

EMPOWER

Womens Only Gym
200 High St, Dalkeith

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Final Major Project Design Porfolio

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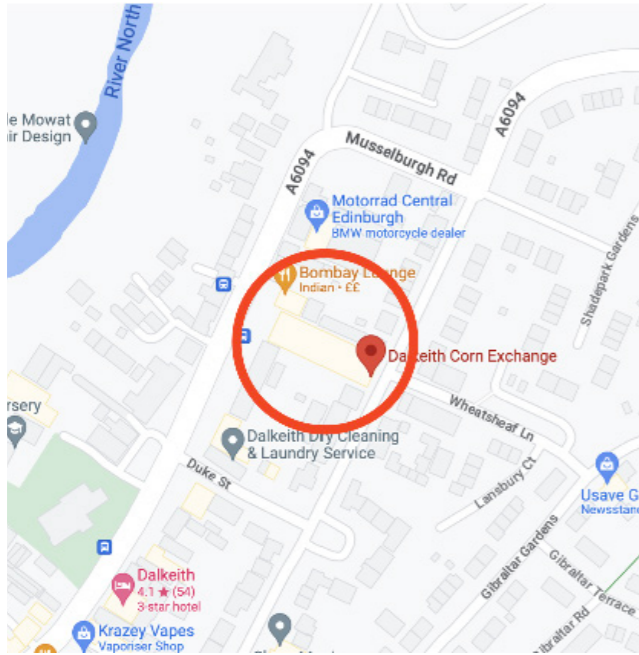
INTRODUCTION

Did you know that 1 in 3 women across the UK struggle with their fitness due to a number of reasons? Gyms are very male-dominated places which can make a woman feel overwhelmed, as well as certain cultures not allowing women to work out in the same space as men. Women across the UK are constantly in battle with themselves over their fitness and wellbeing resulting in bad mental health. Keeping fit and working out is a very important factor in a person's future, with bad fitness and well-being resulting in long-term illnesses and even death.

Dalkeith is a town filled with many families and a wide range of culture. The Corn Exchange building is located in the hotspot of Dalkeith with many historical buildings located in the same street. The current proposed building is in a very accessible and visible area of Dalkeith. The history of the area and building gives a great opportunity for the interior space to have niche and character.

To pursue this new concept space is Empower Womens Only Gym. Bringing this Womens Only Gym into the centre of Dalkeith will help and encourage the community of women together.

SITE ANALYSIS



Gyms In The Area: 3 Mile Radius

- GRNBOX Personal Training
- Level Ten Fitness
- Easthouses Boxing Club
- Newbattle Leisure Centre
- Eskbank Yoga Lounge
- Dalkeith Community Leisure

The sun rises at the back of the building and sets at the front of the building.

I will need to consider this in my design as the sun will impact the amount of natural light entering the space at different times of the day.

There is a wide range of transport routes to get you to Dalkeith. There is a local train station in Eskbank which is a 7 minute bus journey away.

Multiple buses such as the 140, 3, 48, 46 can take you walking distance to the site. Dalkeith has many walking routes making the building very accesible on foot.

Dalkeith has a wide range of travel options. There are multiple buses which travel to Dalkeith from surrounding areas. Bus stops in Dalkeith are in walking distance of the site. There is a train station in Eskbank which is 25 minute walk from the site or there are buses which take you from the train station to the site in 10 minutes. There are multiple driving routes that get you to the site.

200 High St, Dalkeith



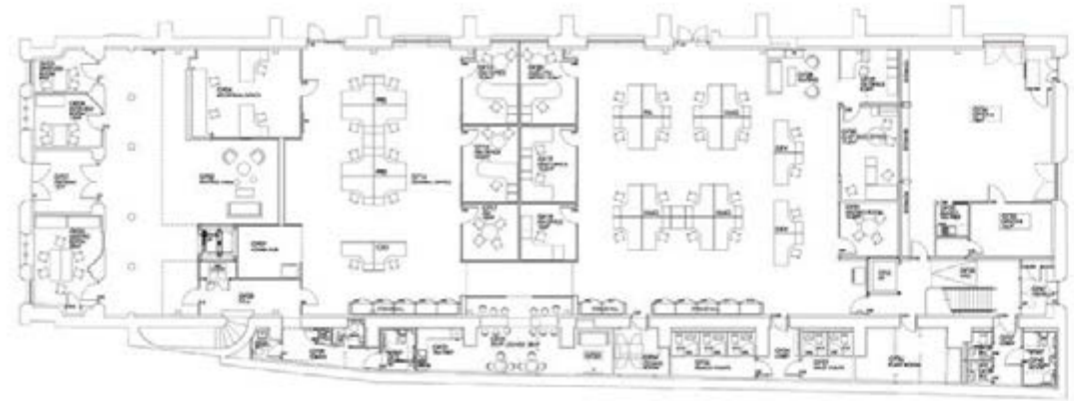
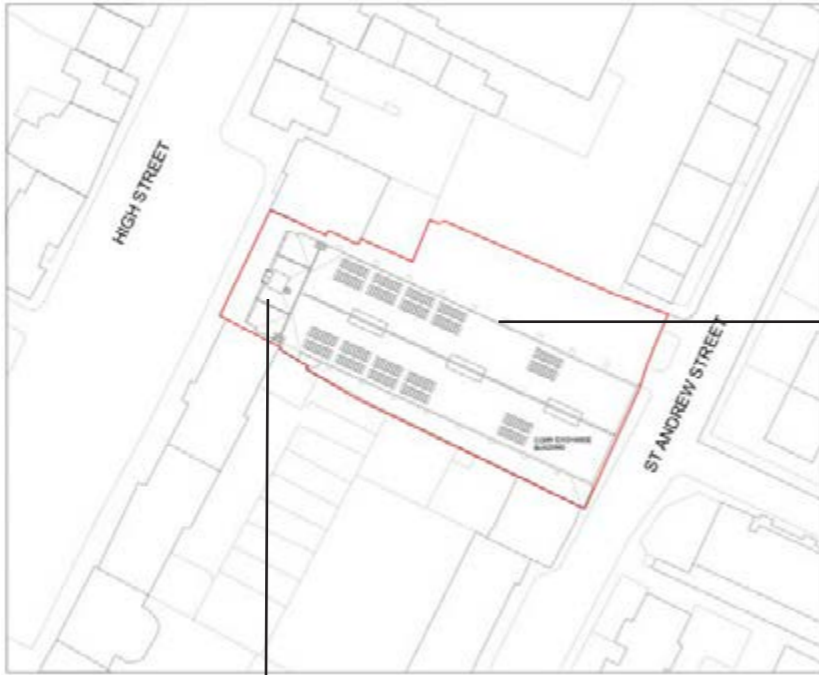
- The Corn Exchange has also been used for political meetings playing host to several British prime ministers including William Ewart Gladstone in 1879 as part of his celebrated Midlothian campaign and in 1904 to a young Winston Churchill.
- The building fell vacant in 1986, with its condition deteriorating, until it was acquired by Melville Housing Association in 2013. A major programme of refurbishment works, financed by grants from the Heritage Lottery Fund and Historic Environment Scotland, was then carried out to a design by Michael Laird Architects. The works, which cost £3.5 million, involved the conversion of the building for use as the headquarters of Melville Housing Association and for exhibition space for the Dalkeith Museum. It was officially re-opened by Prince Richard, Duke of Gloucester on 29 June 2016.
- Over the years the building has adapted and while no longer serving as a commercial hub, has continued to play an extremely important role in the social, political and cultural life of Midlothian.
- It has provided a venue for gatherings of all kinds including balls, banquets, lectures, concerts and exhibitions as well as being used as a cinema, theatre and popular dancehall known as the Empress Ballroom.



Building size: 1393sq metres.

- Original wooden arched doors.
- Refurbished window frames with original style.
- New door length windows in various locations of building.
- Glass elevators inside of building previously put in by last owners.
- Plenty of lighting throughout the building with large slanted skylights bringing enough natural lighting throughout the space.
- Brick of exterior has been uplifted and refurbished by previous owners.

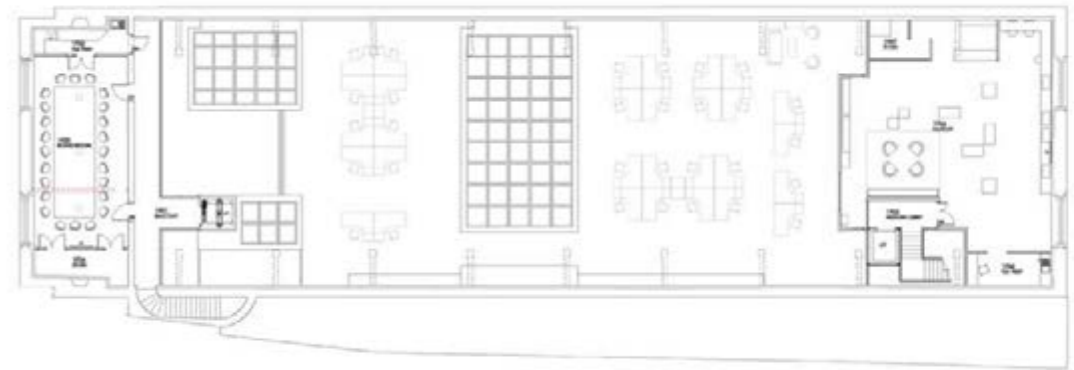
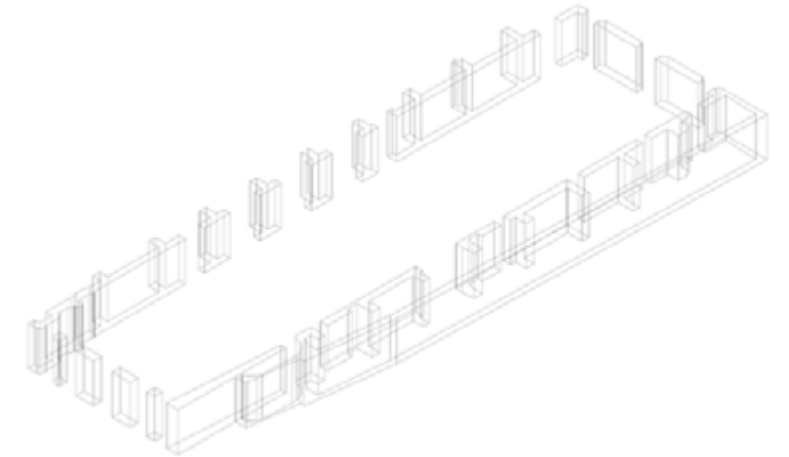




GROUND FLOOR PLAN

Ground Floor:

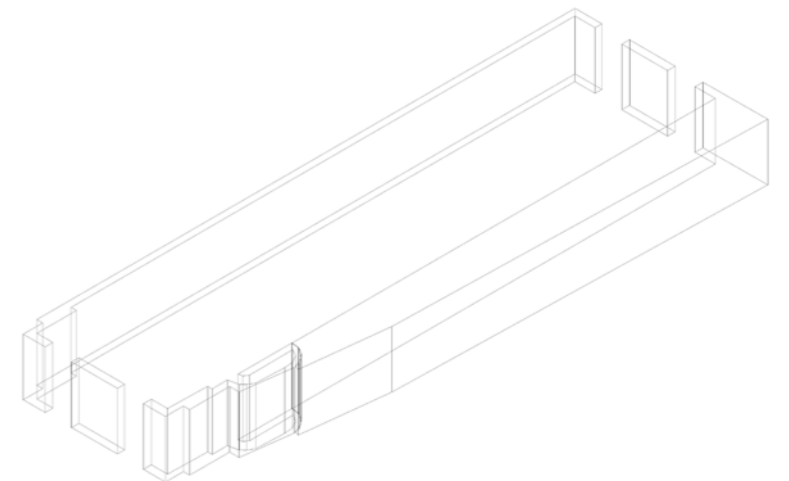
- 5 fire exits
- Customer lift x2
- Customer stairs x2
- Multiple floor to door height windows



FIRST FLOOR PLAN

First Floor:

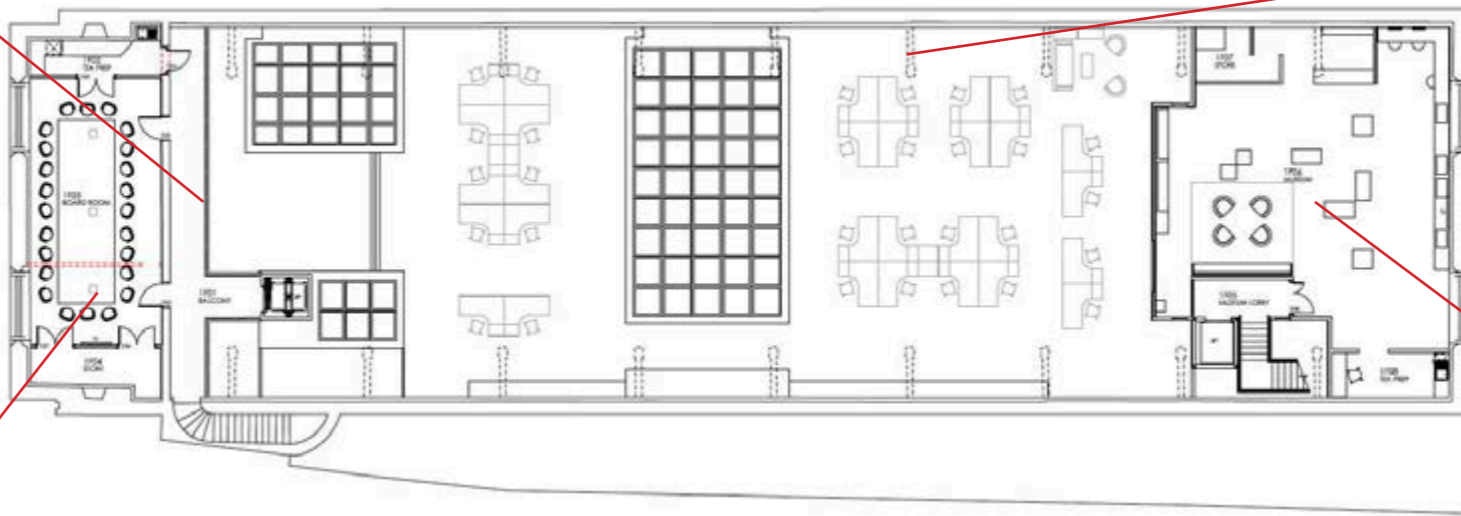
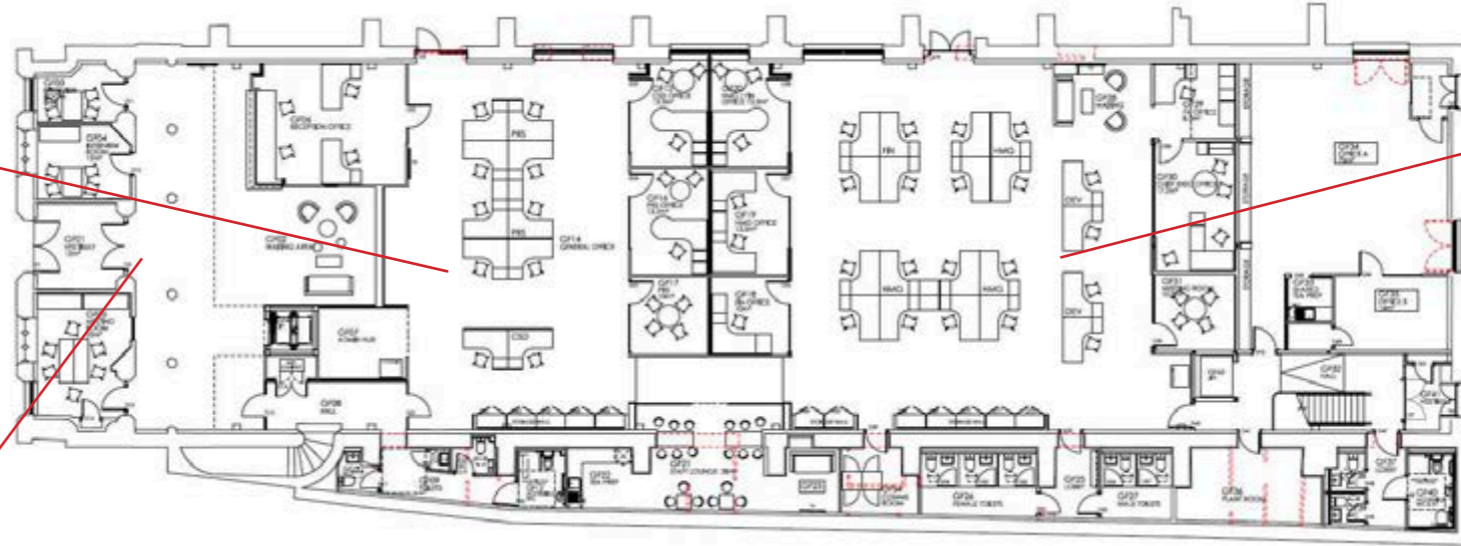
- Customer lift x2
- Customer stairs x2
- 4 large windows
- 12 sky light windows



Front Elevation



Right Elevation



EMPOWER



Empower is a womens only gym facility situated in the heart of Dalkeith Midlothian. Their aim is to create a safe space for women to workout and get nutritional advice. Tackling the issue of women's mental health and fitness by using interior design skills to make the space comforting and homely. Making women in the community feel more confident and 'empowered' without the pressure of judgment.



- We have a clear vision, we want to be womens first choice for their fitness and nutritional advice.
- By making EMPOWER a safe space for women to workout in, this is easily achievable.
- We want to build a friendly community where women can come together and gain confidence.
- Making new friends and creating bonds with other women with similar goals.



EMPOWER
WOMEN

One of our companies main missions is to empower women. By giving them enough confidence and knowledge on their health and bodies. Offering fitness classes and nutritional advice through professionals to persue this.

SPREADING
BODY
POSITIVITY

Another one of our companies missions is to spread body confidence and positivity. By creating a space where women don't feel pressured or overwhelmed to feel or look a certain way in life.

