

# TWISTERS WELLNESS CENTERS

## A HOLISTIC APPROACH

Given that wellness is the goal of this yoga/fitness center, it made sense to carry the concept into the design of the space. In a place where the emphasis is on breathing, the owners of these innovative fitness centers wanted to make sure that the indoor air quality of their newest facility, post build-out, would be healthy and revitalizing.

Even with a modest budget, Wright Design was able to create a setting that met the criteria of being practical, non-toxic and conducive to the wide range of activities. Since the rooms are largely bare or furnished with equipment, Wright Design used color as the primary design element.

Not only did we select colors that we thought would be suitable to each activity, but we used color in a way that it could be used as an element of continuity between the two existing facilities and any future facilities of this growing business. Yoga rooms, with their honey toned floors and golden walls feel warm and inviting. Pilates and retail areas are treated with a watery blue-green for a fresh invigorating effect. The spinning rooms are a dark and moody blue to enhance concentration. The colors for gym and weight rooms on the lower level, which were inspired by the photographs of river rocks that adorn the walls, suggest strength and stability.

Flooring for each area was selected based on what was suitable for each activity. Since visitors here spend a lot of time on the floor, Wright Design recommended the "greenest" materials available within the budget. The result is a space that integrates all the principles of the both the owner's and Wright Design holistic approach to business.

### Green Products & Recommendations:

- Duration - low VOC latex wall paint by Sherwin Williams- Greensure label\*
- Forbo- Marmoleum ( TM ) Floor Covering
- Forbo -Cork Board for reception and retail area
- Innovations- Innvironments wall coverings-
- Voc-free adhesives and floor finishes
- Full spectrum fluorescent lighting
- Non-Toxic cleaning and personal hygiene products
- Hemp shower curtains for locker room shower stalls
- Eco surfaces- Ecostone rubber flooring
- Forest Stewardship Council (FSC) certified wood and formaldehyde-free particle board/wheat board for built-in reception desk.
- Wilsonart- laminate surfacing
- Shaw carpet- recycled content collection