



ArcAce Awards
Open Call

Fitness in Nature

Fitness in Nature

While active lifestyles have increasingly been the focus of many people to stay fit physically, deep healing can still not be reached. As cities keep growing and daily realities quickly shift, people turn to new ways to maintain their well-being.

For centuries, designers had missed a vital link to sustainability and well being, which is the human beings' inherent love for nature. We want to work with you to bring that missing link between architecture, human, and nature in the design form of a fitness centre merged with nature.

Bring the feel of nature indoor in every aspect possible

Provide outdoor activities and trails to complete the thorough fitness experience.

A creative integration of the indoor and the outdoor is key for a sustained everlasting body-mind fitness.

We are all excited to see your creative ideas for this complete experience. It is your new creative print into this world of fitness!



Design Objectives



Seamless Transitions between Indoor and Outdoor

- Use transparent edges, collapsible doors, screened enclosures
- Provide outdoor areas that are covered by a roof and rain collectors.

Continuous Flow from Indoors to Outdoors

- Make the running paths and exercising/socialising spaces start indoor to outdoor and the opposite.
- Make part of the space indoor and the other part is outdoor

Mind and Body Development Environment

- Create biophilic environment for exercising, socializing, and relaxing, to evoke a deeply relaxed state of being while building body strength.
- Create activities to interact with nature while building mental strength



Fitness Space Needs

1400sqm Indoor Spaces

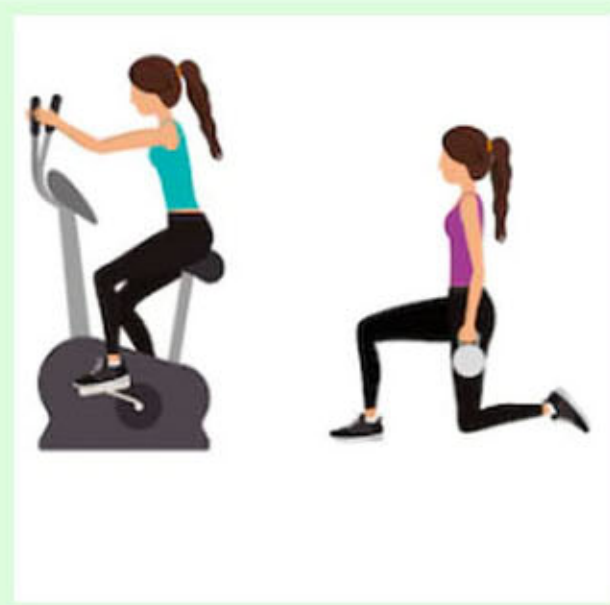
Socializing



- Cafe with Kitchen
- Lobby

300 sqm

Exercising



- Cardio
- Weights
- Exercise classes/studio

600 sqm

Outdoor Activities



- Running pathways
- Zip Lining
- Wall/Tree Climbing
- Outdoor Classes

Others



- Lockers
- Washrooms & showers
- Offices

300 sqm

Relaxing



- Hydro massage
- Yoga and meditation space
- Quiet reading area

200 sqm

The Context

The project lies in the beautiful coastal mountain town of Squamish. Squamish is a fashionable district north of Vancouver, British Columbia, Canada. The coastal town - scenes of ocean, mountains, and beautiful forests - made it lately a perfect place for big developments and investments. The community plan aims to make it a leader in sustaining ecological and human health on different levels. This small town is becoming a centre of attention and a place for new ideas. The city planning is directed towards a compact, walkable, with active public transportation.