INCLUSIVITY
AND
DIVERSITY

A final company mission is inclusivity and diversity. We don't judge ages of women or cultural backgrounds as everyone is there for the same reasons, to become fit and healthy. We recognise that different women are different heights and sizes.

Empower promote a positive space for women of all ages to workout in. Staying motivated with the help of our fastanstic employees will ensure you are feeling your best all year round.

EMPOWER

As a womens only gym facility, our aim is to make women feel comfortable and confidents within their own bodies. We are open 7 days a week with very flexible hours allowing women to not face barriers that would stop them from visiting our facilities.

We offer a gym space with cardio machines, weight machines and free weights. Multiple spaces within Empower allow women to feel comfortable, individual spaces, group spaces and public spaces.

We offer personal training sessions, group sessions such as classes and also a smoothie bar for customers to enjoy nutritious smoothies before or after their workouts.



Best Practices

Being a womens only gym facility, our services will keep up with trends and feedback from our customers will be taken into consideration. We will offer monthly challenges to help motivate our customers throughout the year.

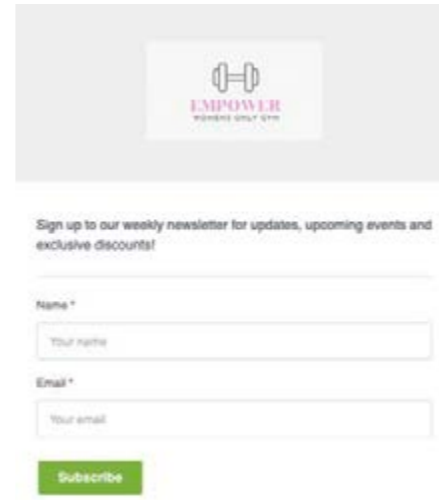
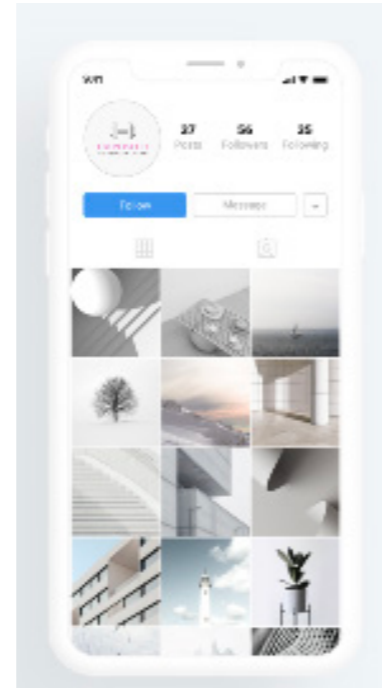
The concept of monthly challenges is giving prizes to people who complete these monthly challenges. Prizes such as free nutritional smoothies from our smoothie bar, gift cards for other companies, and lots more. This allows women to stay motivated and helps bring the community together by competing through working out.

Offering flexible memberships with various price points, allowing women to choose what membership they want. Offering students discounts and blue light discounts to encourage students and NHS workers to choose us.



EMPOWER

BRANDING

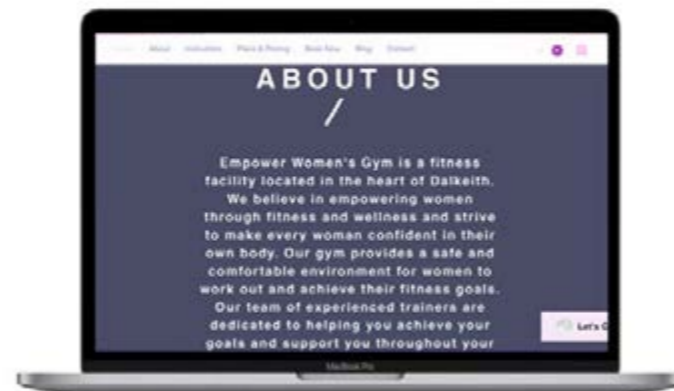
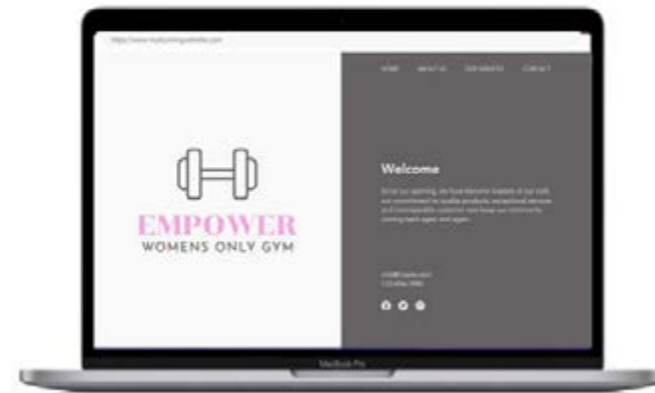


PINK

Sustainable

UNIQUE

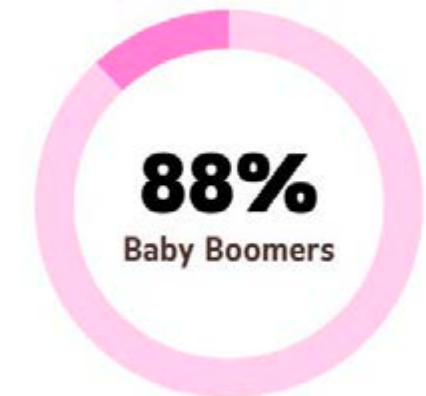
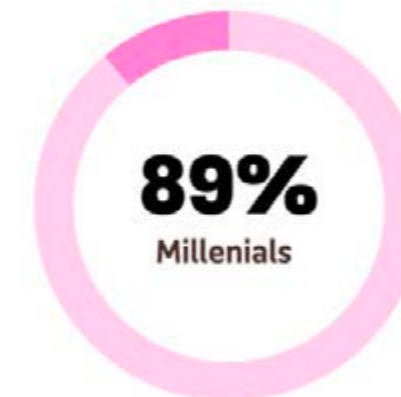
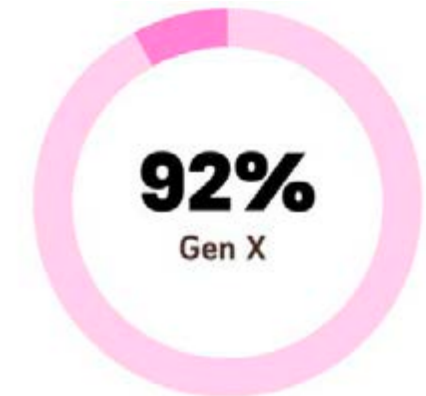
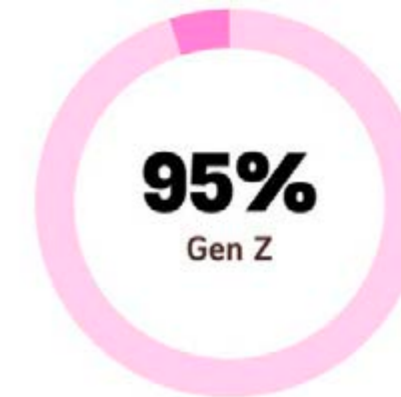
Modern



Empower is aimed a women of all ages. Fitness and wellbeing is important to all generations whether that being Gen Z, Gen X, Millenials or Baby Boomers.

To be able to connect to all target markets, Empower must ensure that their values and mission is clear and engaging to their audiences.

How important is fitness and wellbeing to specific generations?



ISSUE

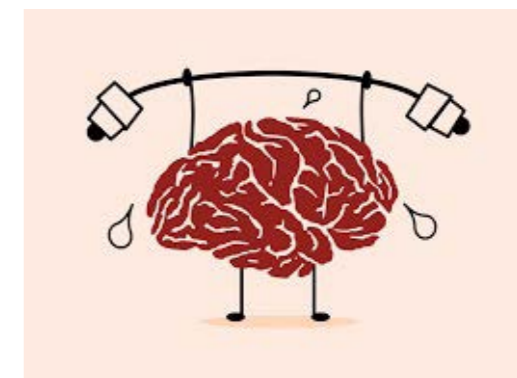
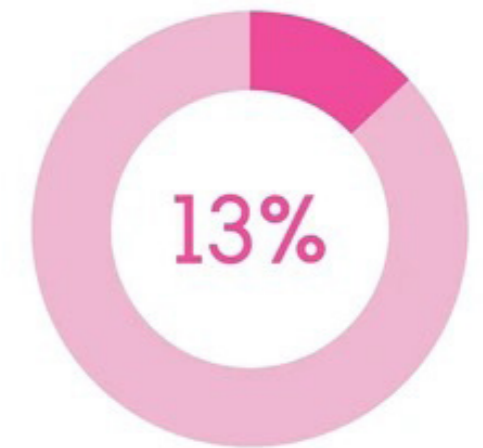
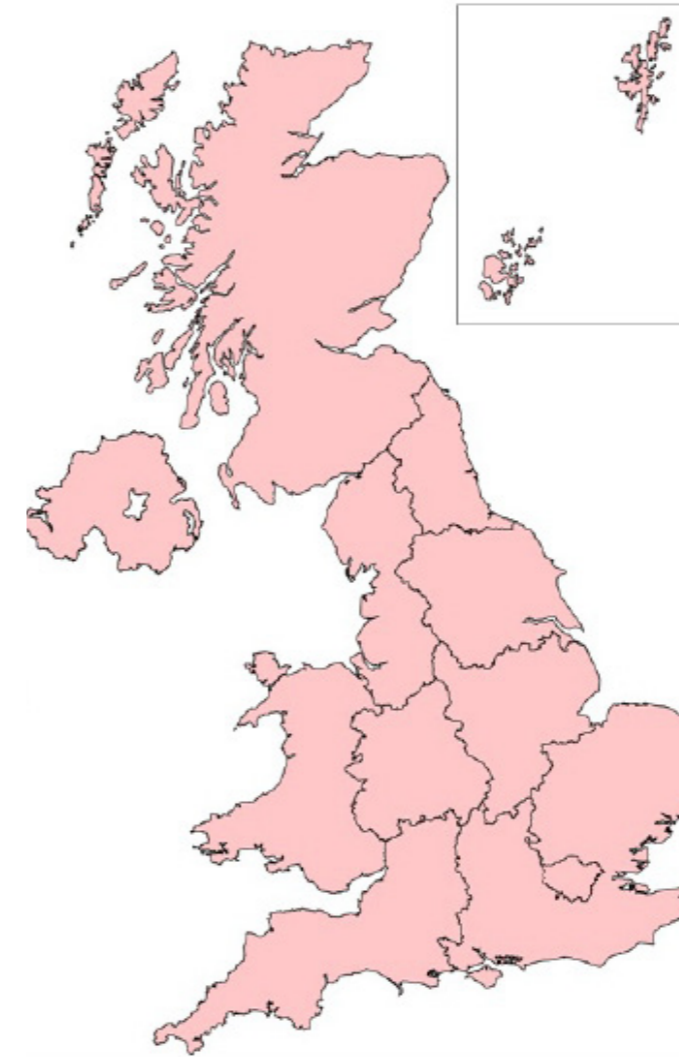
According to a national health survey, nearly 13% of women over the age of 18 are in fair or poor health. While this number seems low, it could be even lower if all women met recommended guidelines for diet and exercise. Less than half of women over the age of 18 met the federal physical activity guidelines for aerobic activity.

The leading causes of death for women in the UK include heart disease, cancer, and chronic lower respiratory disease. Heart disease is the leading cause of death for women. Heart attack symptoms for women are significantly different than the symptoms experienced by men. 1 in every 8 women develop breast cancer at some point. 20 million women suffer from eating disorders. Human papillomavirus (HPV) vaccination. The CDC recommends HPV vaccine for children as early as 11 or 12.

What affects women's mental health?

Around one in five women have a common mental health problem, such as depression and anxiety. While there can be many reasons why these develop, some risk factors affect many women. Women are more likely than men to be carers, which can lead to stress, anxiety and isolation. Carers UK has information on looking after your mental health to live in poverty which, along with concerns about personal safety and working mainly in the home, can lead to social isolation to experience physical and sexual abuse, which can have a long-term impact on their mental health.

When women find it hard to talk about difficult feelings, they tend to internalise them. This can lead to depression, eating disorders and self-harm. Men are more likely to act out their feelings through disruptive or anti-social behaviour. On the other hand, some factors protect women's mental health: they tend to have better social networks than men, find it easier to confide in their friends and are more likely to have been treated for a mental health problem.

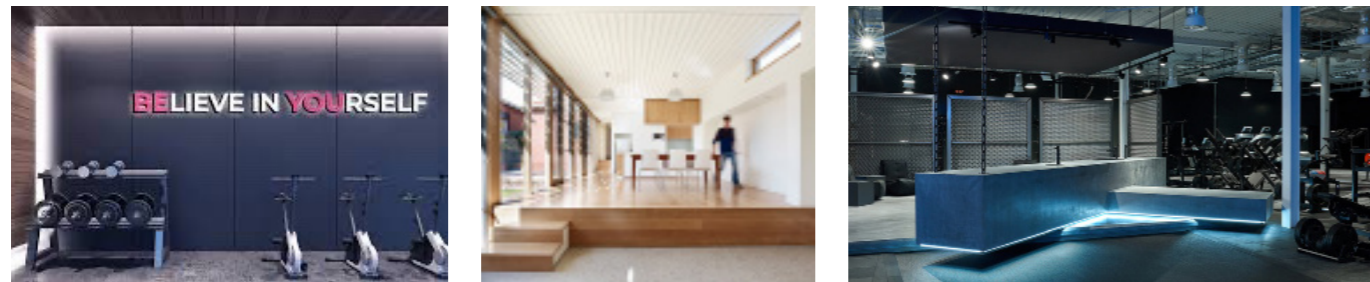


Psychology in the gym

The hardest part of going to the gym should be the workout, not walking through the doors.

However, if thoughts of navigating the equipment, being watched or judged, or even using the locker room provoke anxiety, you're not alone. Gym anxiety, also called 'gymtimidation' is common and can affect anyone, especially now as people are returning to gyms after working out at home during the height of the COVID-19 pandemic.

Anxiety often has to do with a fear of uncertainty. Being new to the gym may cause you to feel more intimidated, for reasons such as not knowing gym and how to use its facilities. Mirrors in the gym are essential to providing a clear view of your form and technique during workouts. They can always lower the risk of injury. However, some people say that having no mirrors can enhance your ability to perform well on a technical level. People may also feel more anxious knowing people are watching them in the mirrors as well as the issue of body image. Being able to see yourself could make body dysmorphia worse.



An empowered space is all about creating a softer, more adaptable environment with changeable elements which can offer different experiences for different people. It's about empowering employees by providing them with the facilities, resources, surroundings and culture they need to succeed.

By offering guidance, compassion and mentorship using motivational quotes or videos on tv to help empower women within the space.

Using variation of levels in the space can make women feel more uplifted and empowered. Having higher points in the space as well as lower points.

Having variation of rooms to allow women to have the choice of what environment they workout in, whether that be a busy environment or a quiet environment.

Empowerment of women happens when we come together to make safe spaces, physically, mentally and emotionally for women and for them to choose their path for themselves.



Motivation:

- Women are able to come together for fitness classes and become a part of a community where they can gain confidence and feel empowered by other women.
- Displaying people's stories throughout the space which allows women to feel inspired or empowered.
- Having monthly challenges to build a community and change the short term motivation and make it long term.
- A facebook page/group where members can have catch ups or learn about other people's experiences.
- Using rewards/ prizes for completing workouts or challenges can be a good boost of motivation and could give women that extra push.

STAKEHOLDERS



- Women of various backgrounds and cultures.
- Middle aged women
- Mothers



- Older women
- Women looking to build up their fitness and wellbeing
- Women looking to join a part of a community and meeting new people



- Younger women
- Students
- Women struggling with mental health

BRIEF

Women's only fitness and well-being facility.
Dalkeith Corn Exchange

The Social Issue

Women's wellbeing and mental health is at an all time low. The social and physical wellbeing of women needs a better look at to resolve the issue. By creating a safe space for women of all ages to get nutritional advice and workout in while feeling confident and not overwhelmed. Ensuring there are no barriers which stop women from accessing the facility while also being diverse to all ages and cultures.



The Cause

Due to a combination of factors like social media and bullying, mental health issues have increased majorly.



Who It Affects?

Women in general are mainly who are affected by this however it can be women of all ages. Younger girls who get caught up on social media having the idea that their bodies should look like models or famous people, always comparing themselves to people online. Mothers who have recently given birth becoming depressed when their bodies change and don't go back to 'normal'. Older women who's bodies have changed over time and lose confidence in themselves.

Where does it affect them?

The site I have chosen is Dalkeith, this is due to the fact that there is more women than men currently living there. With 49,082 females and 45,598 males living in Midlothian. As well as there only being under 10 gyms within a 3 mile radius of Dalkeith.

How does it affect them?

