

THE

BOX

HEALTH CLUB

CAPSTONE PROJECT

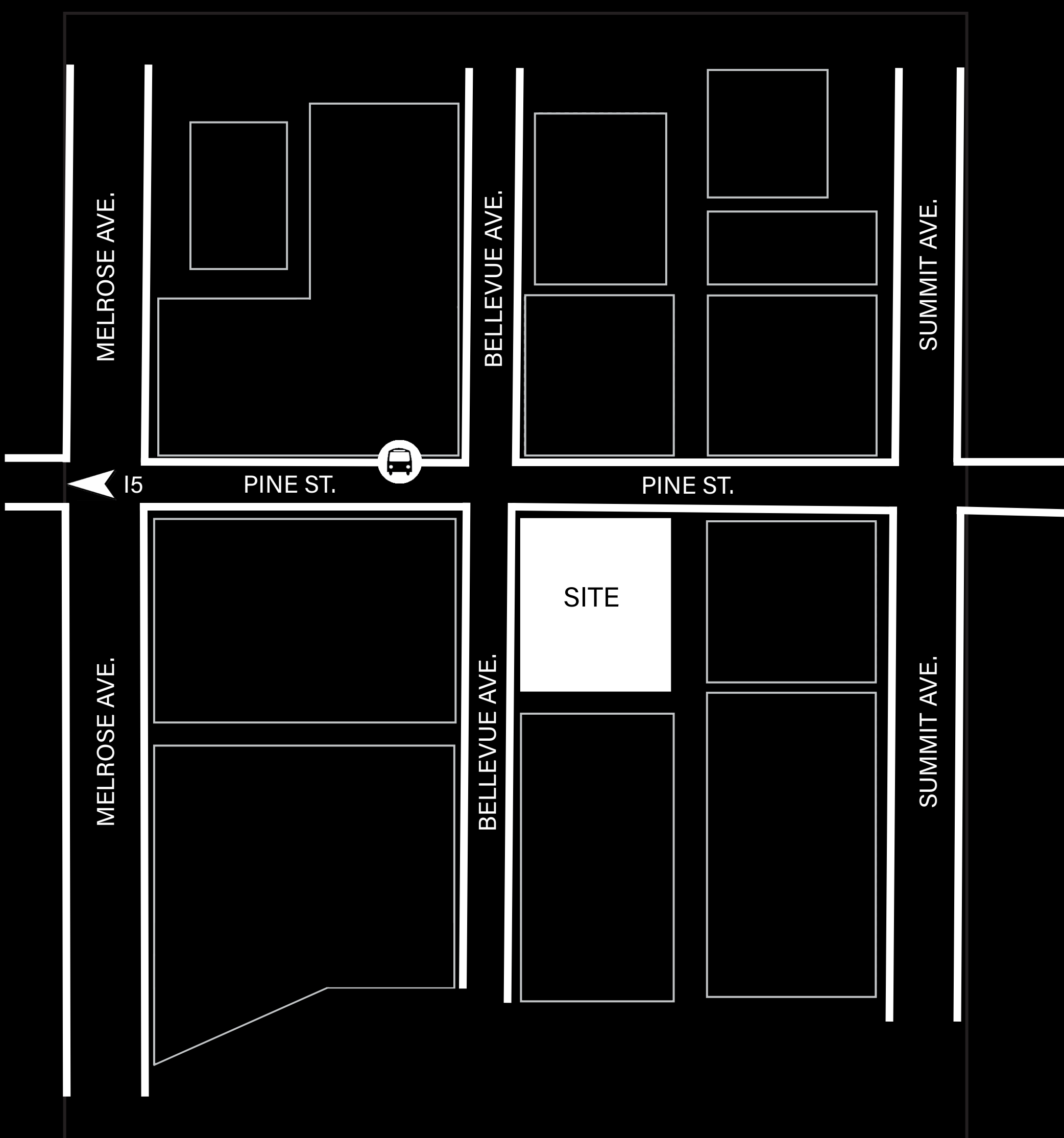
Amanda Minette

SITE

401 E Pine St, Seattle, WA 98122



SITE MAP



VEHICLE

Health Club

INTENT

The intent of this project is to exhibit the notion of exposure and enclosure by the use of juxtaposing spaces and design elements.