See: https://issuu.com/squamish/docs/ocp_dec_1_first_reading



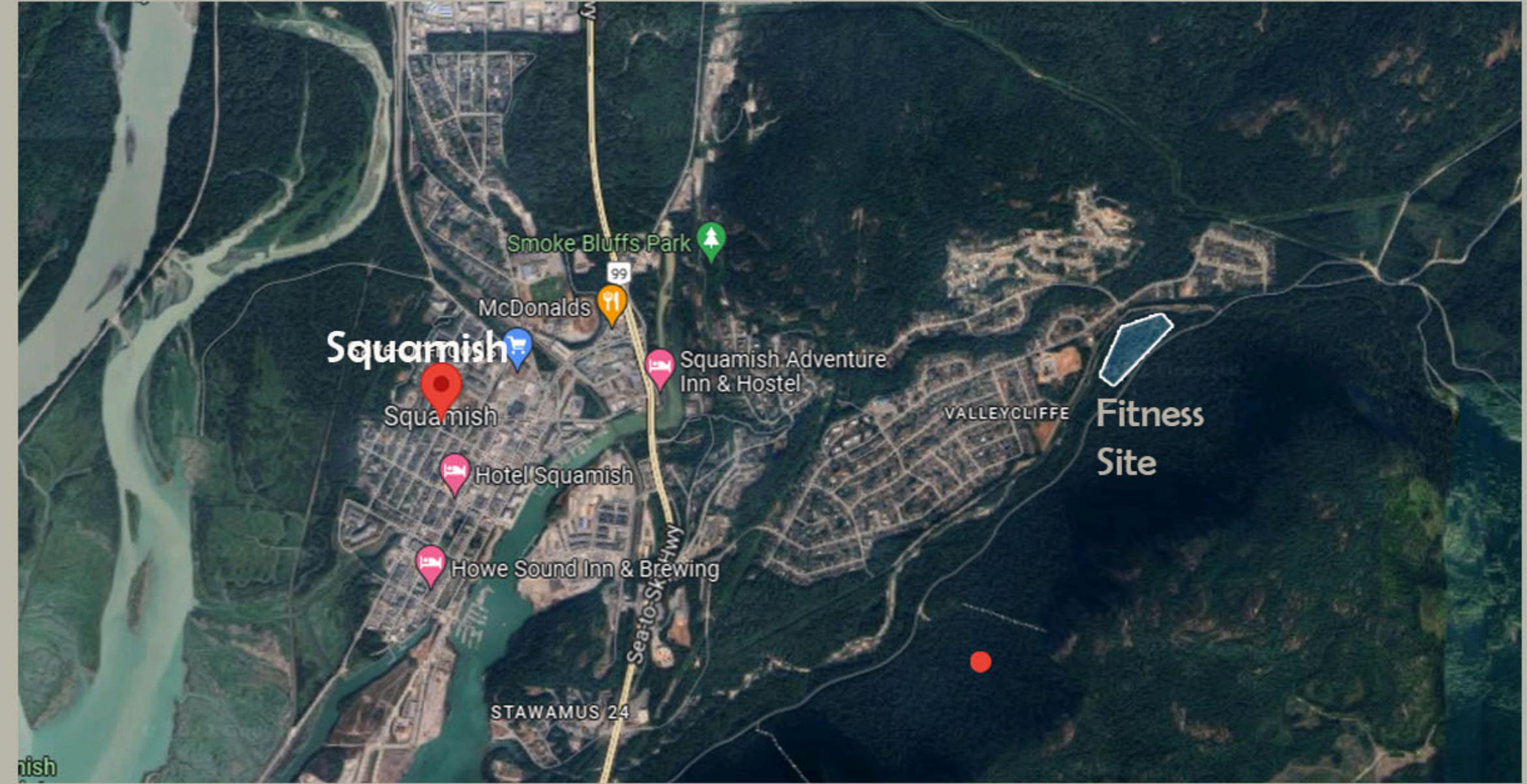