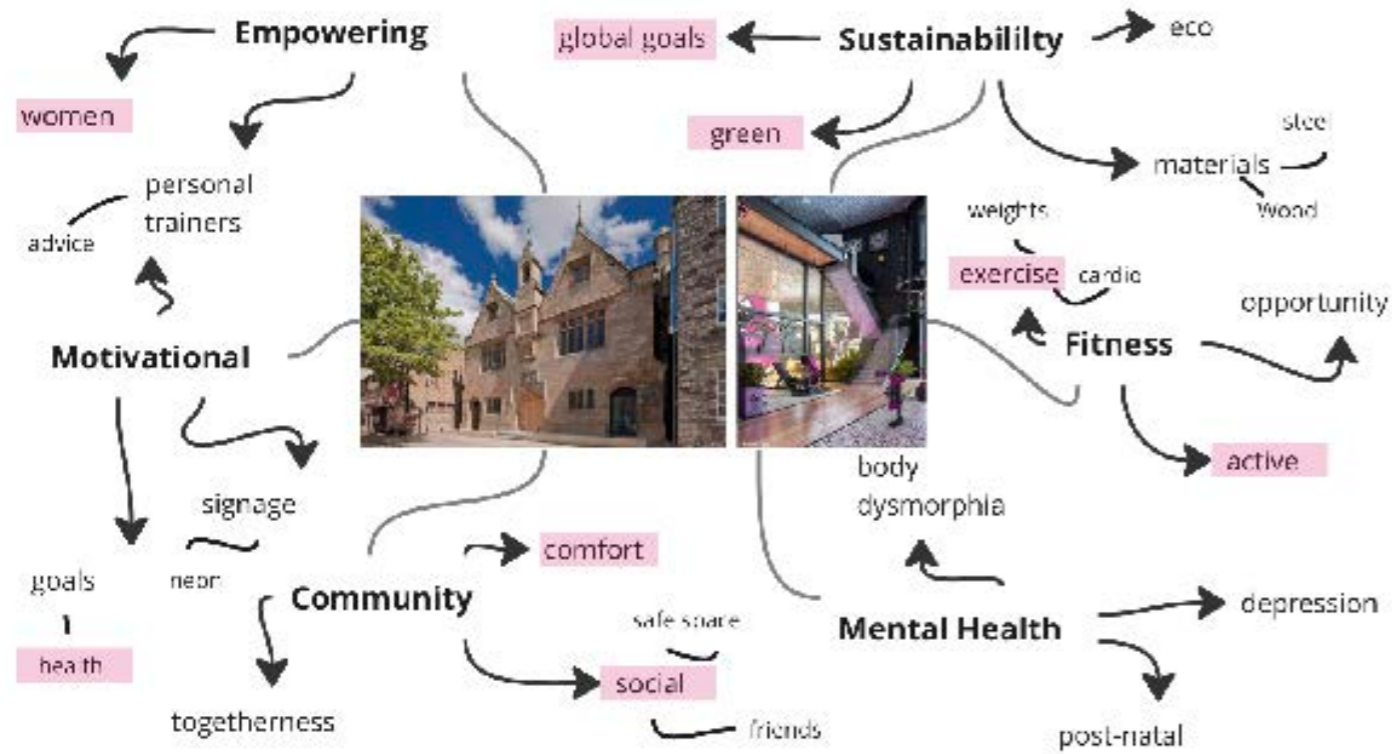
Women struggle more than men with their mental health with one in five women compared with one in eight men having a mental disorder. Lacking confidence when working out due to these mental health issues.



What might happen if the problem is not resolved?

- Less women will have confidence to workout.
- Life expectancy of women may decrease.
- Mental health in women may increase.
- Women in the area may end up with health issues related to not working out.

CONCEPT



"A safe space for women to come and workout in while also getting nutritional advice easily from professionals"

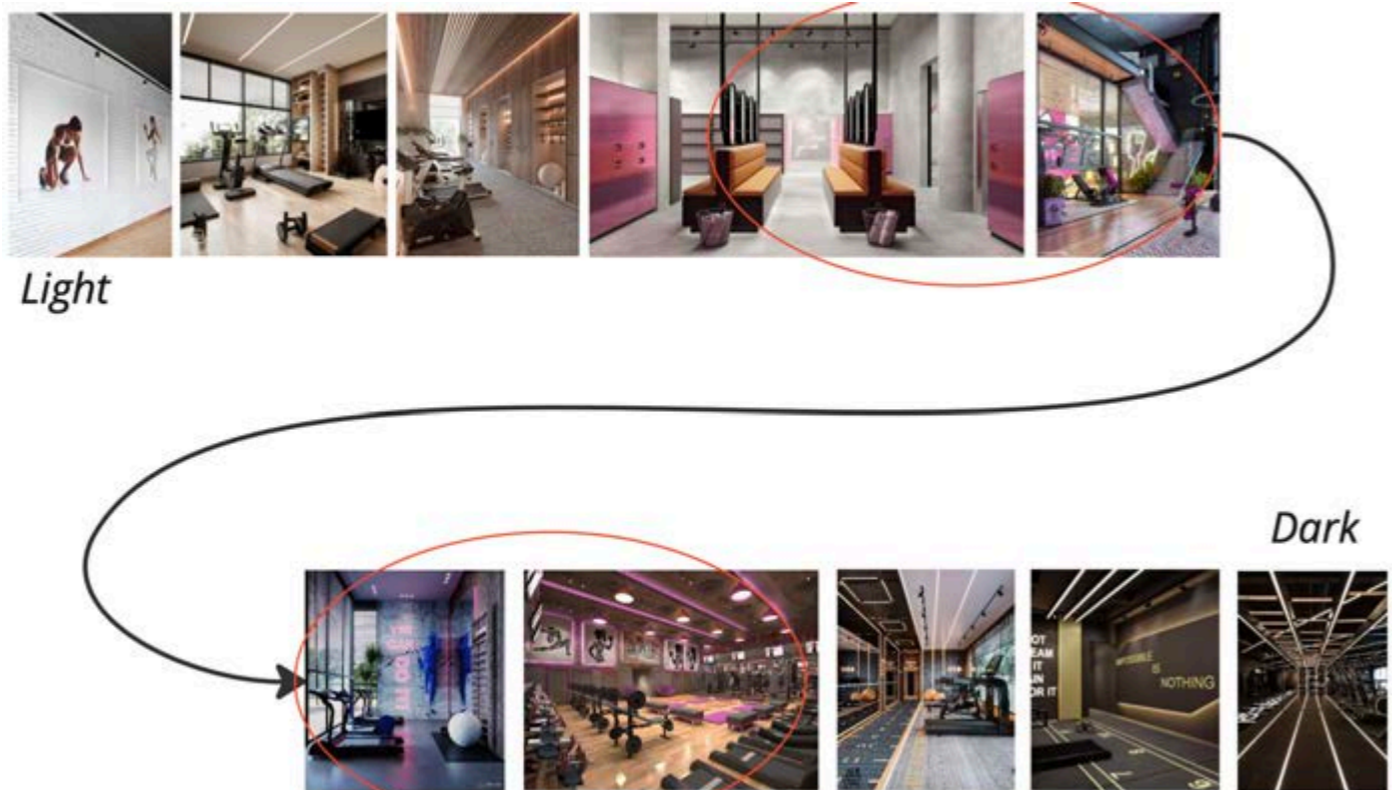
Sustainability-
Using a range of sustainable materials throughout the design to comply with the global goals.

Diversity-
Allowing the design to be accessible to all women of all ages, rather than focusing on one age group. As well as different cultures.

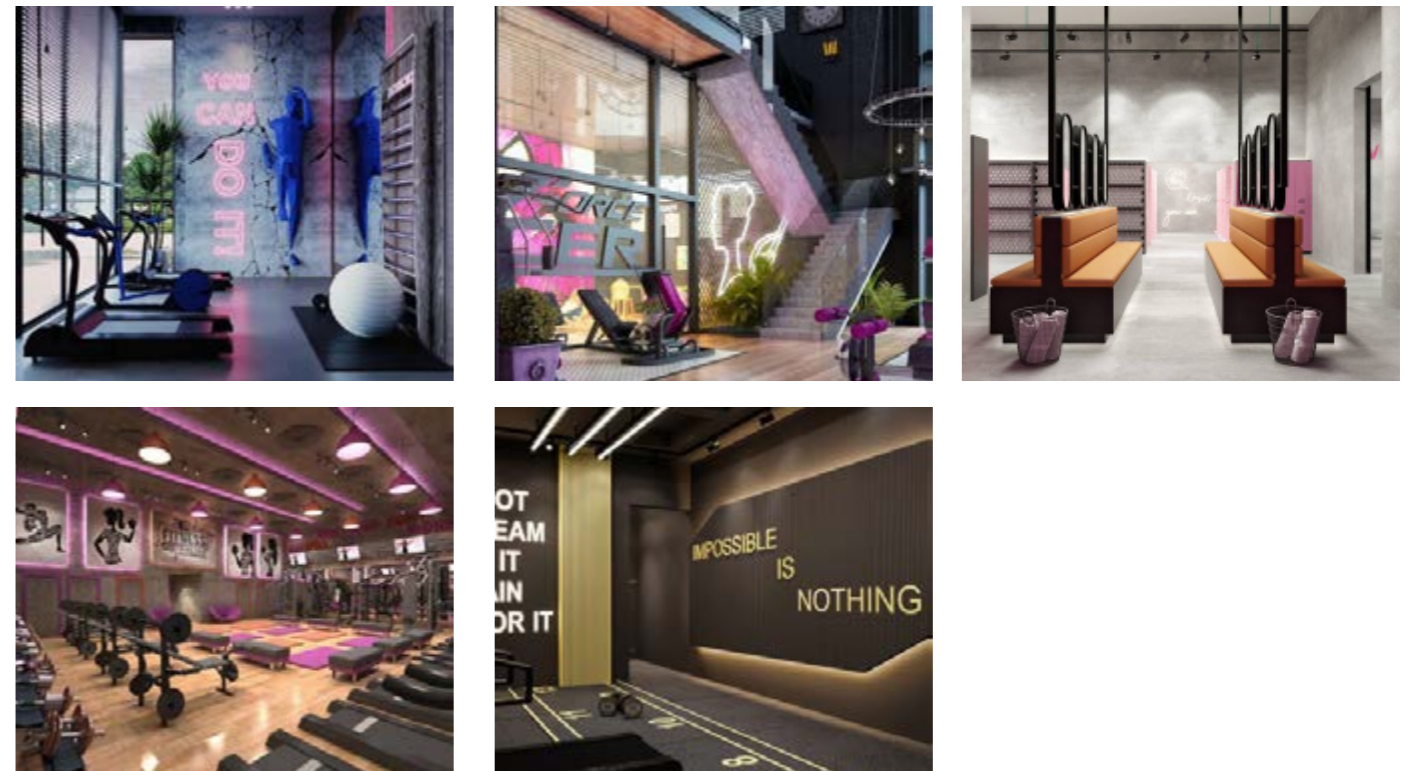
Motivational-
Using signage throughout the space which is motivational and empowering to the users.

'To create a safe space for women to workout and get nutritional advice. Tackling the issue of women's mental health and fitness by using interior design skills to make the space comforting and homely.'

Developing my concept to assist these goals within my design. Ensuring I refer/ relate back to these points to make my design fit for purpose.



Moodboards



DESIGN DEVELOPMENT



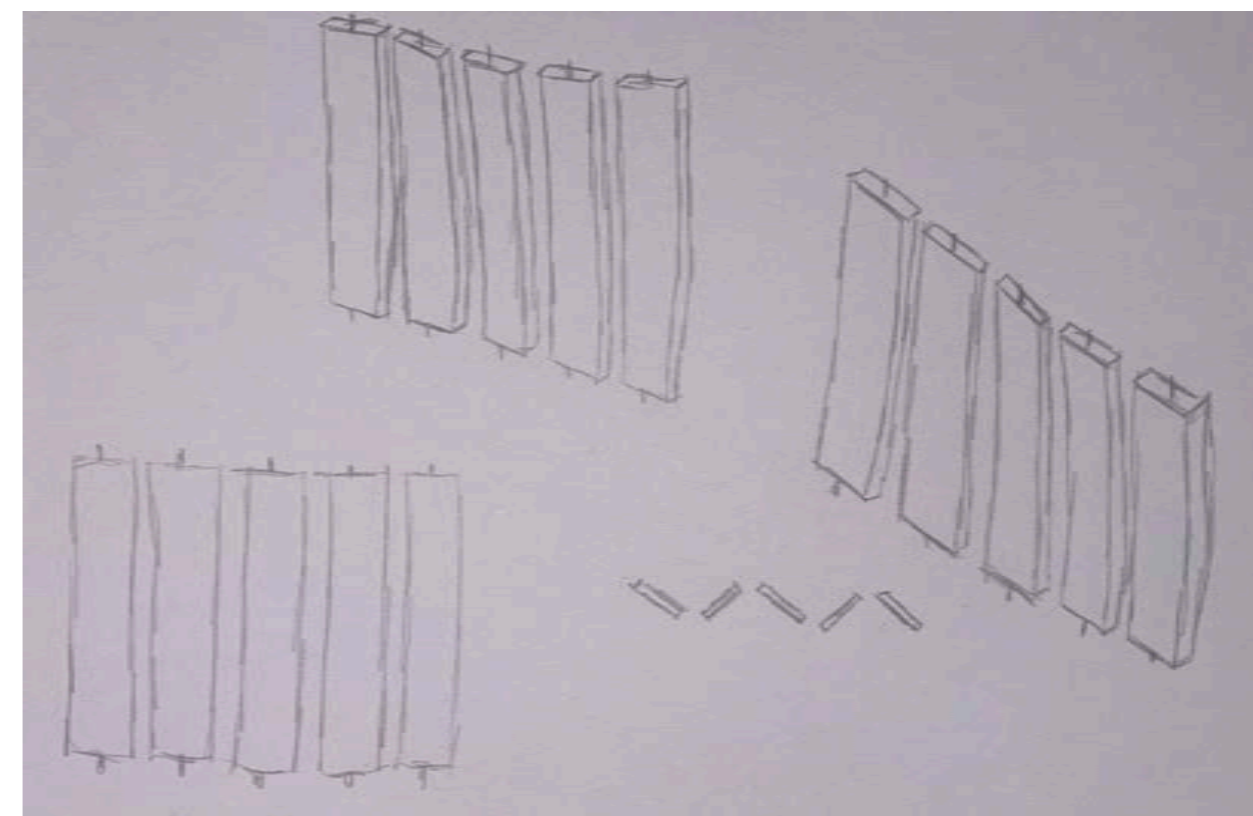
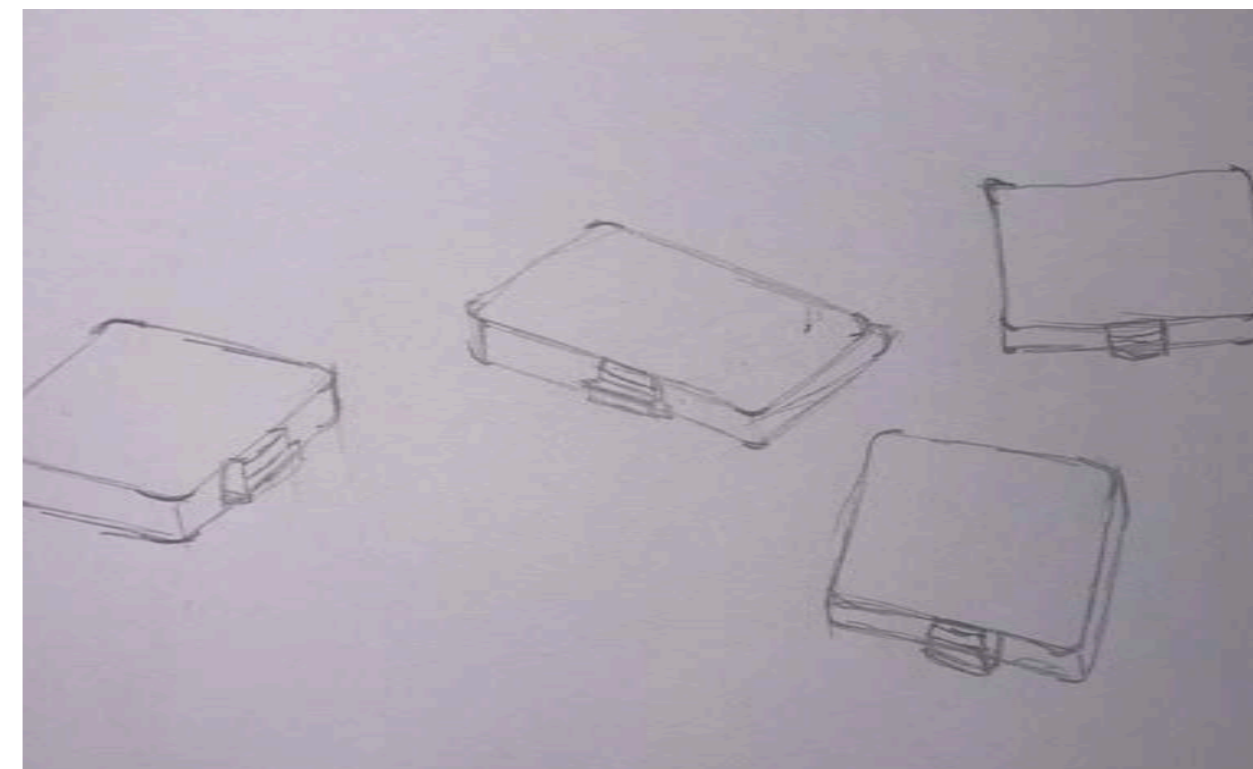
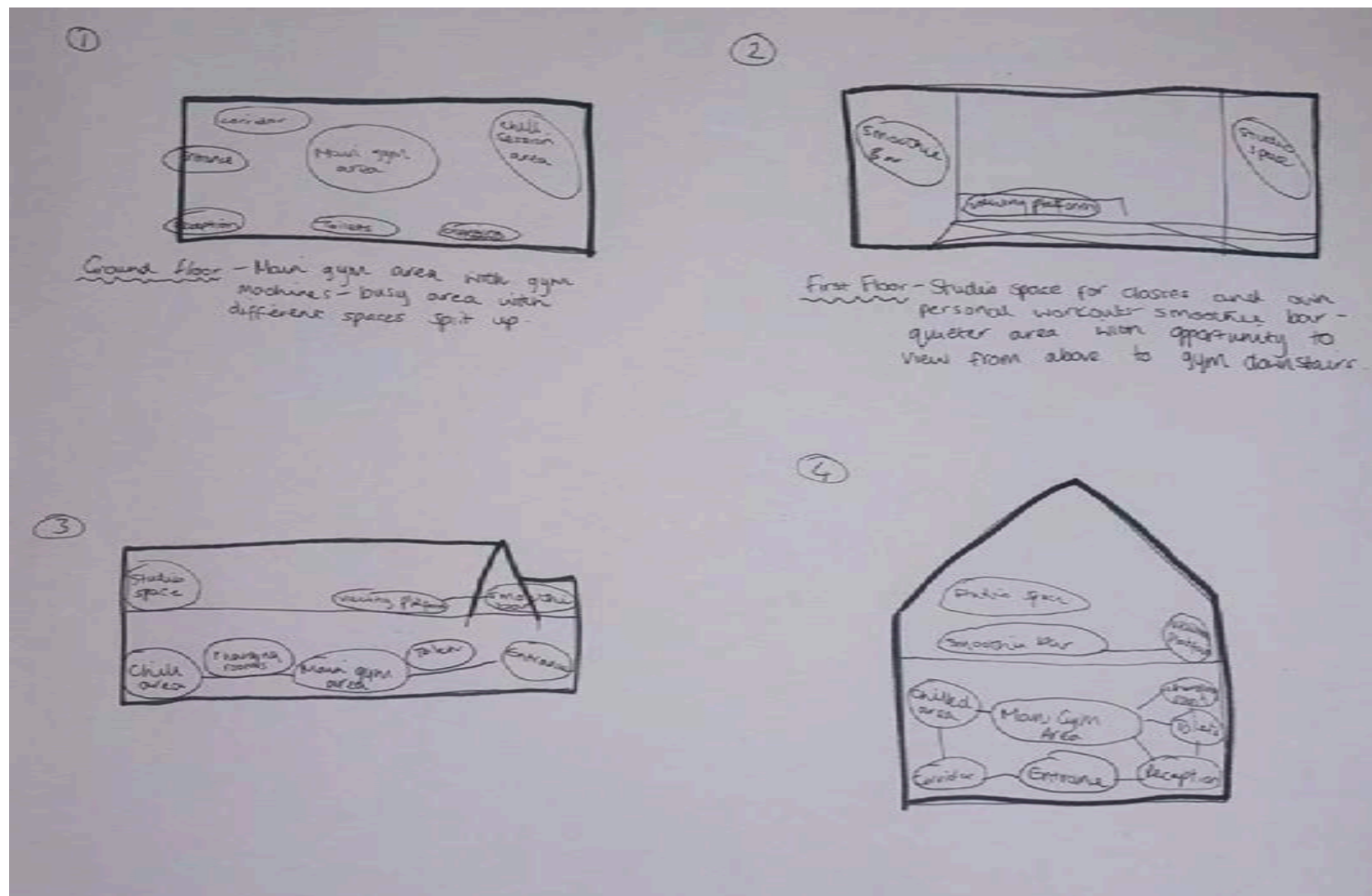
There will be interior walls added to the downstairs with a glass window in the middle to make the area still open and makes the space not overwhelming.



