

SPACE TYPE: PHYSICAL FITNESS (EXERCISE ROOM)

Construction Criteria

The unit costs for the Physical Fitness Center (Exercise Room) space type are based on the construction quality and design features in the following table. This information has been generally organized under Uniformat headings. Items marked with a have a space-related cost impact on the building shell and core.

Category	
Shell Superstructure	
<i>Floor Construction</i>	<input checked="" type="checkbox"/> Exercise and weight rooms, storage rooms 150 LB/SF live load <input checked="" type="checkbox"/> Increased structural steel provided to reduce vibration transmission
Interior Construction	
<i>Partitions</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ 4" CMU with grouted cores ■ Structural slab-to-slab
<i>Suite Perimeter and Public Corridor</i>	<ul style="list-style-type: none"> ■ Structural slab-to-slab ■ 4" CMU with grouted cores with outside face of 2" metal furring and 1 layer ½" GWB ■ Acoustical insulation in furring channels ■ 45 STC
<i>Showers</i>	<ul style="list-style-type: none"> ■ Cement board over vapor barrier on metal studs at 24" OC
<i>Doors</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ Solid core 1¾" hardwood veneer doors in 3'- 0" (w) by 7'- 0" (h) ■ Door frames will be a minimum 14 gauge metal frame construction ■ Hardware to be latch sets with levers
<i>Main Suite Entrance, Perimeter Exits</i>	<ul style="list-style-type: none"> ■ Solid core 1¾" hardwood veneer doors 3'- 0" (w) by 7'- 0" (h) ■ Door frames will be a minimum 14 gauge metal frame construction ■ Frame and threshold sound gasketing ■ Hardware to be locksets with levers ■ Key locks ■ Automatic closers
<i>Locker Rooms</i>	<ul style="list-style-type: none"> ■ Solid core 1¾" hardwood veneer doors 3'- 0" (w) by 7'- 0" (h) ■ Doorframes will be a minimum 14 gauge metal frame construction ■ Automatic closers
<i>Fitness Instruction</i>	<ul style="list-style-type: none"> ■ Solid core 1¾" hardwood veneer double doors in 6'- 0" (w) by 7'- 0" (h) ■ Door frames will be a minimum 14 gauge metal frame construction ■ Hardware to be latch sets with levers ■ Automatic closer ■ Push plate

Category	
<i>Specialties – Toilet Accessories</i>	<ul style="list-style-type: none"> ■ Stainless steel ceiling hung partitions ■ Toilet paper holder ■ Feminine napkin disposal (female toilets only)
	<ul style="list-style-type: none"> ■ Feminine napkin dispenser (female toilets only) ■ Paper towel dispenser combination waste receptacle ■ Soap dispenser ■ Mirror with stainless steel edging ■ ADAAG compliant grab bar ■ Shower soap holder in shower area ■ Towel hooks in shower area
<i>Signage</i>	
<i>Suite Entrance</i>	<ul style="list-style-type: none"> ■ Room identification signage to be plastic letters mounted beside the door with Braille raised message module
<i>Room Signage System</i>	<ul style="list-style-type: none"> ■ Signage for life safety and public convenience (toilets) within the functional areas of the tenant will be included in the unit costs and will be modular vinyl lettering on plastic laminate signage frame system with ADAAG compliant tactile Braille vinyl signage modules ■ Signage requirements within the tenant demised space related to their function will be provided by tenant
<i>Window Treatment</i>	<ul style="list-style-type: none"> ■ Horizontal 1” louver blinds ■ Anti-static painted aluminum louvers ■ Concealed valance free head
Interior Finishes	
<i>Walls</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ Low VOC semi-gloss paint with vinyl cove base
<i>Locker Room</i>	<ul style="list-style-type: none"> ■ Type II vinyl wall covering with vinyl cove base
<i>Showers, Toilets</i>	<ul style="list-style-type: none"> ■ Ceramic tile with ceramic tile cove base
<i>Floors</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ 6’ - 0” broadloom carpet ■ 32 oz per square yard level loop ■ Yarn dyed color with pattern ■ Fourth generation nylon yarn ■ Bonded construction with cushioned back
<i>Toilet, Showers</i>	<ul style="list-style-type: none"> ■ Ceramic tile ■ Shower to have pan substrate
<i>Ceiling</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ Suspended 24” by 24” acoustical tile ceiling included as part of the building shell and core provisions
<i>Toilet, Showers</i>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Painted plaster ceiling