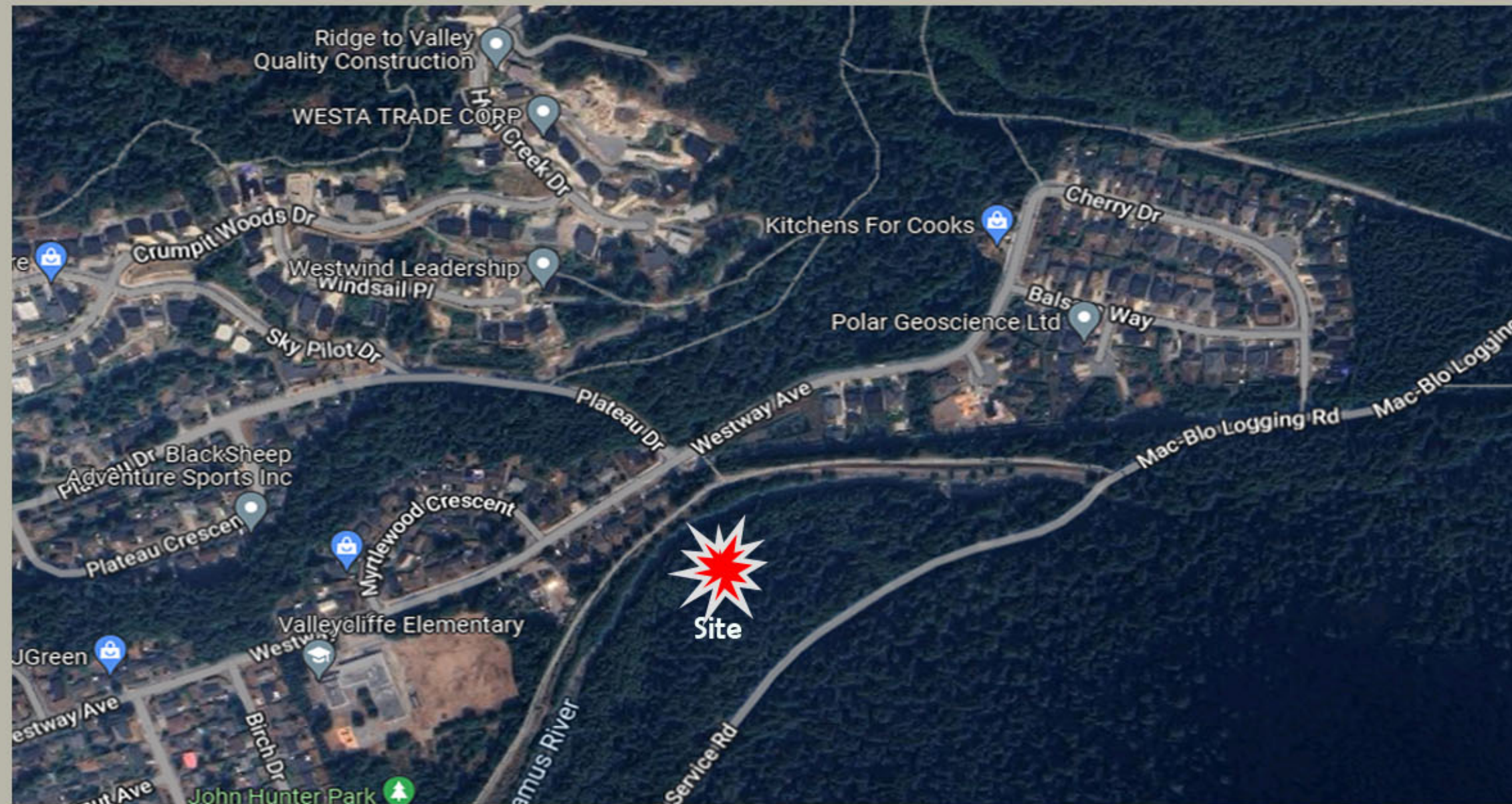
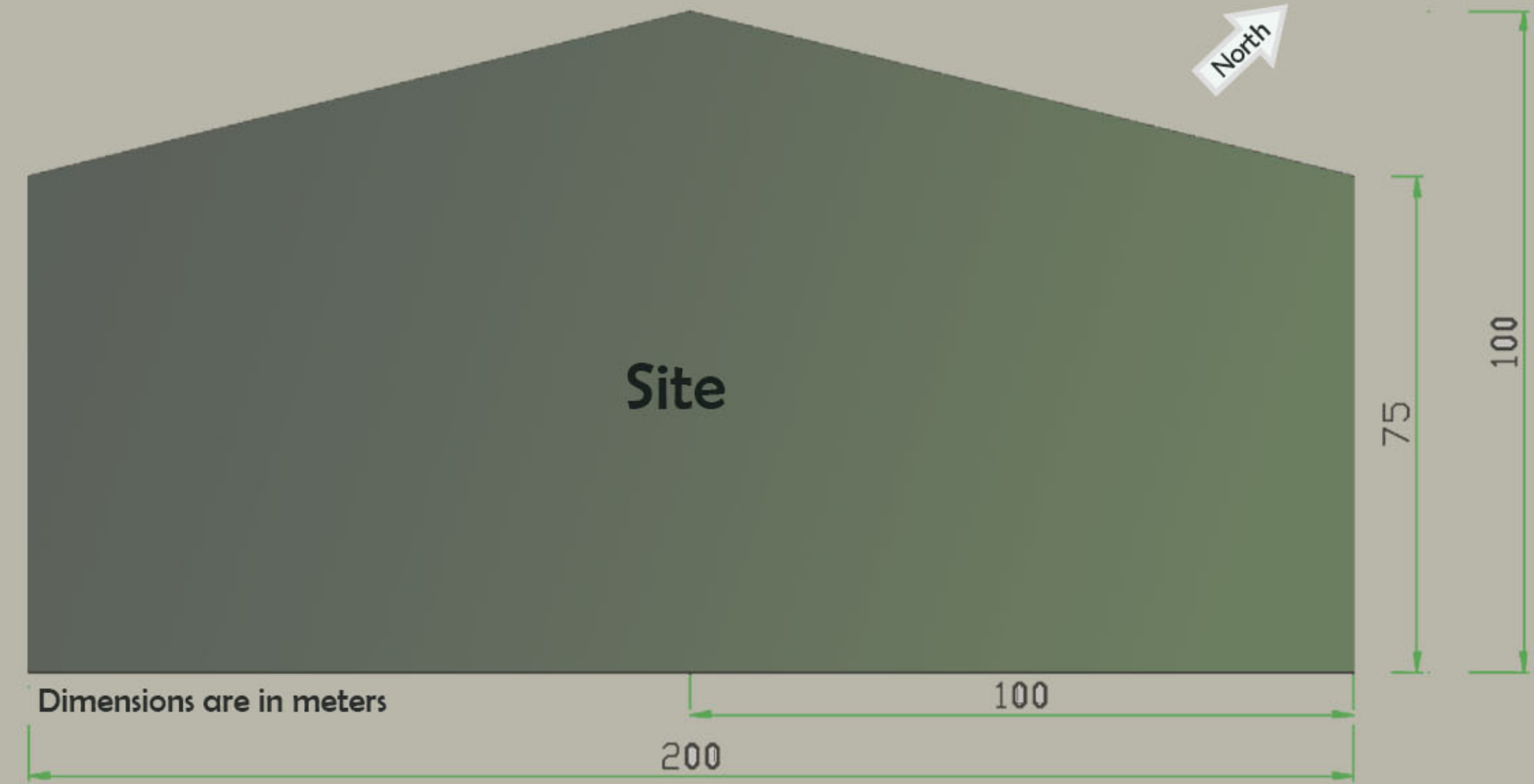
Fitness Site