Area will slightly change with a small addition of a viewing platform to be added to the left hand side. The wall labelled smoothie bar will be taken down to make the space more open and inclusive to everyone.



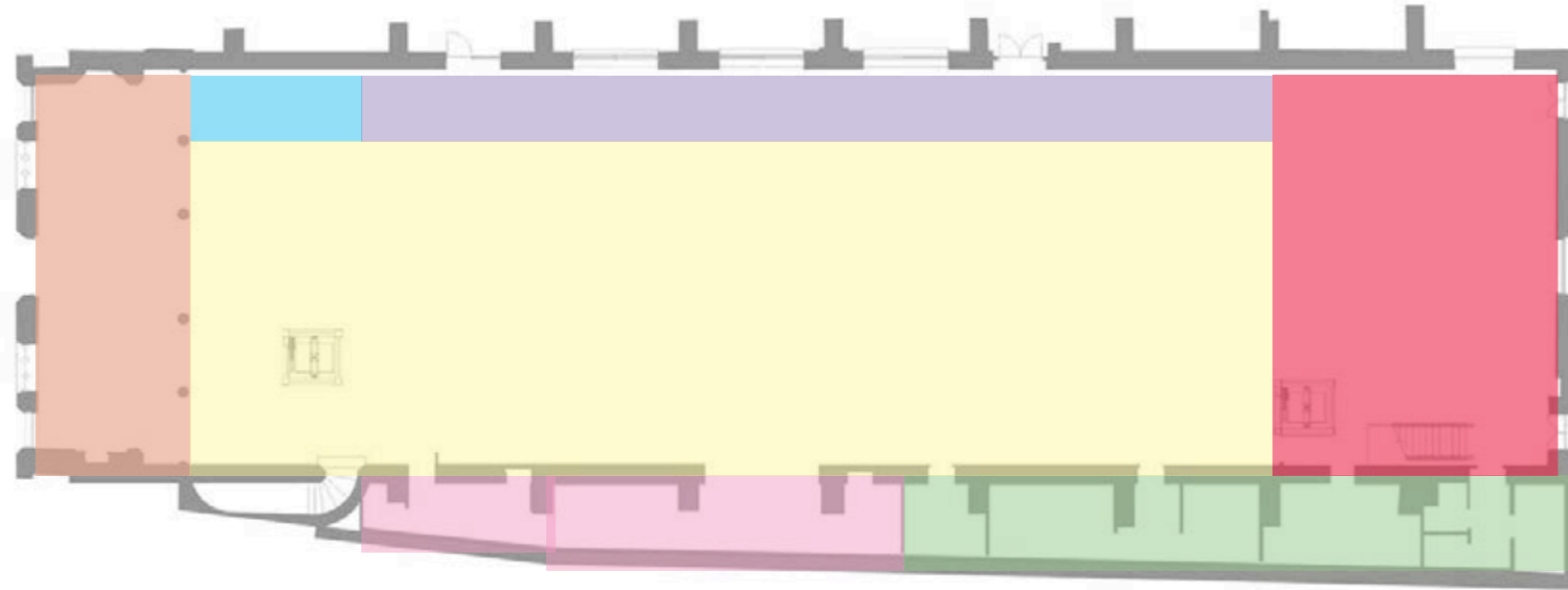
This area will slightly change by making the small window larger to make the space seem larger and can help empower women in the main gym area downstairs.



As my building of choice has a lot of height to it, I decided that adding large structures and elevated areas would help the space flow better. The structures and elevated areas also relates back to my concept of empowering women. Being elevated within the gym helps you to feel empowered and motivated as you feel positively heightened with your emotions. Giving rough sketches of these potential aspects of my design helped to encourage my concept through design development.

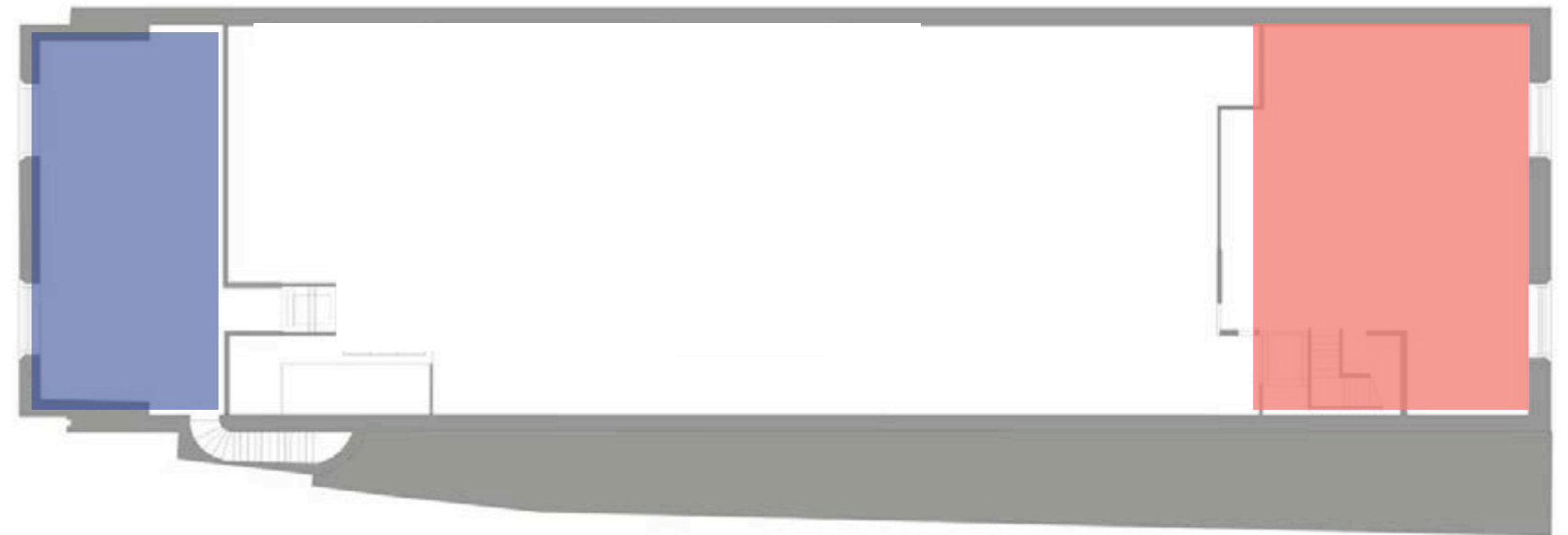
FEASIBILITY-MAIN OPTION

- Entrance Area
- Toilets/ changing rooms
- Help desk/ reception
- Staff Area
- Open Gym Space
- Individual space
- Studio Space
- Smoothie Bar



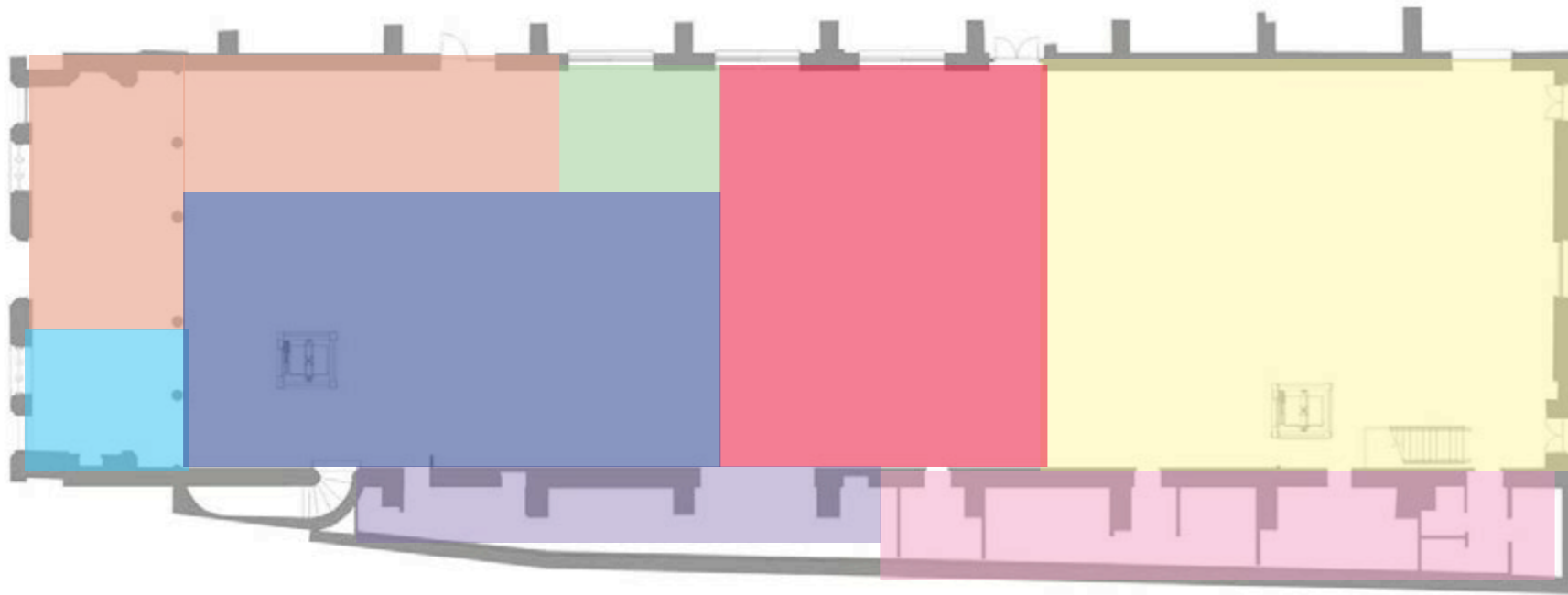
The main option shows a very spacious setting with a wide range of open space. The main gym area itself is an open space with very minimal areas that are closed off. The reason for choosing this was my concept of empowerment as the main issue with current gyms that my survey participants answered was that they are cramped and overwhelming. By keeping the entrance area open it allows the rest of the space to follow the same which also gives an understanding to a person walking into the space what the rest of the space may feel like without actually being in that space.

The first floor shows the space as being an open and spacious environment. With the building having sky lights, this also adds to the idea of space and openness as having as much natural lighting as possible gives the illusion of space and outdoors. Using the larger space out of the two for the studio space means that you don't feel cramped within the space. The smoothie bar being at the front of the building with a viewing platform allows people to feel motivated whilst being encouraged with healthy foods and drinks before or after their gym session.



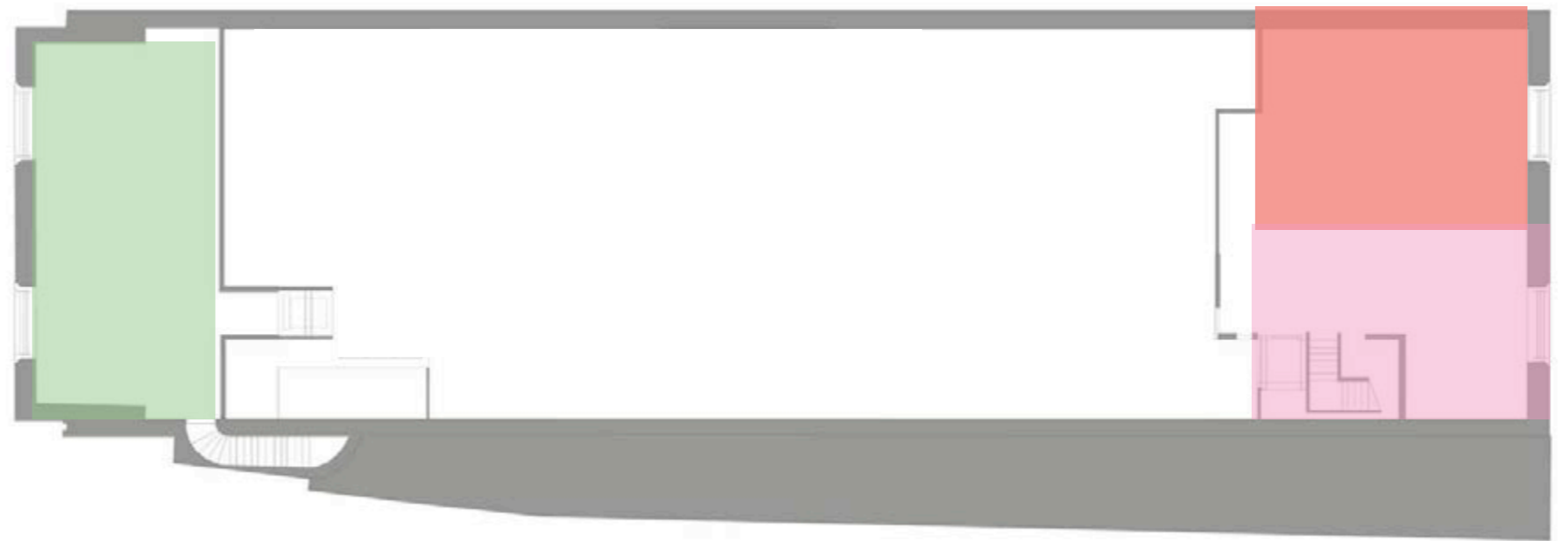
ALTERNATIVE OPTION

- Entrance Area
- Toilets/ changing rooms
- Help desk/ reception
- Staff Area
- Open Gym Space
- Individual space
- Studio Space
- Smoothie Bar




The alternative option showed the space being much more closed off with very minimal open space within the building. Although the ceiling height of the building is high, the overall feel of the space wouldn't feel as open as the main option which wouldn't relate to my concept as much as the main option. The entrance area is still open but gives a more structured corridors area which is still empowering and relates back to my concept well.

The studio space upstairs isn't as open as the main option which doesn't relate to my concept as well as the main option, although the space would be homely and warm the overall space would feel overwhelming and cramped. The staff area being upstairs where the viewing platform is doesn't allow customers to feel empowered and motivated by looking down into the main area as the space is for staff only.



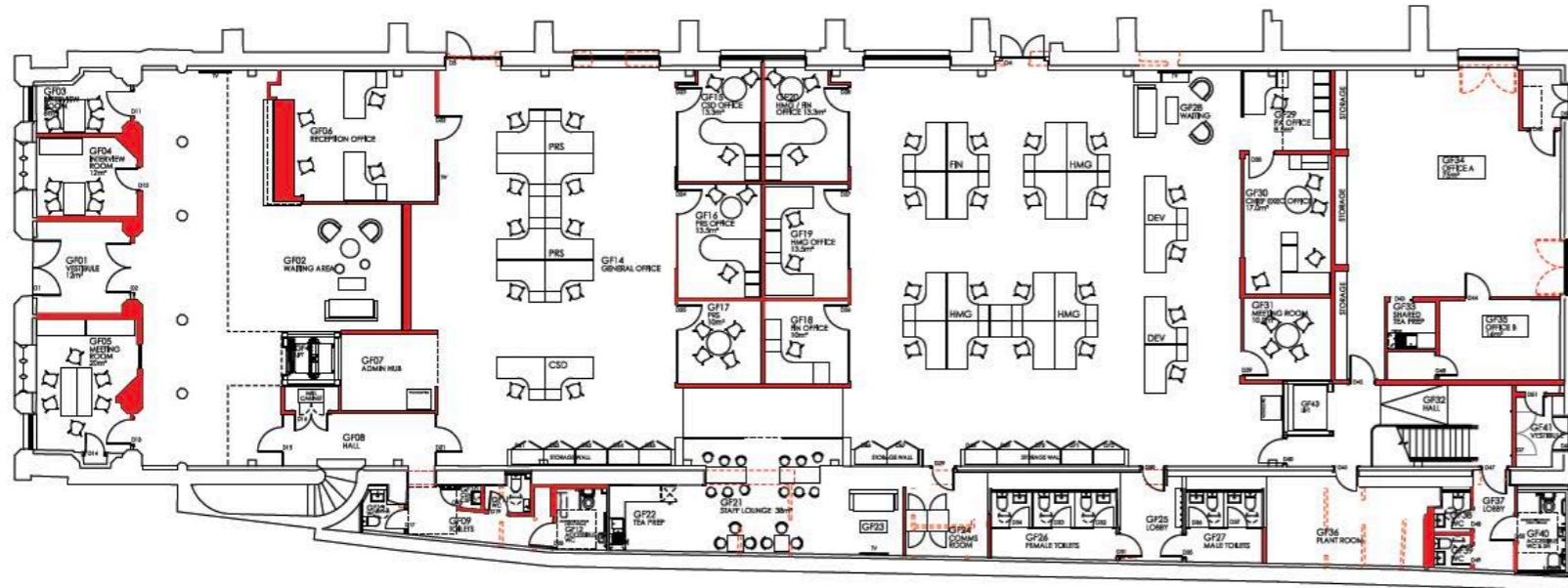
SITE PLAN



-  WALKING ROUTES
-  NON PERMIT PARKING
-  BUS STOP

The map above shows the area of the building. It also highlights bus stops, walking routes and non permit parking surrounding the building.

