Fitness in Nature

While active lifestyles have increasingly been the focus of many people to stay fit physically, deep healing can still not be reached. As cities keep growing and daily realities quickly shift, people turn to new ways to maintain their well-being. For centuries, designers had missed a vital link to sustainability and well-being, which is the human beings' inherent love for nature. We want to work with you to bring that missing link between architecture, human, and nature in the design form of a fitness centre merged with nature.

A creative integration of the indoor and the outdoor is key for a sustained everlasting body-mind fitness.
The feeling of the design is expressed in this portrait writing:

“I positioned myself in the middle of nature, smelling the trees, watching the birds, while I’m using my treadmill. I finished my treadmill to go for a run in a path enclosed by nature. A beautiful continuous landscape led my way deep to the outdoor forest. The fantastic day was completed by enjoying a power drink with a friend in the forest. It is a complete experience of physical health and self-healing”

We are all excited to see your creative ideas for this complete experience. It is your new creative print into this world of fitness!
Design Objectives

Seamless Transitions between Indoor and Outdoor
- Use transparent edges, collapsible doors, screened enclosures
- Provide outdoor areas that are covered by a roof and rain collectors.

Continuous Flow from Indoors to Outdoors
- Make the running paths and exercising/socialising spaces start indoor to outdoor and the opposite.
- Make part of the space indoor and the other part is outdoor

Mind and Body Development Environment
- Create biophilic environment for exercising, socializing, and relaxing, to evoke a deeply relaxed state of being while building body strength.
- Create activities to interact with nature while building mental strength
The Context
The project lies in the beautiful coastal mountain town of Squamish. Squamish is a fashionable district north of Vancouver, British Columbia, Canada. The coastal town - scenes of ocean, mountains, and beautiful forests - made it lately a perfect place for big developments and investments. The community plan aims to make it a leader in sustaining ecological and human health on different levels. This small town is becoming a centre of attention and a place for new ideas. The city planning is directed towards a compact, walkable, with active public transportation.

See: https://issuu.com/squamish/docs/ocp_dec_1_first_reading
Project’s Site

The site is a river front, surrounded by water and forests. Large scale housing development has recently been built close to the site. The project is to occupy only a small portion of the site (6%) to maintain the natural environment. The design is to make maximum use of the site views and green forest. Trails and small outdoor areas for individual and group exercising are encouraged. Minimal distraction of the existing forest. The site is gently inclined, with 5-degree slope going down towards the north road. The dimensions are shown on the plan. The area of the site is 17544 sqm. The buildable area is only 1400 sqm.
Fitness Space Needs
1400sqm Indoor Spaces

Socializing
- Cafe with Kitchen
  - Lobby
  - 300 sqm

Exercising
- Cardio
- Weights
- Exercise class/studio
  - 600 sqm

Outdoor Activities
- Running pathways
- Zip Lining
- Wall/Tree Climbing
- Outdoor Classes

Others
- Lockers
- Washrooms & showers
- Offices
  - 300 sqm

Relaxing
- Hydro massage
- Yoga and meditation space
- Quiet reading area
  - 200 sqm
Success Criteria

Participants are encouraged to bring innovative and creative ideas to make this architecture blended with nature, and the project is creating minimal disturbance to the natural site. 
Submissions to include brief description of the concept, plans, interior or exterior elevations, 3D graphics of interiors and exterior. All presented on 2 sheets of A2 size. Submit PDF file not more than 10MB. Make sure your registration number is included in the file name.

Registration starts the 1st of July 2022
Registration Deadline: September 30th
Submission Deadline 27th November 2022 (midnight PST)
Registration fee for graduates: $25 (CAD)
Registration fee for students: Free (all group members are students)
You can work individually or in groups up to five people.

Prizes:
First Place Winner $250
First 5 winners: will be featured in the magazine and given certificates

Contact awasfi@arcace.ca if you have any questions