

VIDA FITNESS CENTER

CLARA WATSON – CONSTRUCTION OPTION

8/26/2011



BUILDING STATISTICS PART I

GENERAL BUILDING STATISTICS:

Building Name	VIDA Fitness Center
Location	1612 U Street NW, Washington D.C.
Building Occupant	Urban Adventures Employees, VIDA Fitness Members
Function	Fitness Gym, Spa, Restaurant, Office Space
Size	Addition - 10,920SF
	Renovation - 49,450SF
Total Levels	Four + Accessible Roof/Penthouse
Dates of Construction	September 2010 - August 2011
Actual Cost	Contracted - \$14 Million
Project Delivery Method	Design-Bid-Build
Contract Type	Negotiated

PROJECT TEAM:

David von Storch/ Urban Adventures	Owner	http://www.vidafitness.com/
Forrester Construction Company	General Contractor	http://www.forresterconstruction.com/
Stoneking von Storch	Interiors Architect	http://www.s-vs.com/
Core Architects	Base Building Architect	http://www.corearchitects.com/
Rathgeber Goss Associates	Structural Engineer	http://www.rath-goss.com/
Allen & Shariff Corporation	MEP Engineer	http://www.allenshariff.com/

PROJECT ARCHITECTURE:

Overview:

For the VIDA Fitness Center addition and renovation on U Street (see Figure 1), each floor was designed so as to promote a differing function or workout focus. As the fifth VIDA, this location will not only be the largest with over 51,000SF dedicated to fitness and cardio, but will also become the flagship location for the chain of VIDA Fitness Centers.

History:

This gym is located on the U Street Corridor, an area that not only houses many residential row houses, but also various nightclubs, restaurants, bars, shops, galleries, and music venues [1].

Because the majority of the area was developed between 1862 and 1900 and most of the architecture is considered Victorian, it has been designated as part of the historic district [1]. It is for this reason that the project architect had strict guidelines both for designing the exterior façade of the new building addition and for renovating the existing building façade. Window openings were not permitted to be altered, which made it necessary for the design of new, custom windows to exactly match the original ones [2].

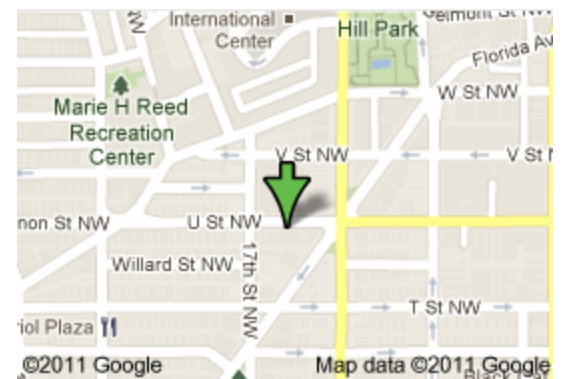


Figure 1: VIDA Fitness Location

Interior Layout:



Figure 2: VIDA Desk at Main Entrance; Courtesy of SvS

This industrial feeling, coupled with over 15,000 square feet of glazing, promotes a bright, exposed, and spacious area in which to work out.

The first floor will eventually house the future restaurant and spa, both of which are planned for completion in summer 2012. It also houses the gym's main entrance, along with a Fuel Bar and salon. The second floor houses the main cardio workout area, along with sales offices, endless pools (swimmers' treadmills), saunas, tanning facilities, a steam room, and luxurious locker room facilities. The third floor of the facility encompasses the equipment area, personal training desks, and the Group Fitness studio, where many fitness classes are held. The fourth floor of the facility holds the Inner Fitness studio and Pilates studio, but is characteristic of its access out on to the lower roof, which will house a sun deck and bar area. The main roof of the building is accessed through the fifth floor penthouse and contains a pool, bar, fire pits, and cabanas for all guests (see Figure 4).