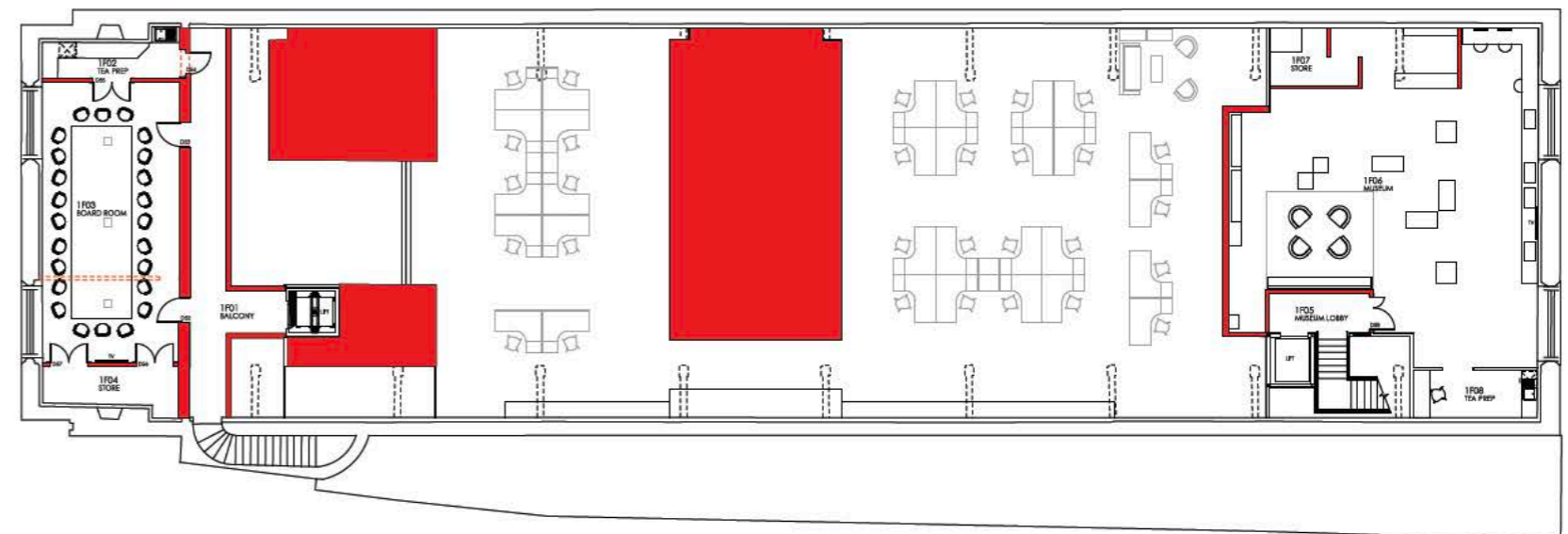
DEMOLITION PLANS



GROUND FLOOR PLAN

- Removal of all boxed in office rooms to make space as open as possible.
- Removing walls towards entrance to make the entrance an open space for customers to feel welcomed.
- Removal of all partition walls currently used as office space.

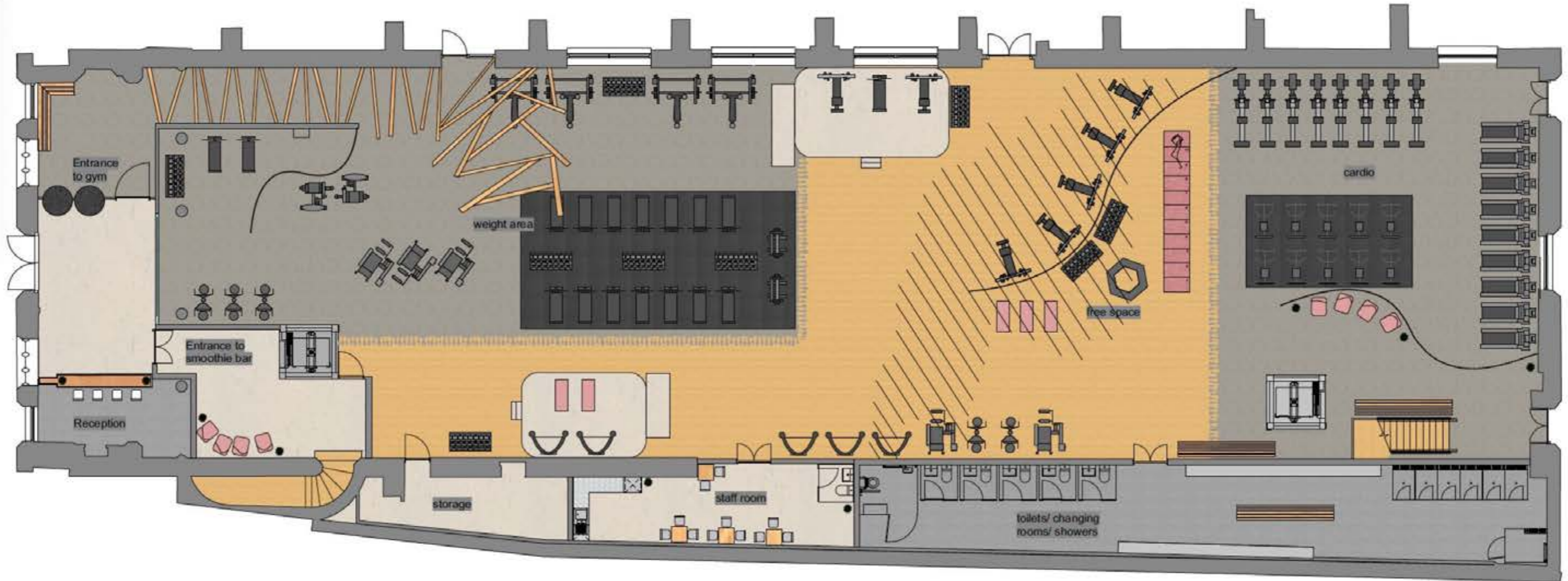
- Removing interior wall from upstairs as I want the space to be as open as possible to relate back to my concept of empowerment.
- The office spacs downstairs have roof like structures which I chose to remove as the office space was being removed.
- Extending the back space of the building by removing current walls and adding in walls to expand the space making it slightly bigger.



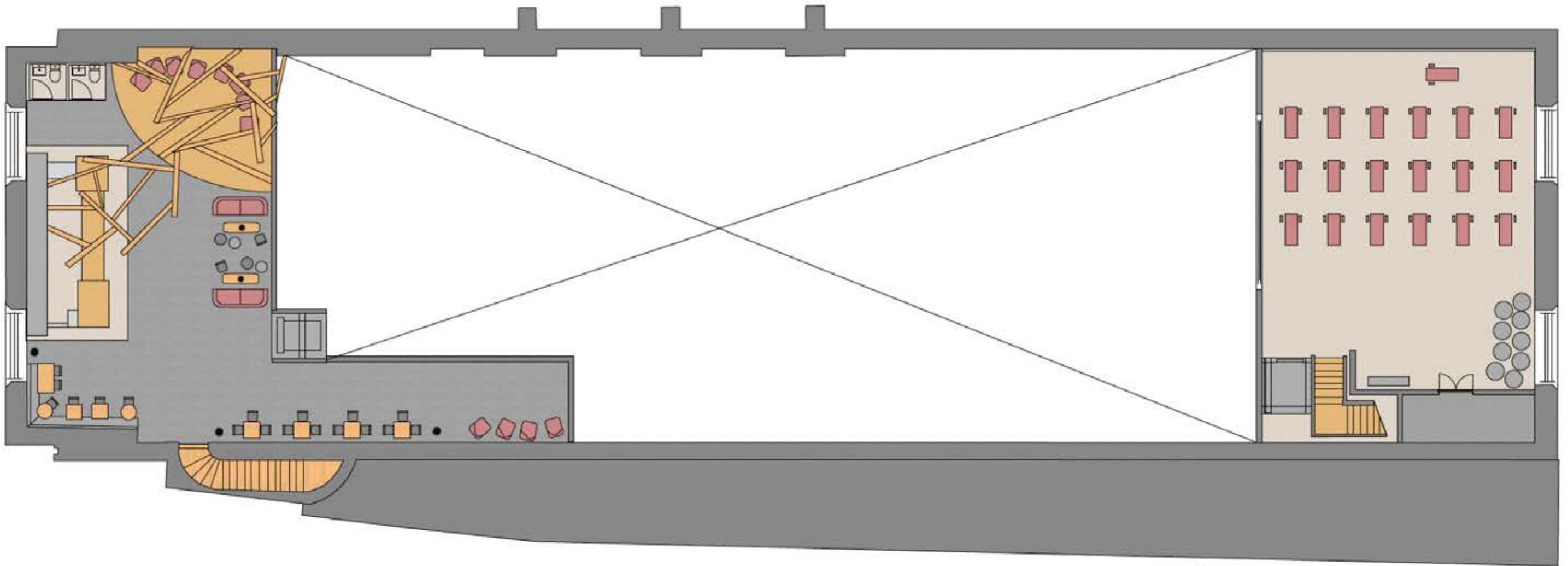
FIRST FLOOR PLAN

PROPOSED DESIGN

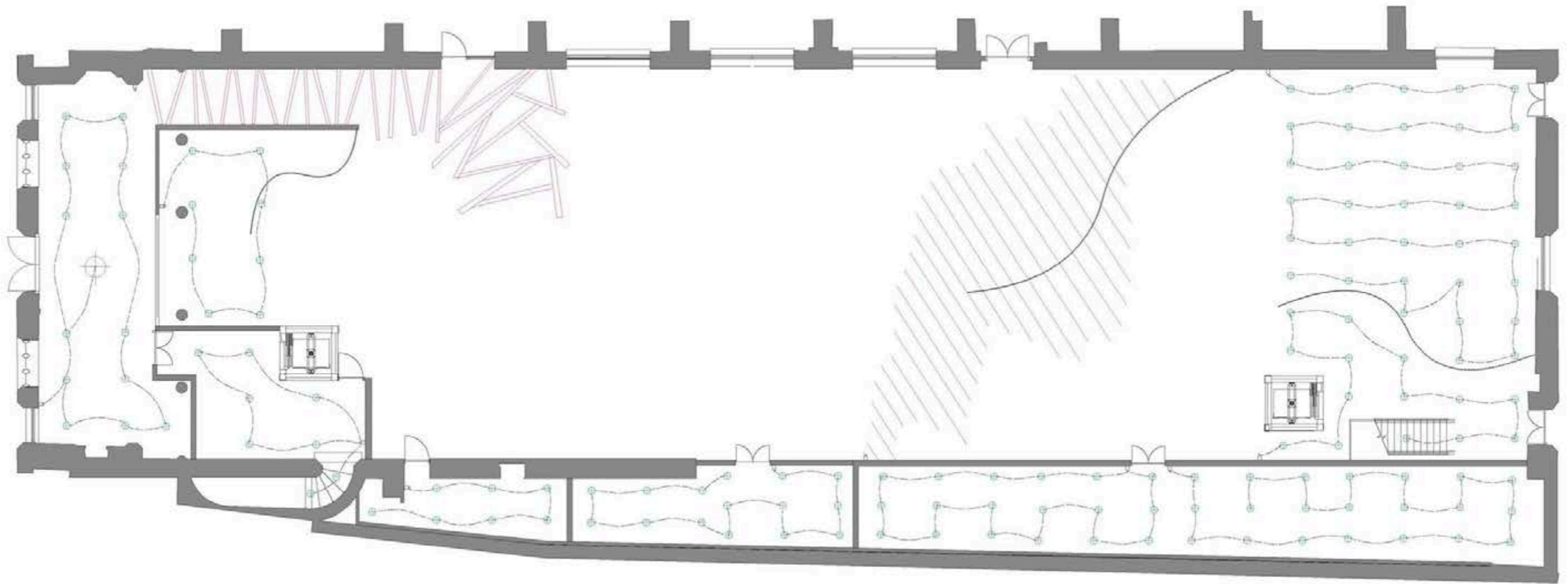
RENDERED GROUND FLOOR PLAN



RENDERED FIRST FLOOR PLAN



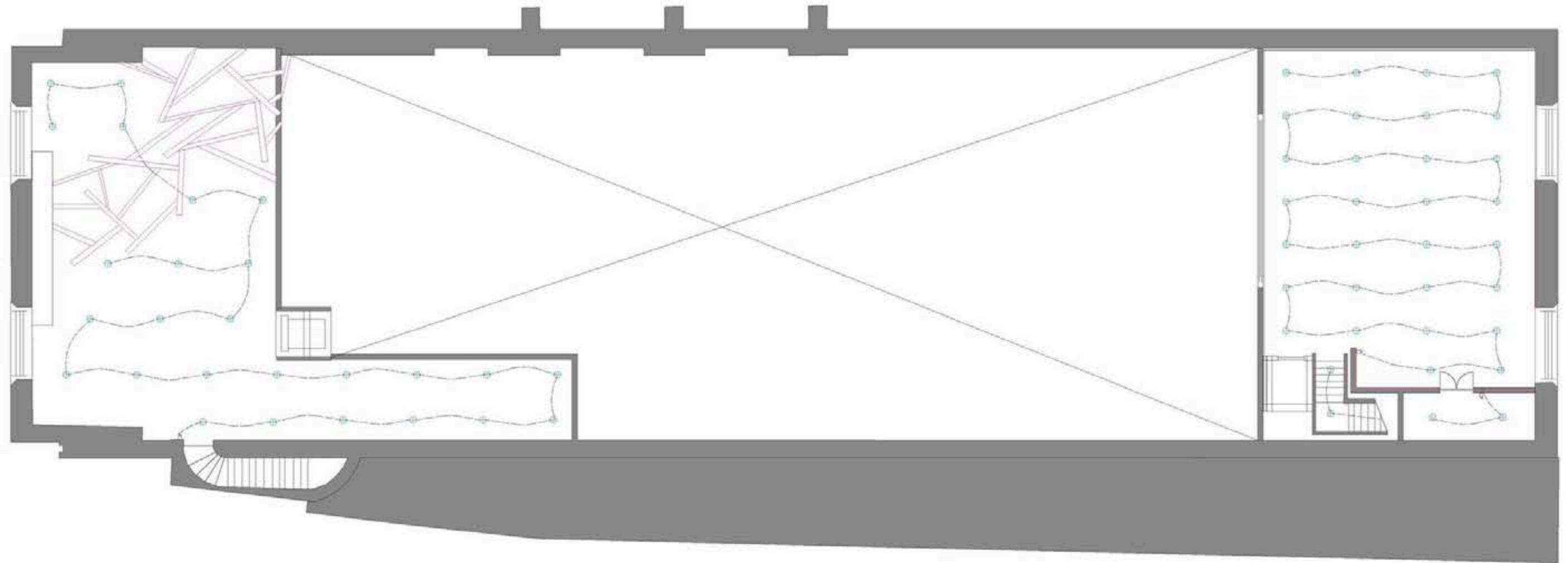
LIGHTING ARRANGEMENT GROUND FLOOR



GROUND FLOOR PLAN-

Shows most areas being lit up with spotlights with one singular pendant light in the front entrance area. Large wooden structures contain lights giving them niche as well as the perimeter of the main gym area having LED lights.

