

上海 家居

SHANGHAI HOME LIVING

Underground Scenery

足下风景

2013 / 3

巧用壁纸

House H for a family

白与黑的对话

老食堂里的上海味道

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Design for VIP Personal Training Studio

为健康而设计

设计
摄影

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健康问题日益受到人们的关注，在一天的紧张工作之余，花一些时间来运动健身是非常值得推崇的生活方式。

这家私人健身会所，坐落于上海旧法租界的中心地段，一个优雅而舒适的环境中。便捷的交通和幽静的氛围为客人创造了最佳的运动条件，不失为平日里的的好去处之一。其独特的健身方法和一对一定制的健身服务，有助于客人根据自身的健身需求达到最佳效果。



有别于传统的健身房空间，此次设计师为这家私人健身会所精心构思了特别的设计概念，也正匹配此会所的定位。它极力促使客人摆脱运动器材的束缚，通过一对一定制的锻炼，实现自我激励，以最基本的原始运动模式回归到健康的体态。因此在设计中设计师也遵循了这一简单的原则，在一个优雅、舒适的健身环境中，专注于身体所带来的自然的感觉。

如何有效利用空间组织出不同的功能区，并且在体现舒适感的同时怎样能够激励人们更好的运动，是设计师在刚接下这个设计任务时重点考虑的问题。此空间的布局分为三个功能区：接待处、运动区及更衣室。设计师运用高品质而又自然的材料，如木材、瓷砖和石材等，并且配合柔和的色彩与灯光，给予空间一个有机而柔软的感觉，从而使客户感受到舒适、活力与健康。同时，为了更好的激励客户去做运动，强而有力的几何线条贯穿了整个空间，这些线条让人联想到了身体肌肉的线条，并且强化了整体设计概念中的运动感与力量感。





This private fitness centre is a newly opened VIP personal training studio located in the heart of the French Concession. Providing an elegant and comfortable environment, the gym is a uniquely balanced facility designed to provide ruthlessly effective training in a five star environment. Focusing on one-to-one customized training, it offers its members the best recipe for getting in and maintaining physical condition by combining its rigorous training methodologies with the best nutritional products in the market.

The design concept has been developed to support and strengthen the key values of this one-of-a-kind fitness center. Different from most of the commercial gyms, this special centre freed itself from the latest exercise machines to come back to basics by focusing on primal movement patterns. The design has been conceived to reflect this simple scheme, conveying natural feelings while paying homage to the human body.



The layout of this fitness centre features three functional areas: the reception, the changing rooms, and the training area. In each of them, noble and natural materials including wood, marble and stone give the club an organic and soft look while offering to the users a feeling of comfort and health. At the same time, strong and firm geometric lines run throughout the space - as muscles running along the body - shaping the concept's identity by imposing movement, strength and force.