Category	
Plumbing	
<i>General</i>	<ul style="list-style-type: none"> ■ Service from central hot water heater for fitness center
<i>Toilet</i>	<ul style="list-style-type: none"> ■ Porcelain sink wall-mounted ■ Cold and hot water supply ■ Lever faucet ■ Porcelain floor mounted flush-valve water closet ■ Floor drain
<i>Shower</i>	<ul style="list-style-type: none"> ■ Adjustable shower head with hot and cold water supply ■ Drain
<i>Drinking Fountains</i>	<ul style="list-style-type: none"> ■ Wall mounted fountain with chiller in each exercise and weight room and locker room
HVAC	
<i>Air Distribution System</i>	
<i>Air Handling Unit</i>	<ul style="list-style-type: none"> ☑ AHUs provided as part of the building shell and core provisions; assume that the Tenant Improvements for this space type requires a 20% increase in cooling capacity above the building shell and core ☑ Provide AHU for exercise areas ☑ Fitness center to have negative air pressure relative to other areas of the building ☑ Separate zones for each exercise area and lockers ☑ Separate return air
<i>Air Supply</i>	<ul style="list-style-type: none"> ☑ Ducted ceiling supply with ducted ceiling return air system; no transfer ducts ☑ Sound baffles at all acoustically rated partitions: exercise and weight rooms and tenant demising partitions
<i>Exhaust Air</i>	<ul style="list-style-type: none"> ☑ Toilets and showers provide direct 100% exhaust operated by time clock or BAS
<i>Thermostat Controls</i>	<ul style="list-style-type: none"> ■ Setback thermostat even in areas of 24 hour operation with override by building shell and core BAS
Fire Protection	
<i>Fire Suppression</i>	<ul style="list-style-type: none"> ■ Sprinkler system is part of the building shell and core provisions; assume that Tenant Improvement for this space type requires relocation of 10% sprinkler heads ■ Fire and smoke dampers to be provided in rated walls
<i>Fire and Smoke Detection</i>	<ul style="list-style-type: none"> ■ One smoke and heat detection device in each occupiable space ■ One fire alarm pull station by each egress point
<i>Fire Alarms</i>	<ul style="list-style-type: none"> ■ Audible and visible (strobe) alarm in each occupiable space

Category	
Electrical	
<i>Electrical Outlets</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ One duplex electrical outlet on each wall and wall mounted duplex outlets every 50' - 0" OC
<i>Aerobics Equipment</i>	<ul style="list-style-type: none"> ■ One wall mounted duplex outlet every 6' - 0" with dedicated line every two outlets ■ One recessed wall duplex outlet for clock
<i>Lighting</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ General lighting provided as part of the building standard shell and core provisions with a minimum of one 24" (w) by 48" (l) recessed parabolic fluorescent fixture with two T-8 lamps and electronic ballasts per room and additional fixtures per every 80 SF (or T-5 equivalent) ■ Independent switch control for each area with 3 way switches at each entrance
<i>Exercise Station Rooms, Aerobic Machine Rooms, Free-Weight Rooms, and Fitness Instruction Rooms</i>	<ul style="list-style-type: none"> ☑ Fluorescent 24" (w) by 48" (l) recessed ceiling fixtures with protective acrylic lens located every 80 SF ■ Independent switch control for each area with 3 way switches at each entrance
<i>Shower</i>	<ul style="list-style-type: none"> ☑ Vapor proof light fixture with compact fluorescent lamp
<i>Telephone and Communication Outlets</i>	
<i>General</i>	<ul style="list-style-type: none"> ■ Conduit and pathways for services from the core to the tenant demised space provided as part of the building shell and core provisions; conduit and boxes within the tenant suite are part of the Tenant Improvement unit costs ■ Conduit and telephone outlet boxes provided as part of the Tenant Improvement unit costs; telephone systems and data LAN systems equipment provided by tenant ■ Conduit and boxes for one telephone line in each space provided as part of the Tenant Improvement unit costs; equipment and wiring provided by tenant ■ Conduit and boxes for one ceiling mounted PA speaker for every 1,000 SF provided as part of the Tenant Improvement unit costs; equipment and wiring provided by tenant ■ Conduit and boxes for one cable television outlet mounted at 7' - 0" above the floor provided as part of Tenant Improvement unit costs; equipment and wiring provided by tenant ■ Conduit and boxes for high fidelity sound system for broadcast of exercise music provided as part of the Tenant Improvement unit costs; equipment and wiring provided by tenant
<i>Entrance</i>	<ul style="list-style-type: none"> ■ Conduit and boxes for one wall mounted telephone line provided as part of Tenant Improvement unit costs; equipment and wiring provided by tenant ■ Conduit and boxes for one LAN connection provided as part of the Tenant Improvement unit costs; equipment and wiring provided by tenant ■ Conduit and boxes for one ceiling mounted PA speaker provided as part of the Tenant Improvement unit costs; equipment and wiring provided by tenant

Category	
<i>Multimedia System</i>	<ul style="list-style-type: none">■ Conduit and power connections for sound and video systems provided as part of the Tenant Improvement unit costs; electronics, wiring, and speaker and monitors provided by tenant
Equipment	
<i>Exercise Equipment</i>	<ul style="list-style-type: none">■ Mounting and power connections provided as part of the Tenant Improvement unit costs; exercise equipment provided by tenant
<i>Lockers</i>	<ul style="list-style-type: none">■ Single tier 1'- 0" (w) by 1'- 0" (d) by 6'- 0" (h) metal lockers with sloped tops, painted finish with latch■ Integral hardwood bench seat■ Lockers set on one course of CMU