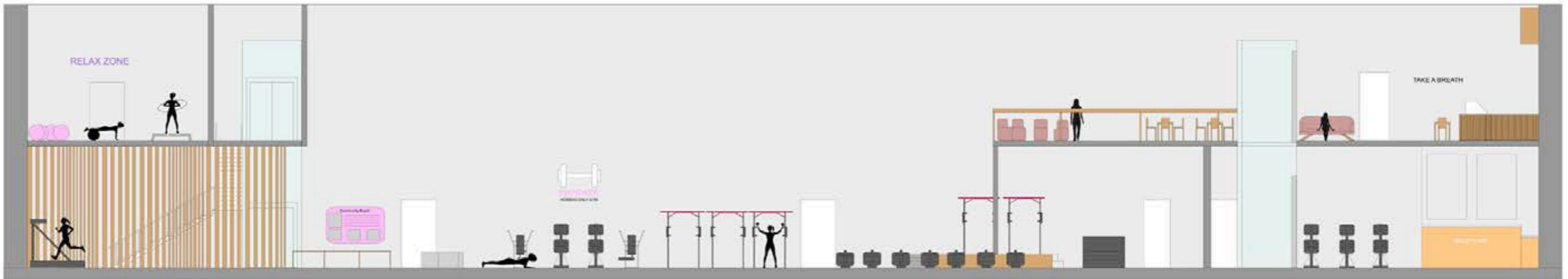
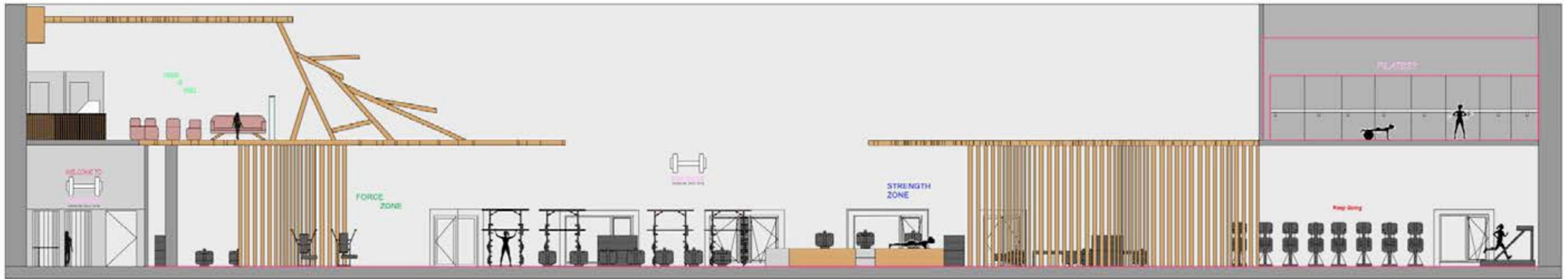
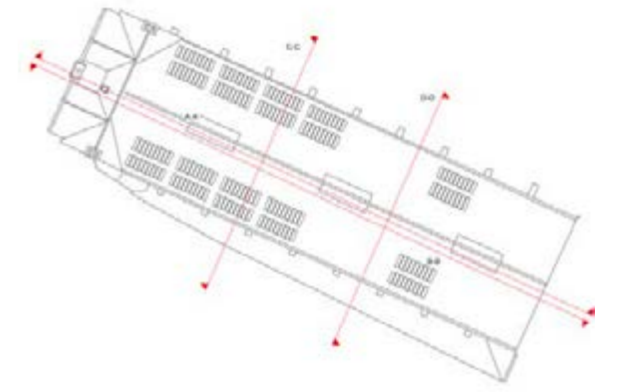
LIGHTING ARRANGEMENT FIRST FLOOR



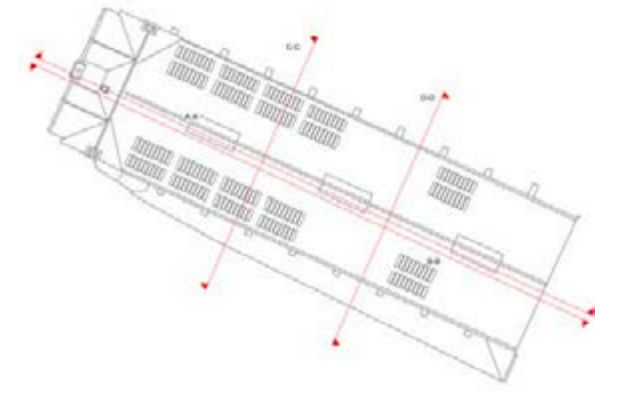
FIRST FLOOR PLAN-

Shows mainly spotlights as building has sky lights which allows a lot of natural lighting which means spotlights are only needed for extra lighting during darker months or evenings. The wooden structure that continues on to the first floor contains lights as well.

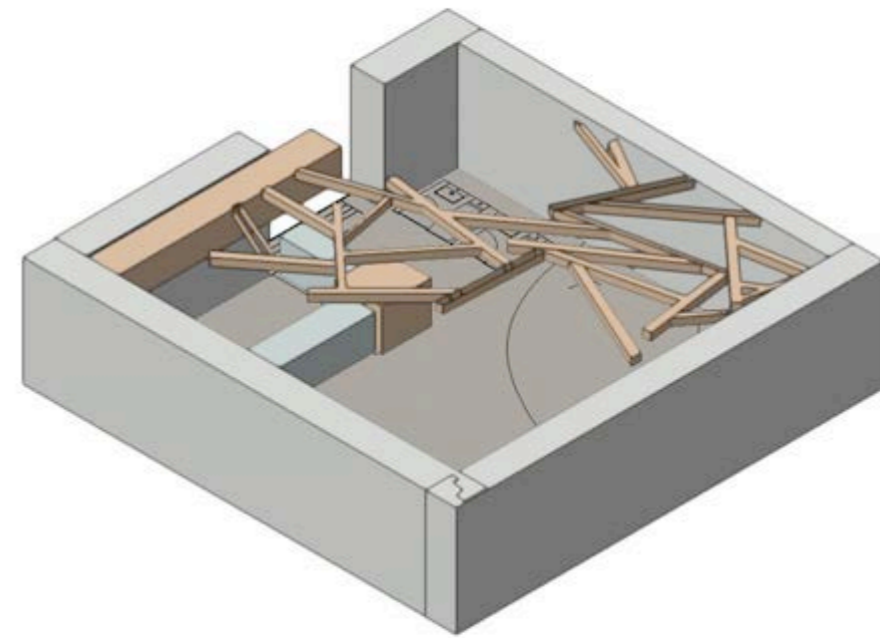
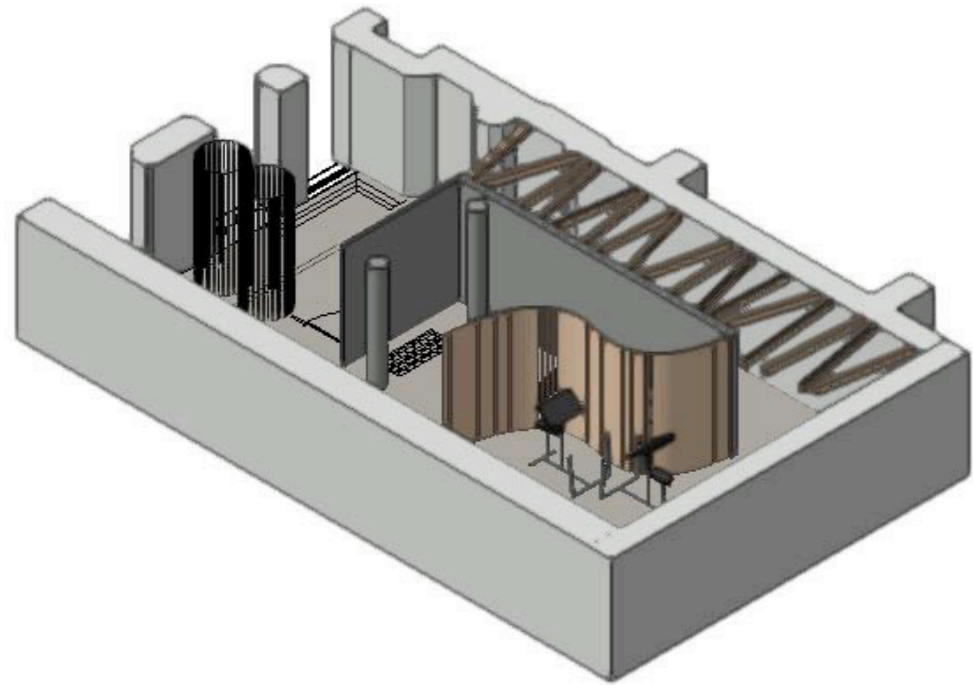
SECTIONS A-A & B-B



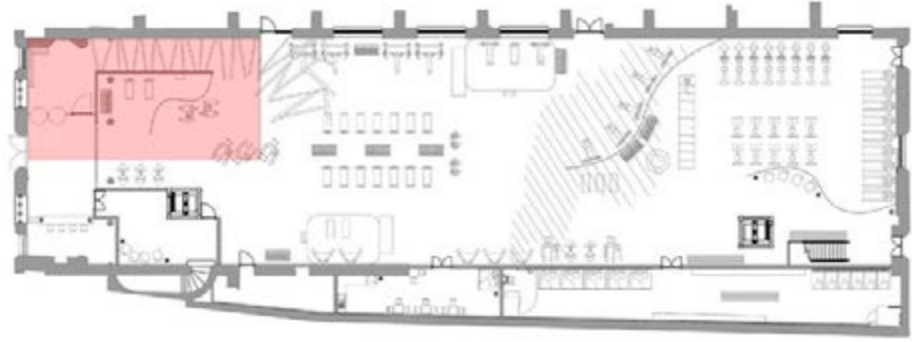
SECTIONS C-C & D-D



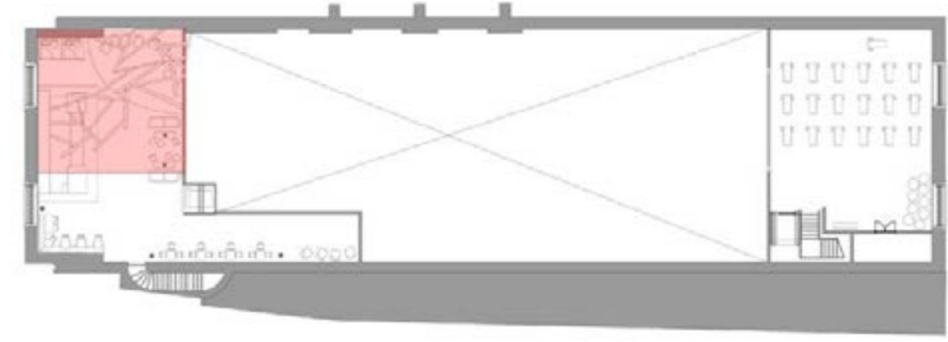
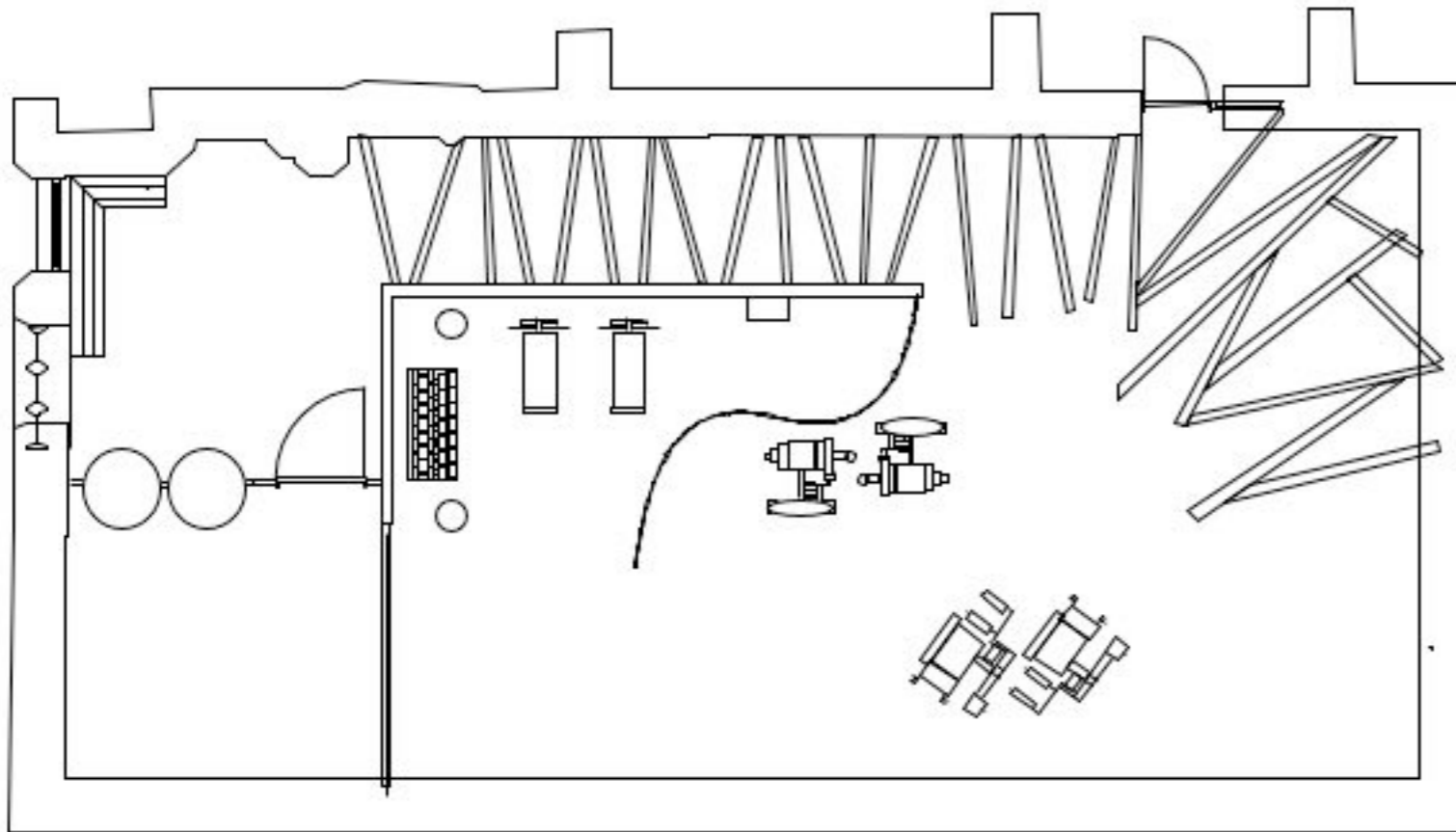
MAJOR SPACE



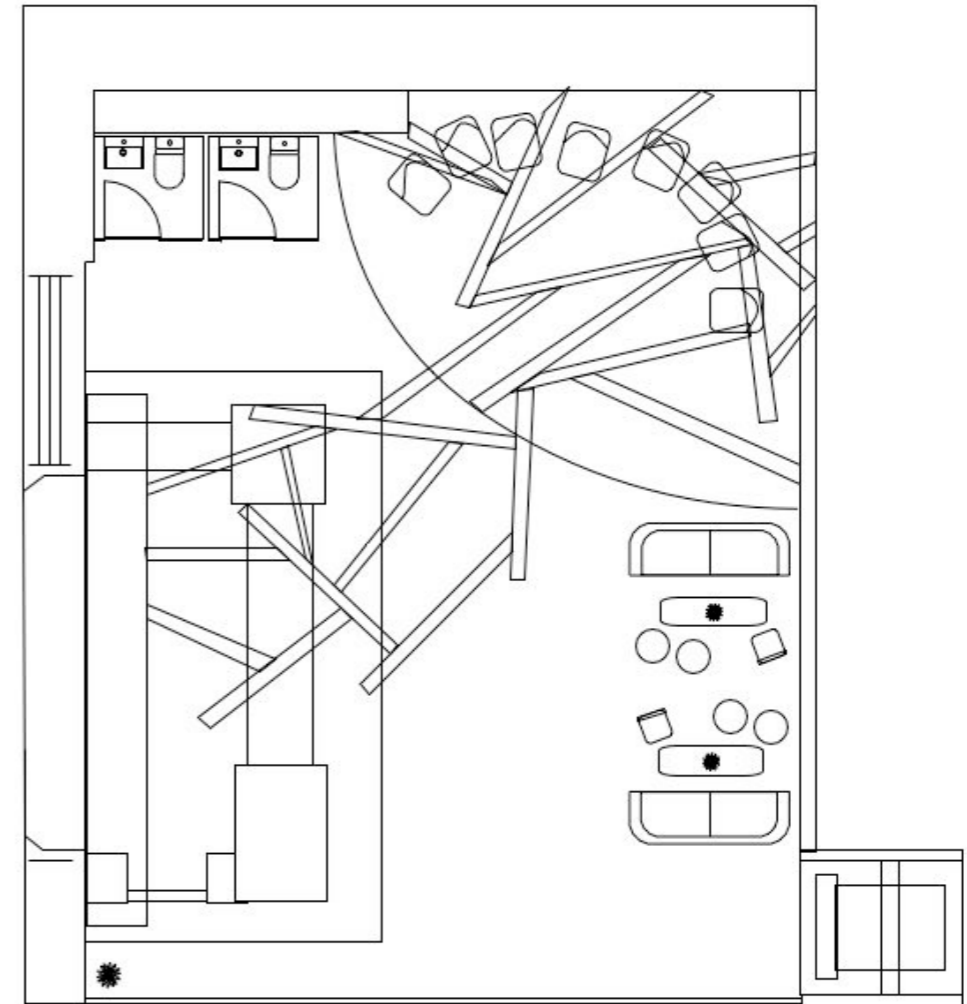
My major space spans across both my floors and focusses on areas which provide the more empowerment and motivation within my space. The space shows the ground floor area of the main entrance, corridor area and wooden panelling. The space shows the first floor area which focusses on the smoothie bar area and continues to have the wooden structure which spans across both floors. Both floors of my major space relate well to my concept of empowerment as the smoothie bar on the first floor helps gym members with motivation whilst the ground floor wooden panelling can be rotated to the members desire on how motivated they're feeling. Gym members can be leads throughout the space by the corridor which is visible on arrival through the access doors.

