

DOUGLAS | WALLACE

ARCHITECTS DESIGNERS PROJECT MANAGERS

Douglas Wallace design state of the art Westpark Fitness

(February 2005) Douglas Wallace Architects, Designers and Project Managers have completed the design of Westpark Fitness on the Greenhills Road in Dublin. Cutting edge design, individual service and the very latest health and fitness technology has allowed this new fitness centre to take it's place among the very best of it's kind in Ireland.

After out-growing the existing premises, the management of this emerging leisure and fitness group required the design of a substantially larger development more in tune with the demands of what is a fast-changing and increasingly competitive industry.

Originally intended for another site, the building's design encouraged Dublin County Council to enter a public private partnership deal allowing for the centre to be constructed on a better site. A portion of existing under-utilised parkland with adjacent sports fields was granted in return for the construction of community sports facilities incorporating an athletics club as well as football changing rooms.

The new state of the art fitness centre includes a 20-metre stainless steel swimming pool. Imported from Germany, the pool is the first of it's kind in Ireland. Cardio fitness suites, spinning and aerobics studios and a 30,000 sq ft open plan gymnasium feature within the newly constructed building. Individual glass lockers, private shower cubicles, Sauna and Steamrooms as well as a coffee shop all contribute to what is the ultimate solution for mind, soul and body treatment.

The Douglas Wallace design brief was to maximise the use of space and daylight, allowing low energy consumption, ease of maintenance and low running costs. The architectural response was driven by a desire to maximise flexibility while also creating a series of interlinked spaces of varying scale and volume that function as a whole.

Charles Robey, Senior Architect, Douglas Wallace said, “This is achieved by means of a series of terraced rectangular floor plates which step down from the narrow weight-training area overlooking the wider cardio-fitness hub beneath which in turn has views through a frameless glass wall to the stainless steel pool below”.

“Great emphasis was placed on natural light penetration. Extensive strip-glazing to the perimeters of the gym spaces are at high level and a broad skylight bisects the curved roof. Glazed partitions allow for views into the studio spaces from the cardio-fitness hub and also out to the street and park, creating a vibrant, stimulating and uplifting environment”, Robey adds.

External finishes were selected with a view to durability, budget and speed of construction. A matrix of coloured Trespa panelling in varying shades of Westpark’s corporate blue colour are used to highlight entrances and frame a glazed box on the Greenhills Road elevation. This elevation contains a hive of activity with a juice bar at ground level spilling out onto external timber decking and the spinning studio above.

Paraic Mooney of Westpark Fitness said, “The striking impact of the finished building has helped us generate interest locally – our spinning room overlooking the Greenhills Road has served to promote the business very well to passing motorists. We are also proud to be the first fitness club in the country to install a state of the art stainless steel swimming pool with its attendant hygiene benefits”.

“Our membership has more than doubled since moving from the old premises and feedback from customers is overwhelmingly positive. We have stretched

our standards as a result of this project and believe a new benchmark has been set for the fitness industry”, Paraic continued.

Press:

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