PROGRAM

- | | |
|-----------------|--------------------|
| Reception | Office/Admin Space |
| Mens Restroom | Cafe |
| Womens Restroom | Aerobics Room |
| Mens Locker | Strength Room |
| Womens Locker | Sauna |
| Mens Shower | Spa |
| Womens Shower | Meditation Room |
| Coffee Bar | Weight Floor |
| Food Counter | Cardio |

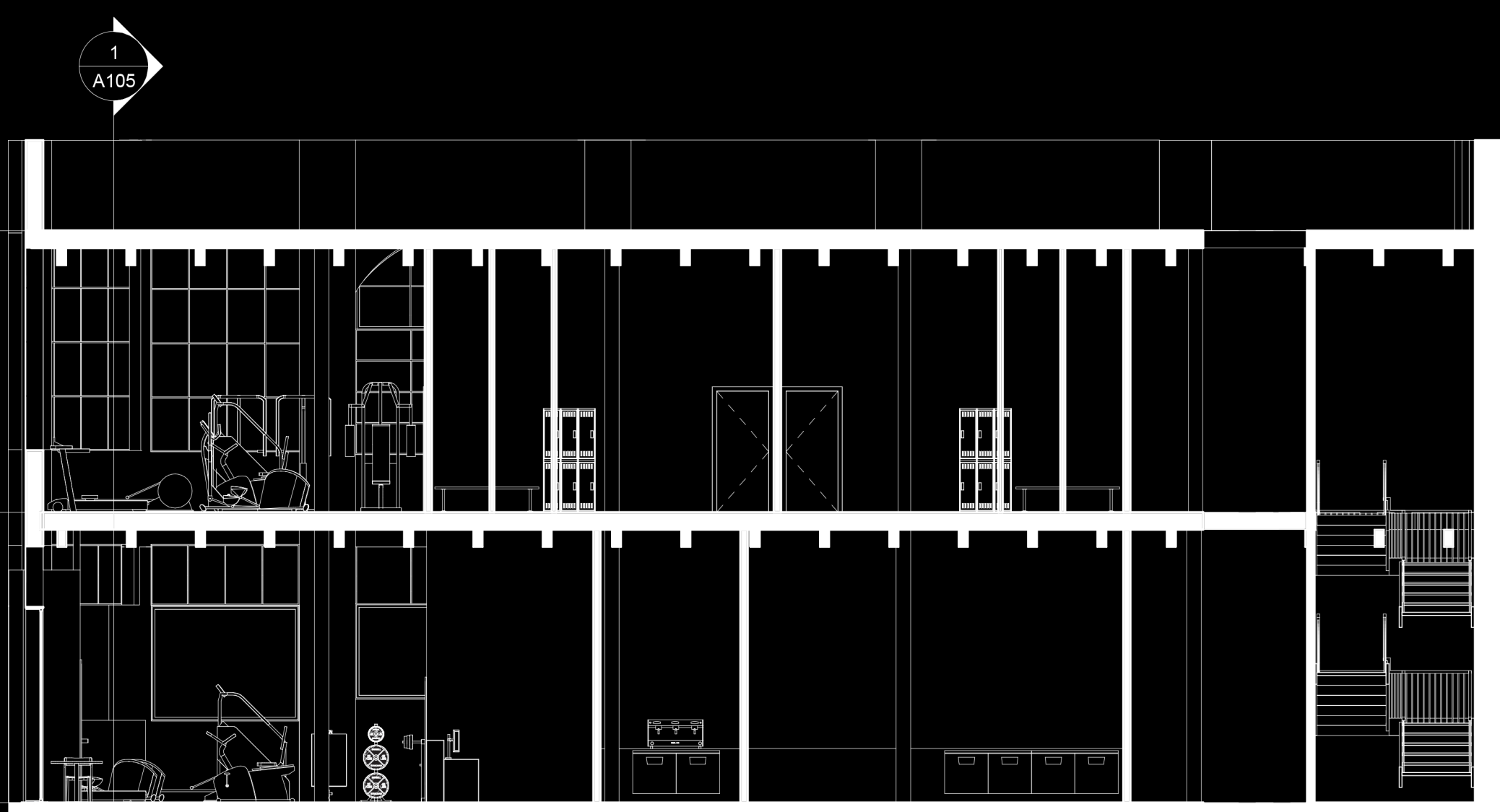
ABOUT

The Box Health Club is a space that is rooted in my intent of exposure and enclosure. The design of The Box Health Club is intended to evoke intrigue through juxtaposing spaces and materiality. During the conceptual design process, the notion of contrast became a commonality in all of my theories. The juxtaposed nature of my intent, exposure and enclosure, is directly translated into how the spaces were designed. In the core of the building, I have created what is called the box. The distinct modernity of the box inside of the shell of the historical Coleman Automotive Building, begins to tell the narrative of my intent. In the box, I have compiled all of the rooms together, creating a unified object that manifests enclosure. Consequently, the remaining space outside of the box reflects exposure. The contrast of these spaces establishes my intent.