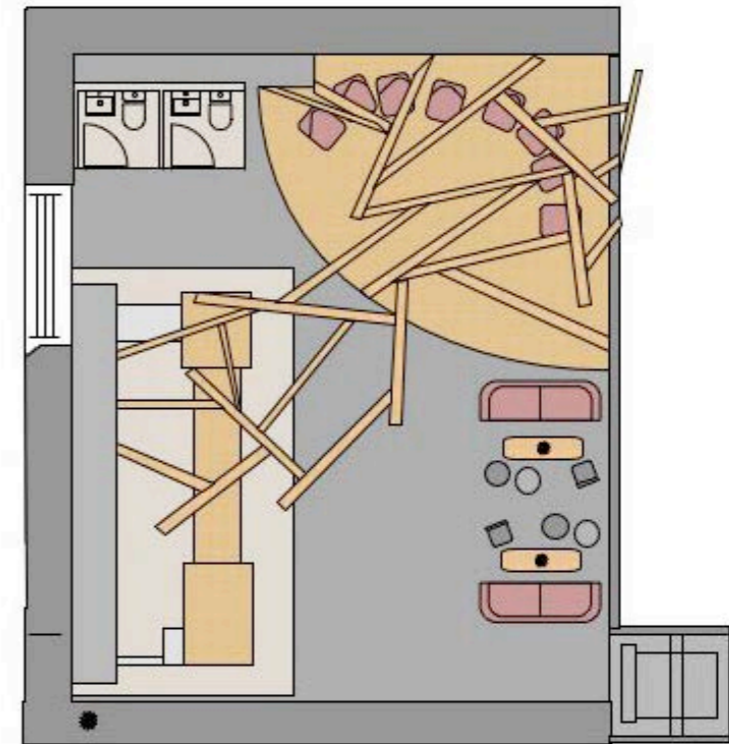
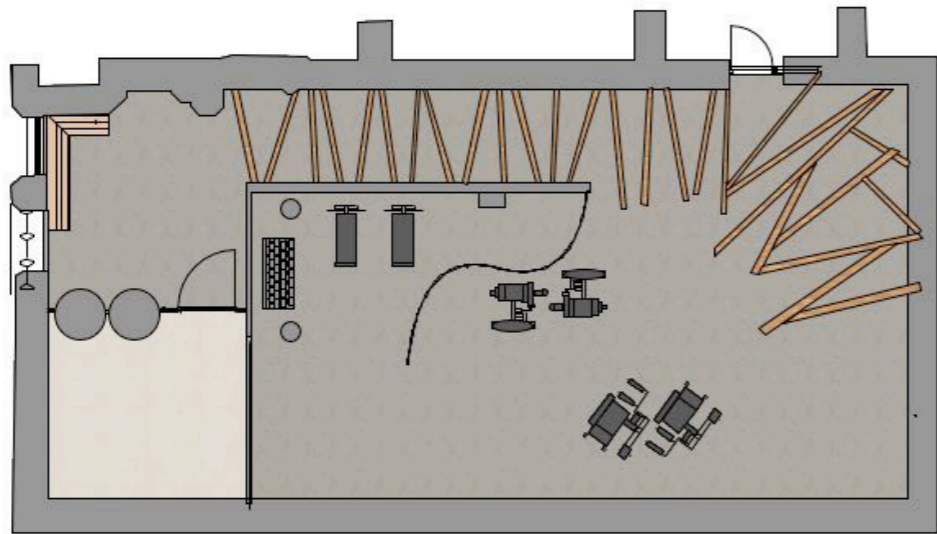
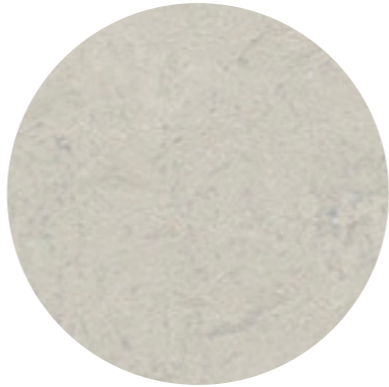
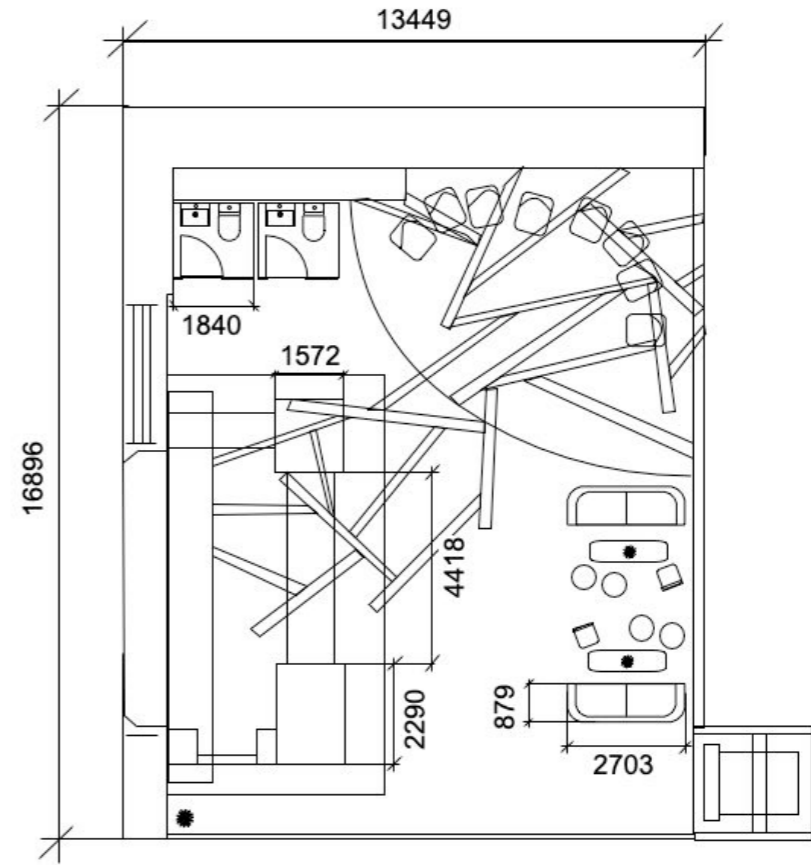
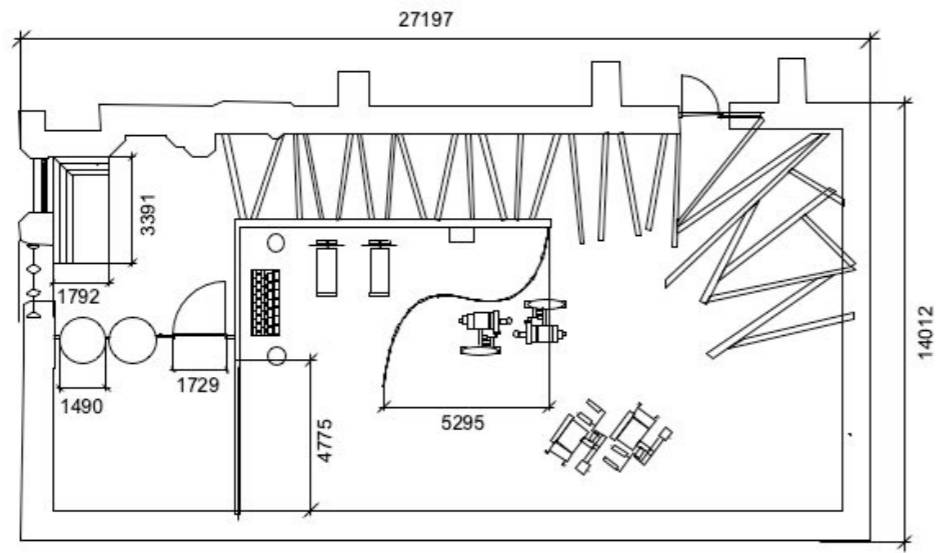


Proposed Major space Ground Floor



Proposed Major space First Floor

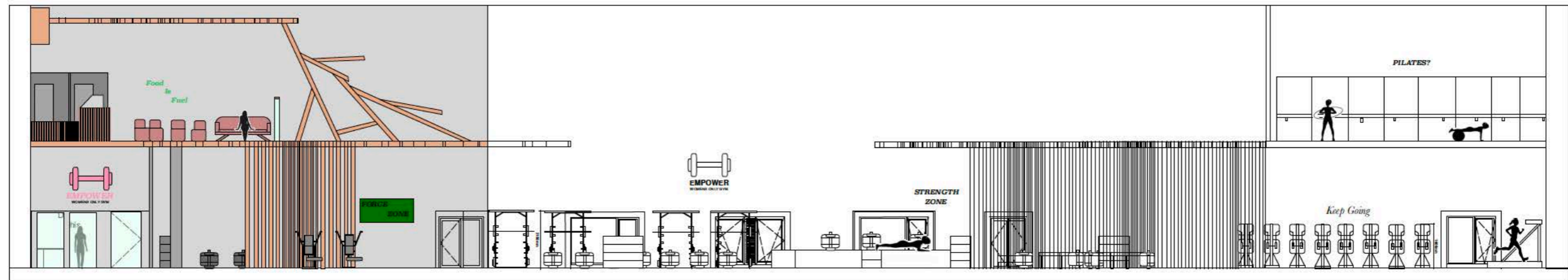
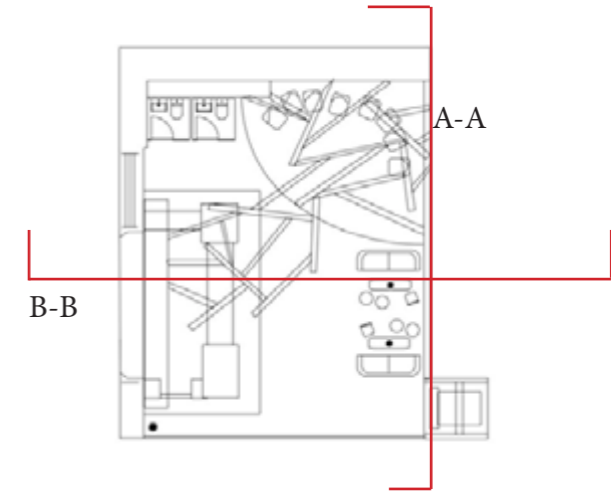
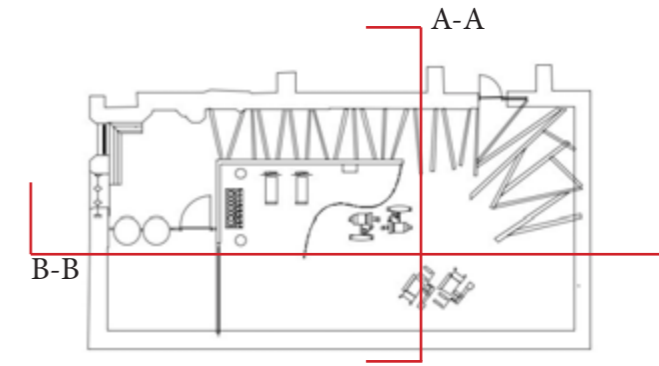




Sections -

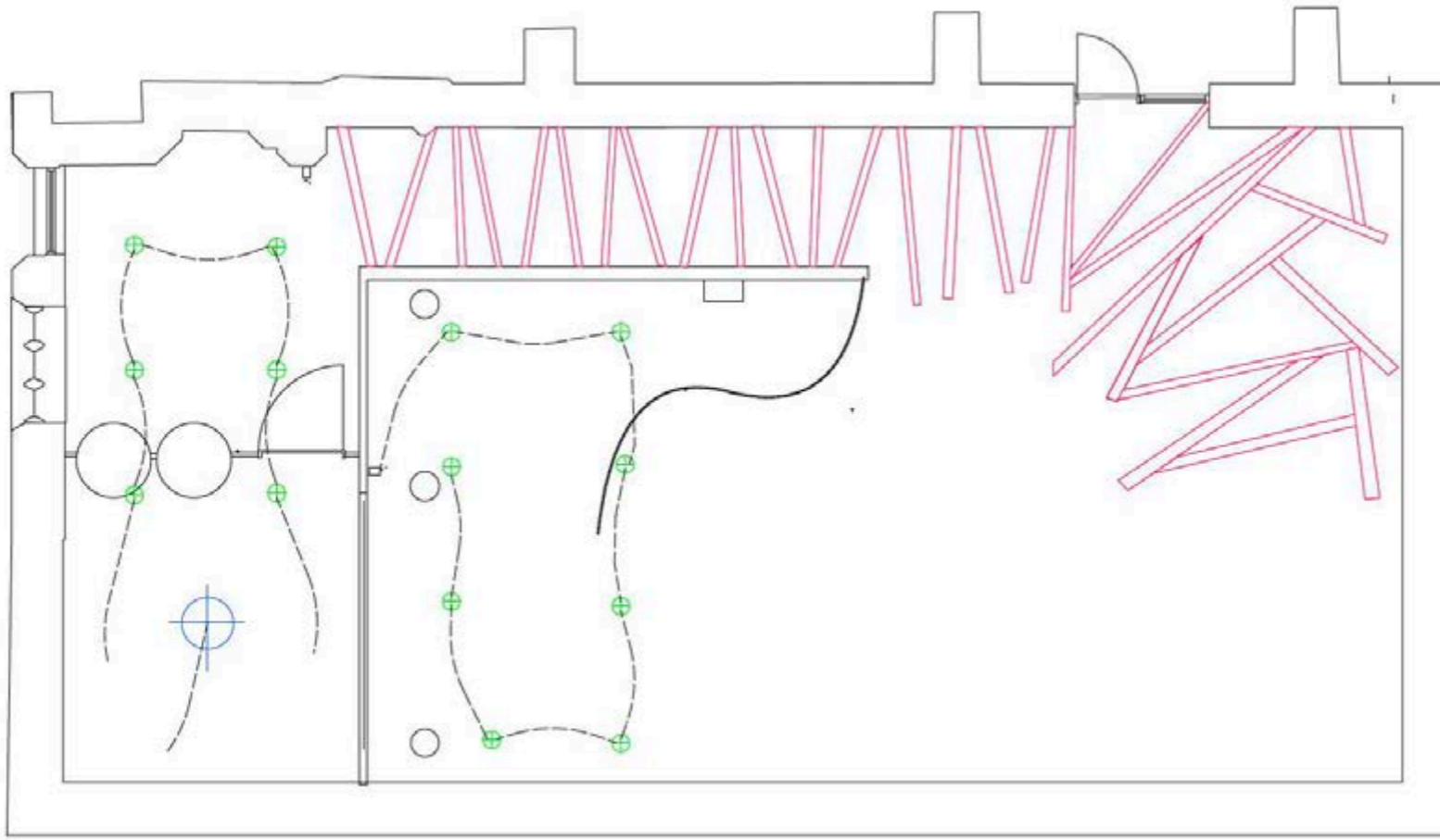


Section A-A



Section B-B

Lighting -



Spotlights used in most areas to give extra lighting during darker months and evenings.

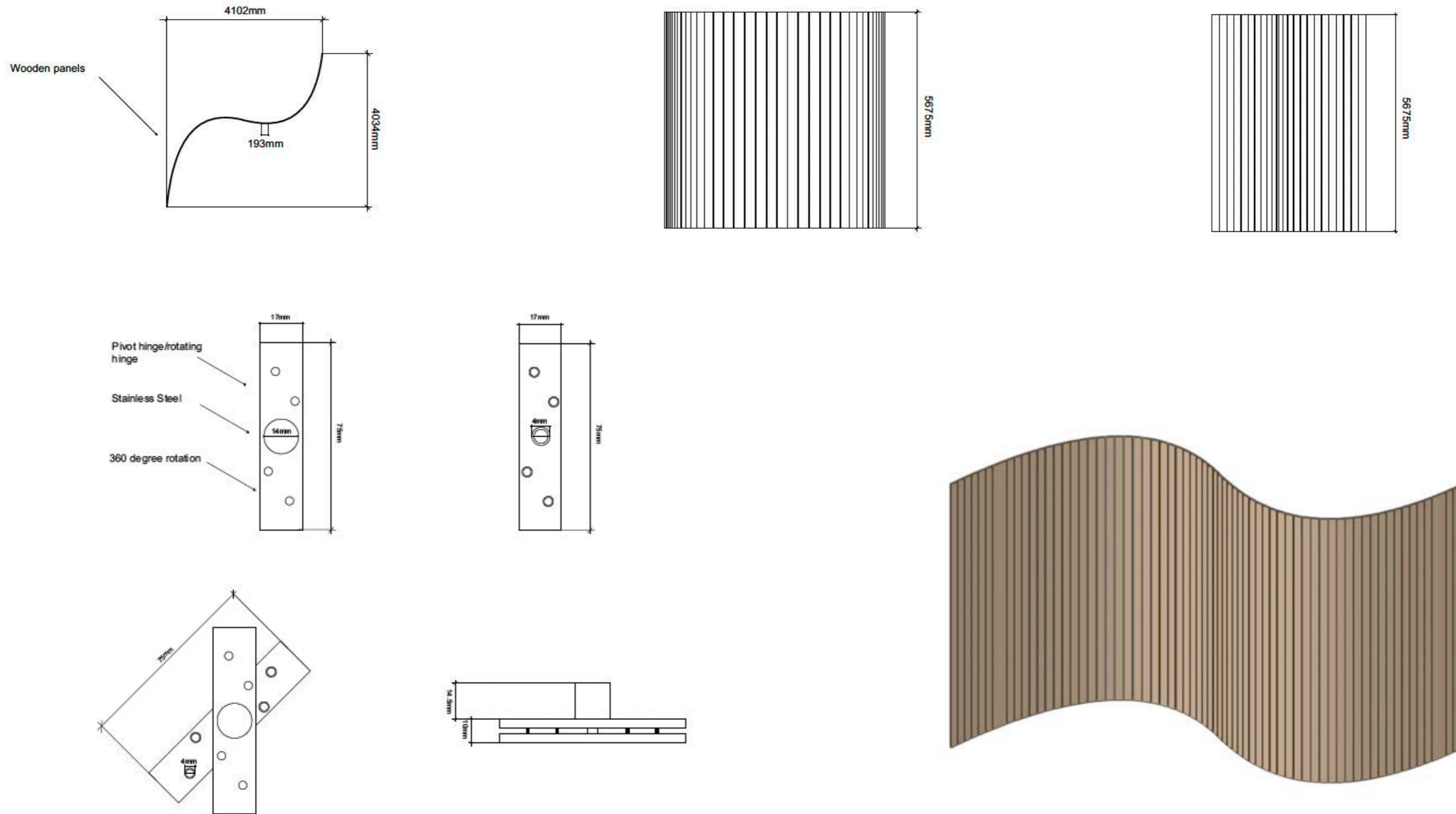


Large pendant light used for the main entrance to the building to give a wow factor to customers when entering the space.

LED strip lights used around perimeter of ground floor and used on the wooden structure presented within the major space spanning across 2 floors.

