

# VIDA FITNESS CENTER

Washington D.C.

All renderings courtesy of SvS Architects



## [ Project Overview ]

Owner: Urban Adventures  
General Contractor: Forrester Construction  
Interiors Architect: Stoneking von Storch  
Base Building Architect: Core Architects  
Project Delivery Method: Design-Bid-Build  
Contract Type: Negotiated  
Construction Dates: 09/2010 - 09/2011  
Size : Addition - 10,920SF  
Renovation - 49,450SF  
Levels: Four + Penthouse  
Actual Cost: \$14 M

## [ Architecture ]

For the VIDA Fitness Center addition and renovation on U Street, 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.

## [ Structural System ]

The existing building structure consists of concrete columns, beams, and two-way slabs with a façade of load bearing masonry walls. The three floor new addition was constructed of concrete columns and beams with post-tensioned slabs. This system rests on a foundation of grade beams, pile caps, and finally micro piles. The addition has a masonry façade tied to CMU to match the existing building. Both roofs are accessible, and have pavers or turf grass elevated on pedestals above the rubberized asphalt monolithic roof membrane that rests on corrugated metal decking.

## [ Mechanical System ]

The primary mechanical system is a Variable Air Volume (VAV) system. Air is preconditioned in the heat recovery makeup air unit before being distributed to and conditioned in one of the 18 Air Handling Units. A 310 GPM chiller affords the AC system with chilled water. An 850 MBH gas-fired hot water boiler supplies the hot water for the system. Because the structure is exposed and there is no plenum space to utilize for return air, the system utilizes both supply and return ducts.

## [ Electrical System ]

The electrical system ties into the grid from the existing connection, a 208/120, 3-phase, 4 wire, 1600 amp feed supplied by Pepco. The majority of the lighting in the fitness center consists of HID downlights, with specialty LED lighting in certain areas for accenting.

[ <http://www.engr.psu.edu/ae/thesis/portfolios/2012/CKW5012/index.html> ]