Code Models and Zoning Requirements:

This project is in C-2-A zone, with applicable codes as follows:

- DC Municipal Regulations – Title 11 Zoning, 1994
- DC Building Code 2008 incorporating 12J DCMR Existing Building Code
- IBC International Codes 2006
- ICC Electrical Code 2006: NFPA NEC 2005 & DCMR 12C – 2008 Electrical Supplement
- IBC Mechanical Code 2006 & DCMR 12E 2008 Mechanical Supplement
- IBC Plumbing Code 2006 & DCMR 12F 2008 Plumbing Supplement
- IBC Fire Code 2006 & DCMR 12H 2008 Fire Code Supplement
- IBC Energy Code 2006 & DCMR 12I 2008 Energy Conservation Supplement
- ICC IBC/ANSI Code 2006 & DCMR 12A 2008 Accessibility Supplement

Originally a parking garage, the architect utilized the building's existing structure as architecture, allowing for exposed concrete columns, ductwork, beams, and existing brick walls (see Figure 2). The monumental stairwell in the center of the gym is a signature statement to all VIDA Fitness Centers: an exposed steel stairwell that disconnects at every floor and raises five floors to the roof penthouse (see Figure 3).



Figure 3: Monumental Stairwell; Photo Taken by Clara Watson



Figure 4: Rooftop Pool Deck; Courtesy of SvS

BUILDING ENCLOSURE:

Façade System:

The exterior of the building is comprised of mostly masonry or glazing, though some areas (including the accessible Sun Deck roof on the new addition) use minimal amounts of EIFS (Exterior Insulation Finish System), made to match the existing brick. The masonry walls on the addition are comprised of standard brick veneer with an air cavity, rigid polystyrene insulation, and an air/vapor barrier. These are attached to 8" x 8" x 16" CMU block that tie into the precast floor slabs (see Figure 5). The aluminum storefront windows utilized 1" insulated glass, as did the individual windows.

Roofing:

The pool roof was a new addition to the existing building's roof. This resulted in a

roofing system that is unique to this building because it was

built up 3' from the existing roof. Both the new and existing roofs are accessible, and therefore have either pavers or turf grass elevated on pedestals above the rubberized asphalt monolithic roof membrane. (see Figure 6 below).