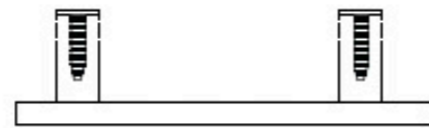
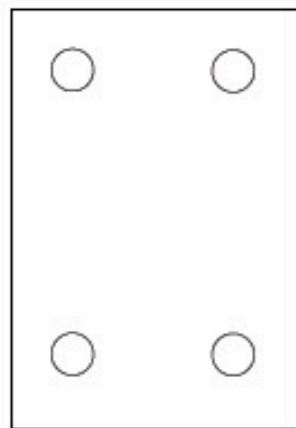
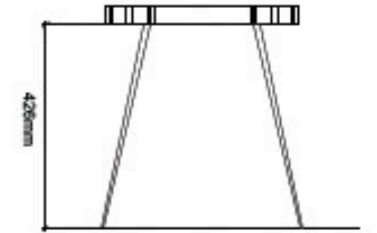
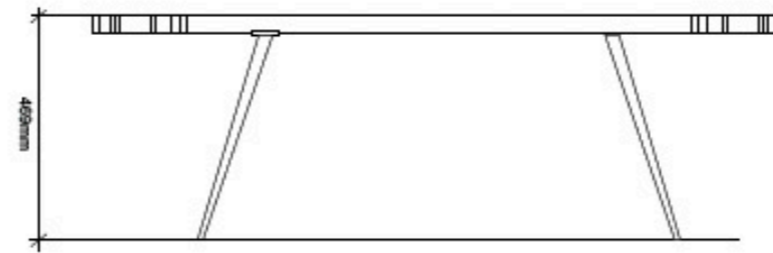
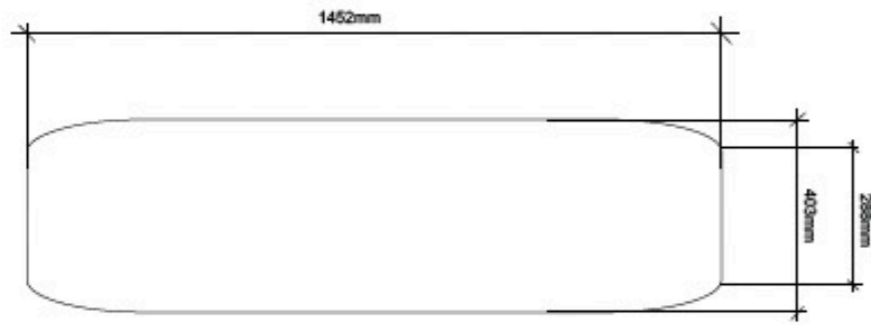


DESIGN DETAIL 1



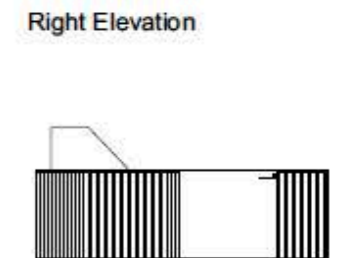
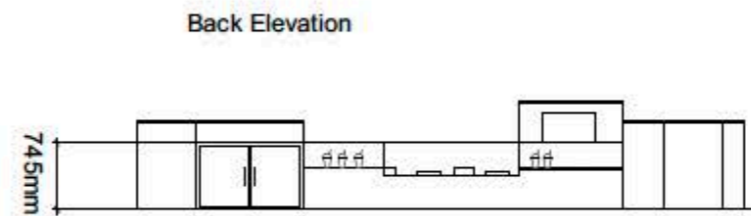
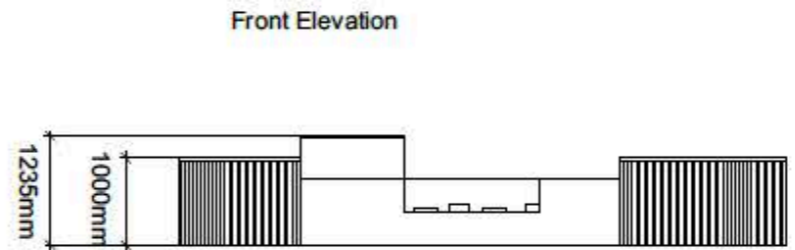
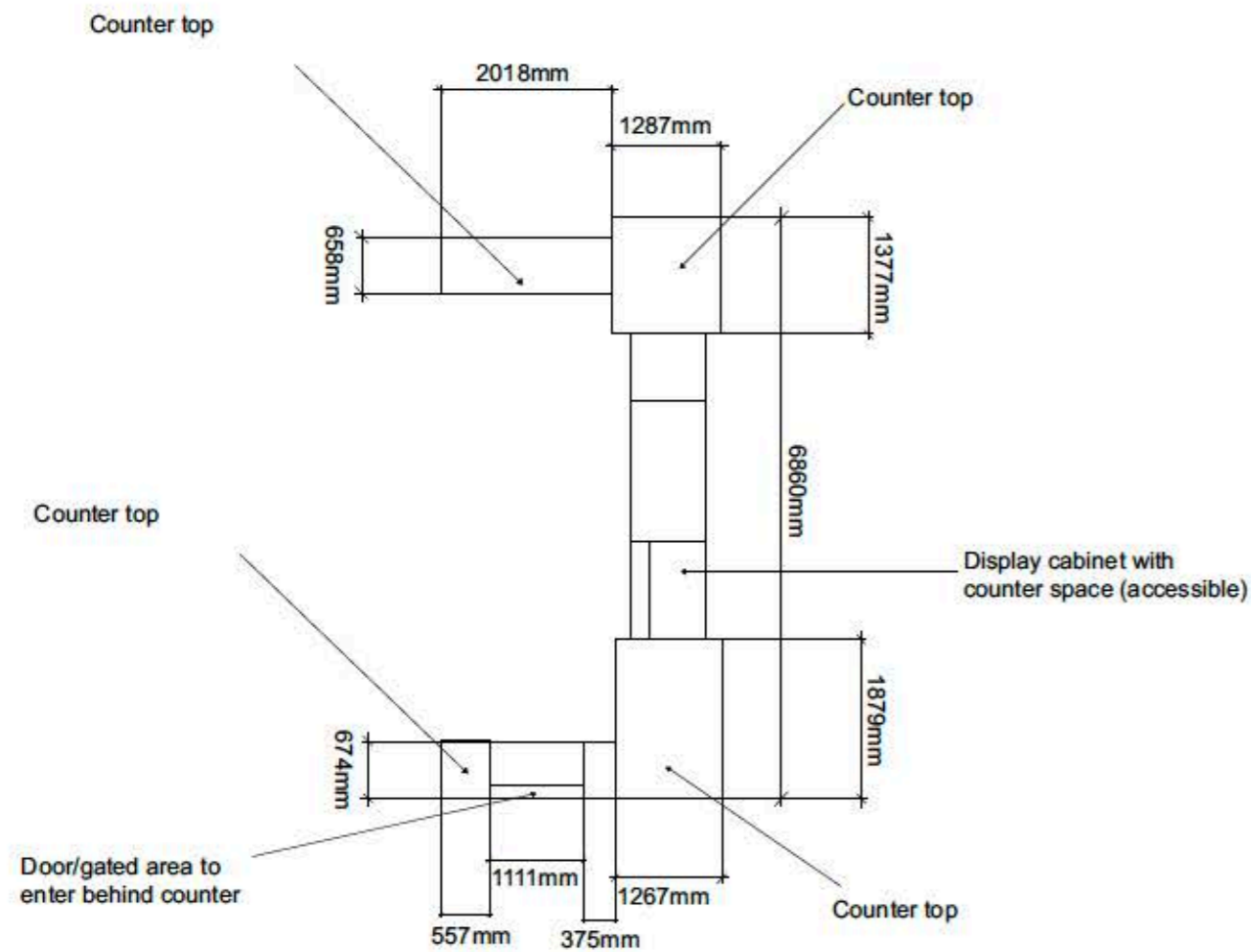
Design detail showing wooden panelling structure which is positioned in various areas throughout the space. Using reclaimed oak wood to help keep the sustainability aspect of my design and sticking to the global goals. Using the curved structure to help relate back to veins and blood vessels and the curvature in these elements. Using 360 degree pivot hinges to allow the panels to be rotated open and closed depending on how empowered gym members are feeling at that present moment in time.

DESIGN DETAIL 2



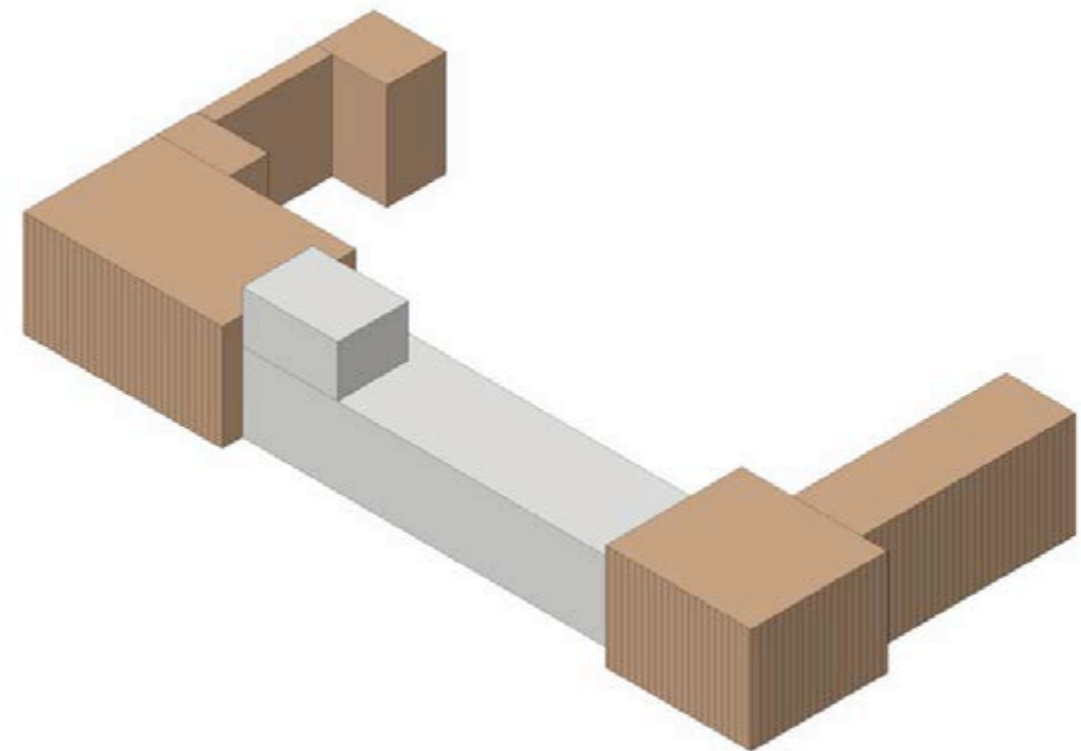
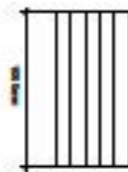
Design detail showing the coffee table in the smoothie bar which is also located within the major space of my design. Again using reclaimed oak wood to keep sustainable and help relate back to the global goals. Using aluminium hinges with screws to hold the table legs up to the table top.

DESIGN DETAIL 3



Panelling Front Elevation

Panelling Top Plan



Design detail showing counter detail within the smoothie bar which is located within my major space. Counter detail is an area where customer can buy smoothies and small healthy snacks. Materials used is mainly wood with some elements of glass and marble. Elements of wooden panelling across the areas visible to the public to relate to my theme and concept. Detail of how panelling is put together showing top plan and front elevation.

VISUALS



Visual showing lounge area in the smoothie bar upstairs of the building. Design detail of coffee table using reclaimed oak wood. 'Food is fuel' sign on the wall. Counter detail where smoothies can be sold to customers. Viewing platform for customers sitting upstairs in smoothie bar. Wooden structure with light fittings. Beanbag lounge area for customers to chill out in essentially. 2 small toilets available for customers and staff to use.



Visual showing main gym area with view of smoothie bar. Gym equipment visible in this area. 'Force zone' sign on wall in green. Graphic image of body builder woman to help motivate women within the area. Design detail of panelling visible in this area. Wooden structure spanning across both floors also visible. Change in flooring visible showing different areas within the gym floor.



Visual showing smoothie bar from a different angle which is located in the major space. Counter detail shown in this view. Wooden structure visible with light fittings. 'Fruity' and 'smoothie bar' signs visible in this area giving customers a clear indication. Sofas can be seen in this view which customers can lounge on. Viewing platform and glass lift is seen.



Visual showing cardio area and power zone in back area of the space. Wooden panelling with roof like structure can be seen from this view. Change in flooring showing different areas of the main gym. 'Empower' logo sign is in view.

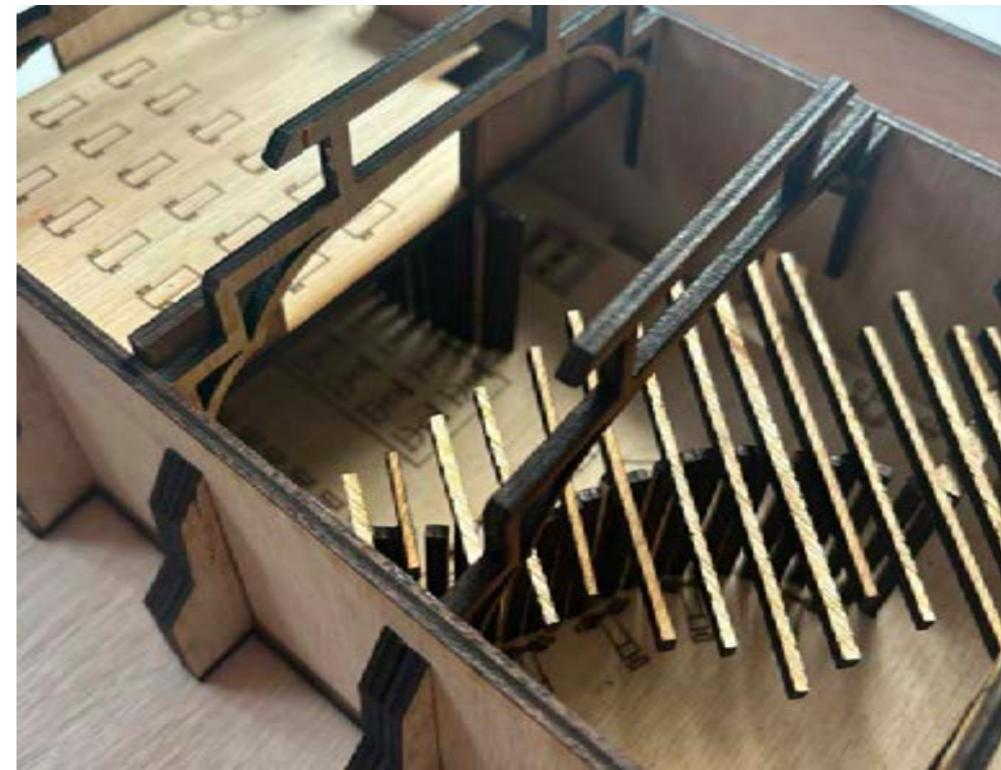
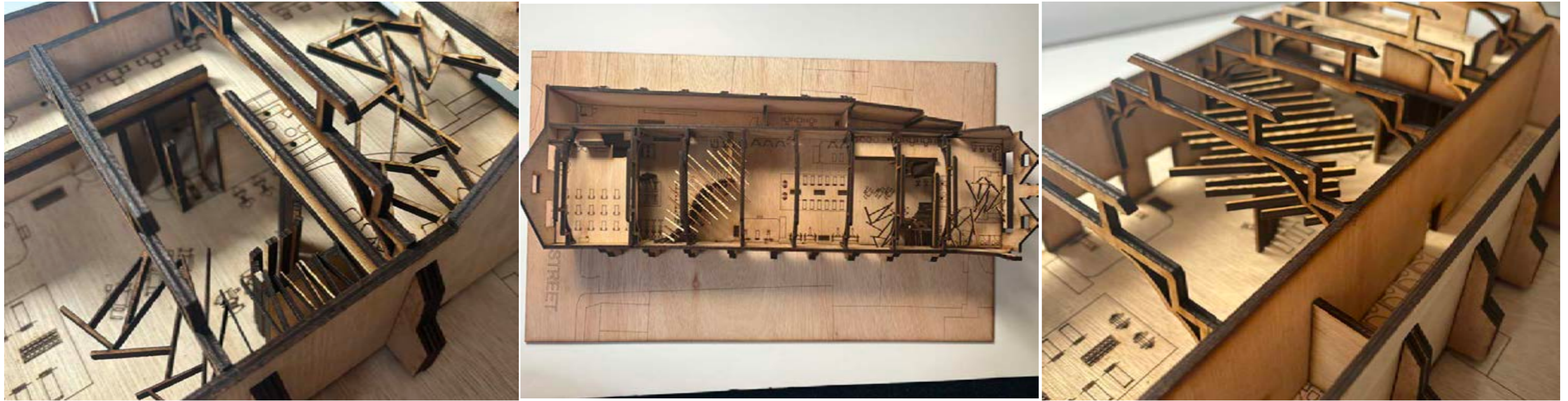


Visual showing main area of the gym. Changes in flooring can be seen. Wooden panelling with roof like structure is also visible in this view. Elevated area helping women feel more empowered and motivated depending on the person's mood. 'Empower' sign can be seen in view as well as 'you can do it' helping women feel motivated with motivation words presented when working out in the space. Wooden panelling in back area where cardio machines are.

MODEL



I created my model using the laser cutter. My model shows the entirety of the space and is a good representation of scale and size of the building. There are some elements of the exterior of the building that is etched on using the laser cutter to help give more detail. The roof structure is removable giving people a good idea of the interior space.



The interior aspect of my model shows the large beams within the space which represents a big part of the buildings history. The floor plan was etched on the floors to give the model detail and make it look finished. All the wooden structures and panelling have been built in the model to give a better understanding of the space and what it entails.

END PAGE