Throughout the spaces in this project, there are design decisions that directly reflect exposure and enclosure. The choice in materials is one of those decisions. Stainless steel was chosen by reason that it has a contrasting finish, being a simultaneously reflective and non-reflective material. In the enclosed box, there are moments of exposure. By use of LED light emitting panels, I have brought to attention certain design details, including desks, benches, alcoves, ceilings, the stairs and notable walls. The design language of the box is a repeated element throughout the project, appearing in the design of the furniture and architectural elements.

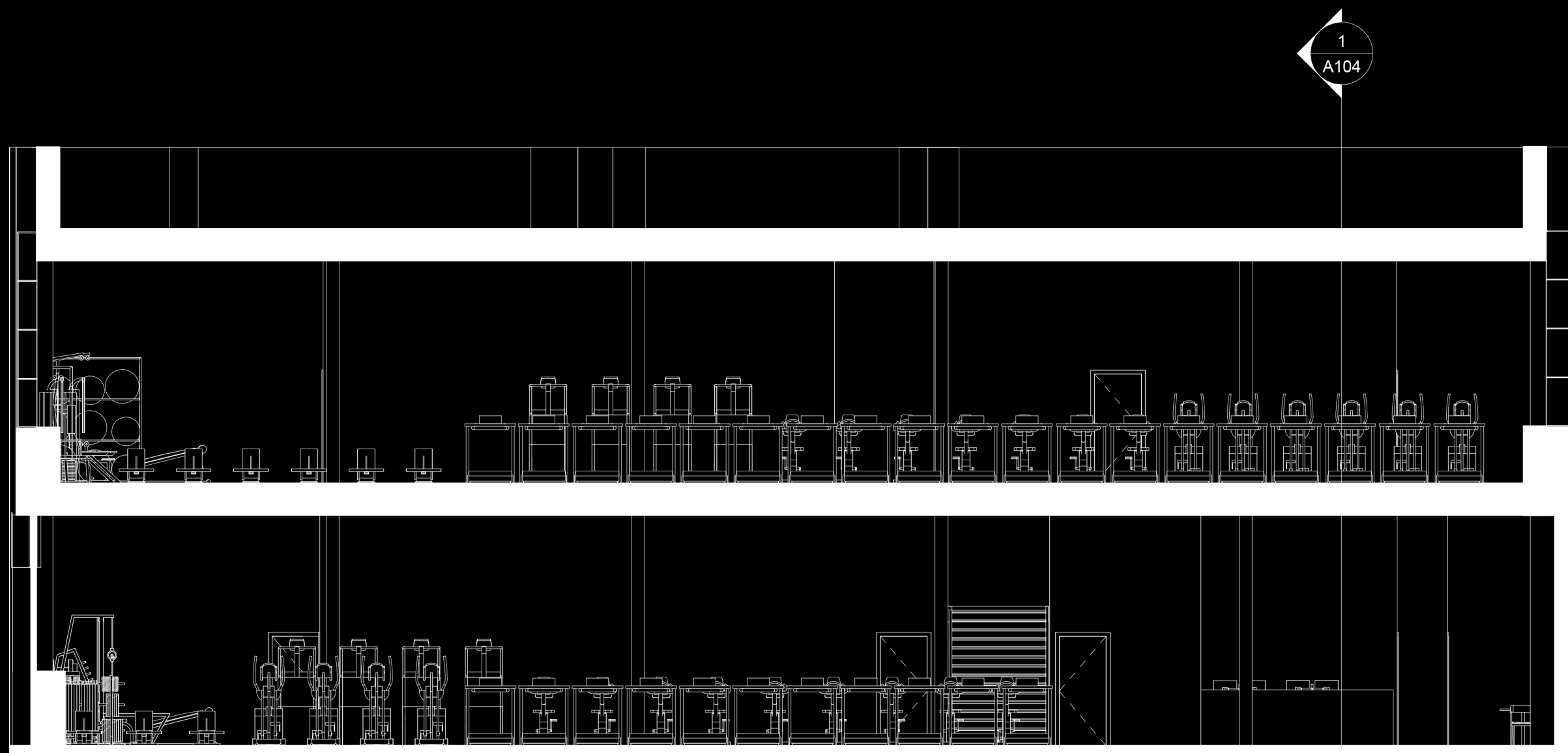
The intent of this project can be seen through the design of spaces, choices in materiality and focused design elements. The Box Health Club is intended to be a space of juxtaposition, reflecting the notion of exposure and enclosure and evoking intrigue and thought by its design.

