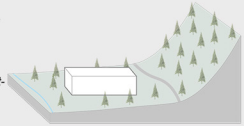
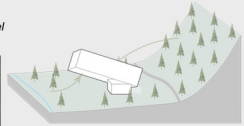
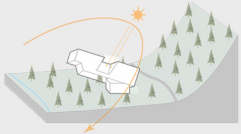
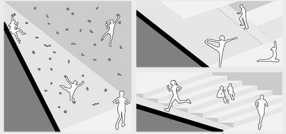
In squamish, due to the terrain, many extreme sports have been developed, such as skiing, rock climbing and kiteboarding,I analyzed what exactly these activities had in common that fascinated so many people, and I found that in these activities, people find a way to find a balance on the continuous unstable surface, and to achieve a sense of accomplishment to overcome gravity. Therefore, I would like to take advantage of the sense of imbalance and design a fitness center with balance and harmony for squamish village.I used the method of slope and dump to make a building contrasted to the straight trees around the site, it will be a fitness center accentuate the imbalance feeling and make people go there for fitness and self-challenge.First, I connected the axis of the volume to the river in front of the site and the mountain behind it. To create an unbalanced movement space for volume, I lifted up one side of the it and dumped it.Then, I dug the volume to create some gaps that can bring the surrounding sunlight and scenery into the indoor space, so that people in the building can also feel the unique natural scene of squamish when they are exercising.



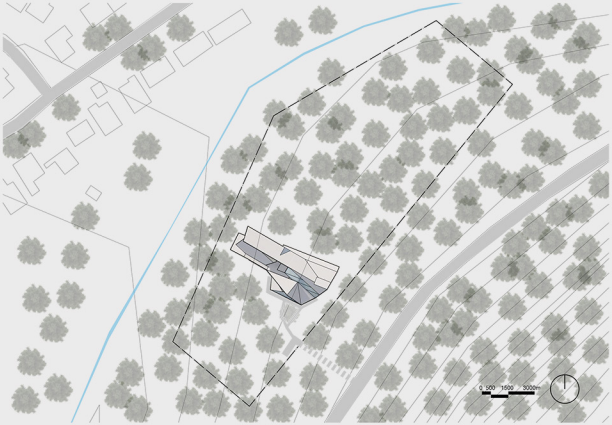


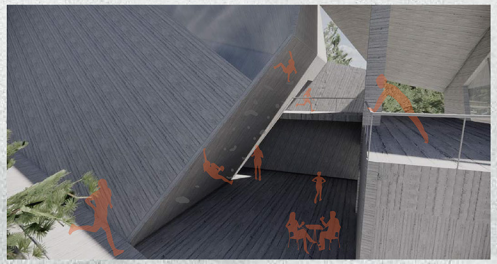


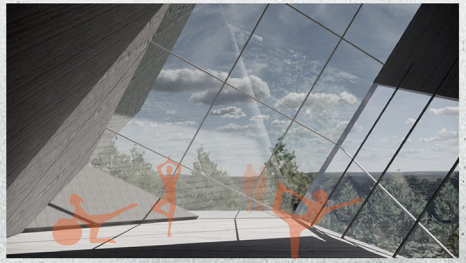


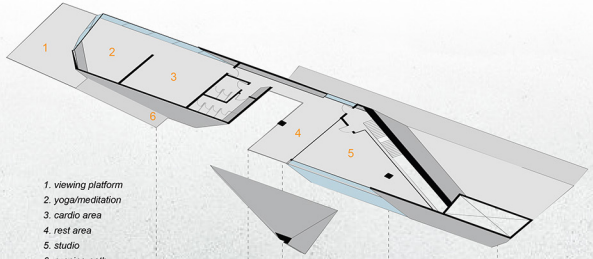
Strategy

1. A building with imbalance sensation.
2. A Modern style building symbolized by the future aera.
3. Most of the space located above the ground, which can eliminated the environmental damage and bring better nature light and view.
4. There are a mountain climbing practice path being designed along the exterior, people can reach to the interior space through the climbing path.

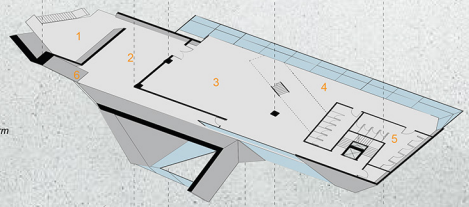




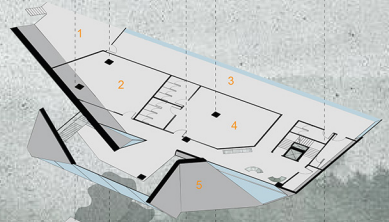




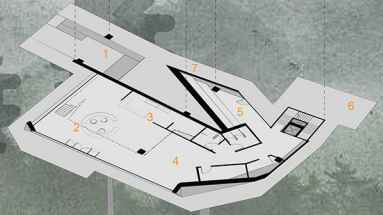
1. viewing platform
2. yoga/meditation
3. cardio area
4. rest area
5. studio
6. running path



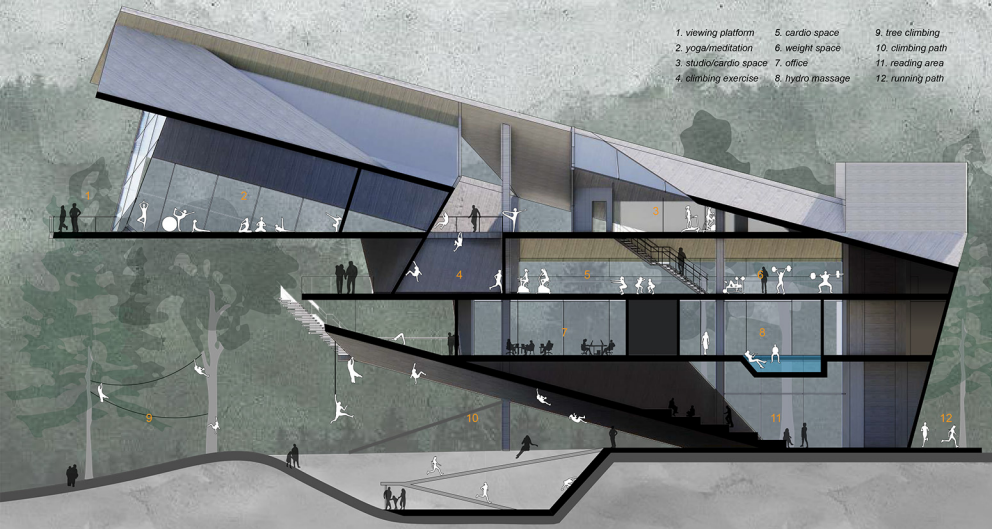
1. viewing platform
2. climbing path
3. cardio space
4. weight area
5. washing room
6.running path



1. viewing platform
2. office
3. cardio area
4. hydro massage
5. climbing space



1. climbing area
2. lobby
3. cafe and kitchen
4. dining space
5. reading area
6. rest area
7. running path



1. viewing platform
2. yoga/meditation
3. studio/cardio space
4. climbing exercise
5. cardio space
6. weight space
7. office
8. hydro massage
9. tree climbing
10. climbing path
11. reading area
12. running path