Project's Site

Project's Site The site is a riverfront, surrounded by water and forests. Large-scale housing development has recently been built close to the site. The project is to occupy only a small portion of the site (8%) to maintain the natural environment. The design is to make maximum use of the site views and green forest. Trails and small outdoor areas for individual and group exercising are encouraged. The design is causing minimal distraction of existing forest. The site is gently inclined, with a 5-degree slope going down towards the north road. The dimensions are shown on the plan.

The area of the site is 17544 sqm. The buildable area is only 1400 sqm.



Success Criteria

Participants are encouraged to bring innovative and creative ideas to make this architecture blended with nature, and the project is creating minimal disturbance to the natural site. Submissions Submissions to include brief description of the concept, plans, interior or exterior elevations, 3D graphics of interiors and exterior. All presented on 2 sheets of A2 size Submit PDF file not more than 10 Megabyte Make sure your registration number is included in the file name.

Registration starts the 1st of July 2022
Registration Deadline: October 30th
Submission Deadline: December 27th, 2022 (midnight PST)
Registration fee for graduates/non students: \$25 (CAD)
Registration fee for students: free (all group members are students)
You can work individually or in groups up to five people

Prizes:
First Place Winner \$250
First 5 winners: will be featured in the magazine and given certificates

Contact awasfi@arcace.ca if you have any questions