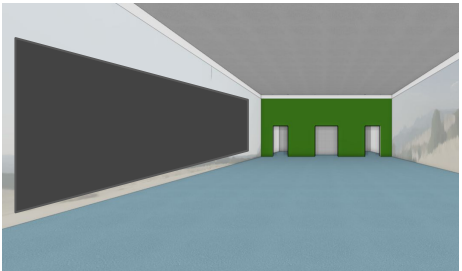


1 unit: Meeting Room

- This 3rd-floor rear unit is separated into a meeting room area (that can be rented by community members), a small kitchenette, and a small laundry area.

2 units: Studio

- This 3rd-floor central space will be open and used for studio classes (such as yoga or group fitness). One wall will also have a push-in bleacher unit so this space could also be used for community events (such as health workshops, etc.).



Summary

Thank you for your time and consideration in looking over our design proposal.

We would love to take your feedback and modify our design to match any ideas this may have sparked for you.

Please reach out with any question or concerns.

