



18. Indoor Fitness Room

Definition	An indoor exercise facility.
Size	Minimum 8 square feet per dwelling unit. Size will vary depending on number and type of fitness stations, and number of dwelling units being served.
Possible Activities	Individual, self-guided or supervised fitness.
Location	Integrated to residential development.
Design Criteria	<p>May include areas for cardiovascular equipment, free and pre-loaded weights, electorized weights, and stretching/warm-up/cool-down areas.</p> <p>Provide as high ceilings as feasible and ample circulation space.</p> <p>Ensure good indoor air quality and natural light.</p> <p>Provide impact flooring for fall attenuation and appropriate cushioning for bone and joint health.</p>

Supply Values

	Tots	Children	Teens	Young Adults	Adults	Seniors
Fitness Room	0.00xD1	0.10xD2	0.10xD3	0.25xD4	0.20xD5	0.15xD6



Fitness center, City Apartments, Washington, DC