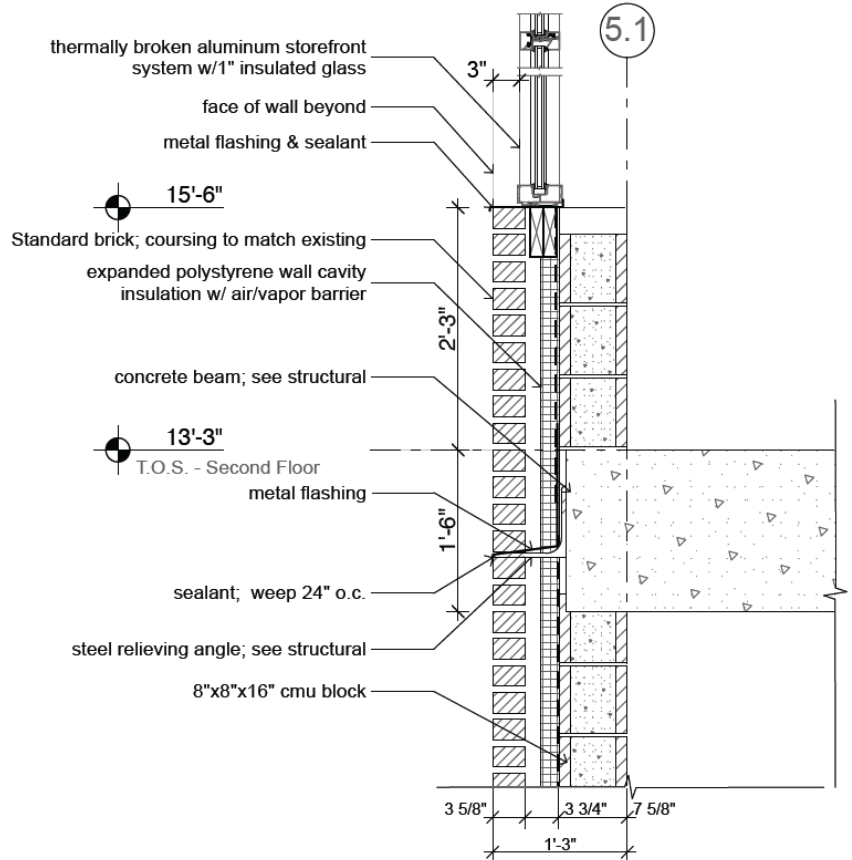


Figure 5: Brick Façade Detail; Courtesy of SvS

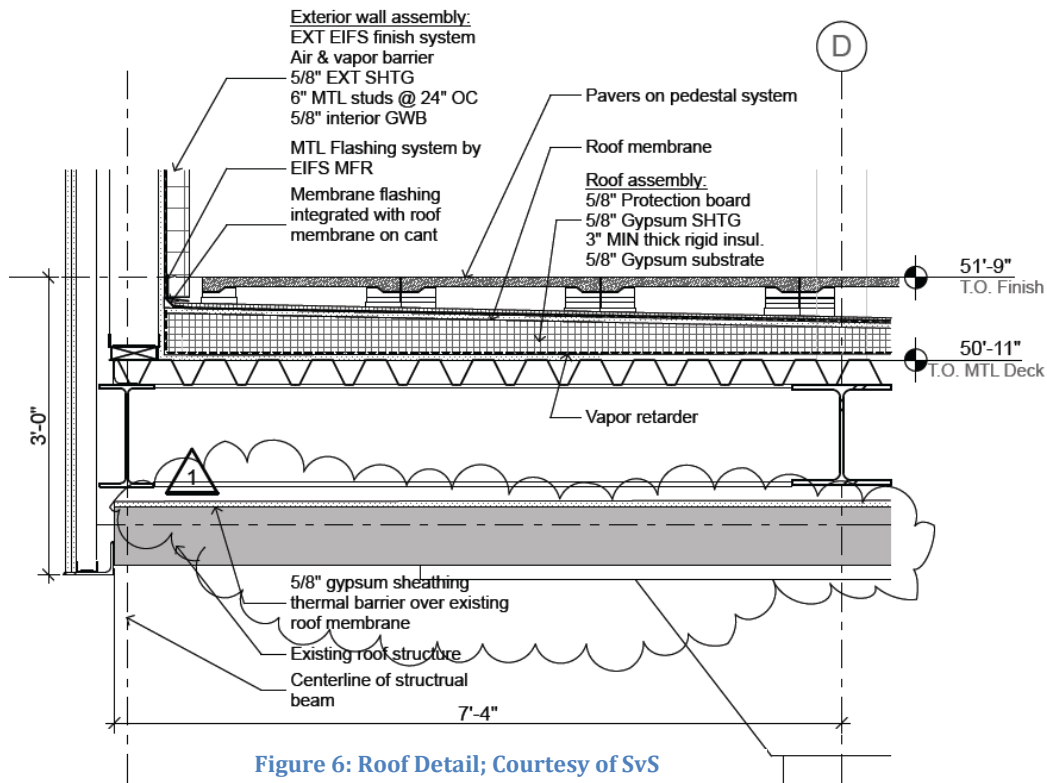


Figure 6: Roof Detail; Courtesy of SvS

SUSTAINABILITY:

Though the owner of the building did not attempt LEED certification, there were a few sustainable features utilized on this project. Occupancy sensors are included in the conference room and offices on the fourth floor, eliminating unnecessary lighting in those areas. Along with these sensors, a Variable Air Volume system was developed to ensure minimization of energy consumption. A heat recovery makeup air unit was also included in this system, specifics of which are still being researched.

WORKS CITED:

- [1] Ault, Alicia. "U Street: The Corridor Is Cool Again - New York Times." *Travel - Guides and Deals for Hotels, Restaurants and Vacations - The New York Times - The New York Times*. 14 April. 2011. Web. 25 Aug. 2011. <<http://travel.nytimes.com/2006/04/14/travel/escapes/14washi.html>>.
- [2] "Greater U Street Historic District." *U.S. National Park Service - Experience Your America*. Web. 25 Aug. 2011. <<http://www.nps.gov/nr/travel/wash/dc63.htm>>.