SECTIONS



Scale 1/8" = 1'-0"

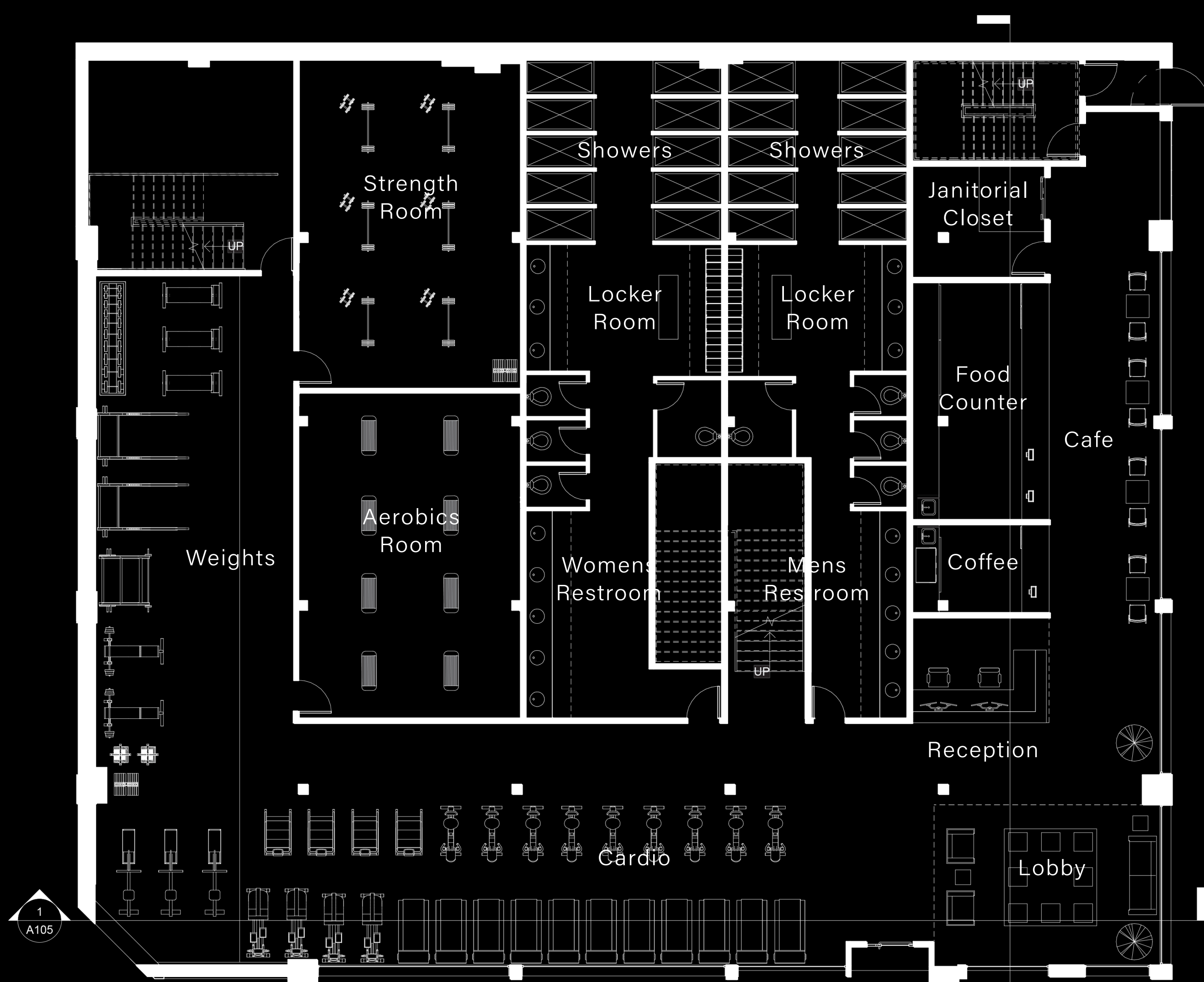
1
East
View



Scale 1/8" = 1'-0"

2
South
View

FLOOR PLANS



Scale 1/8" = 1'-0"

1
First
Floor



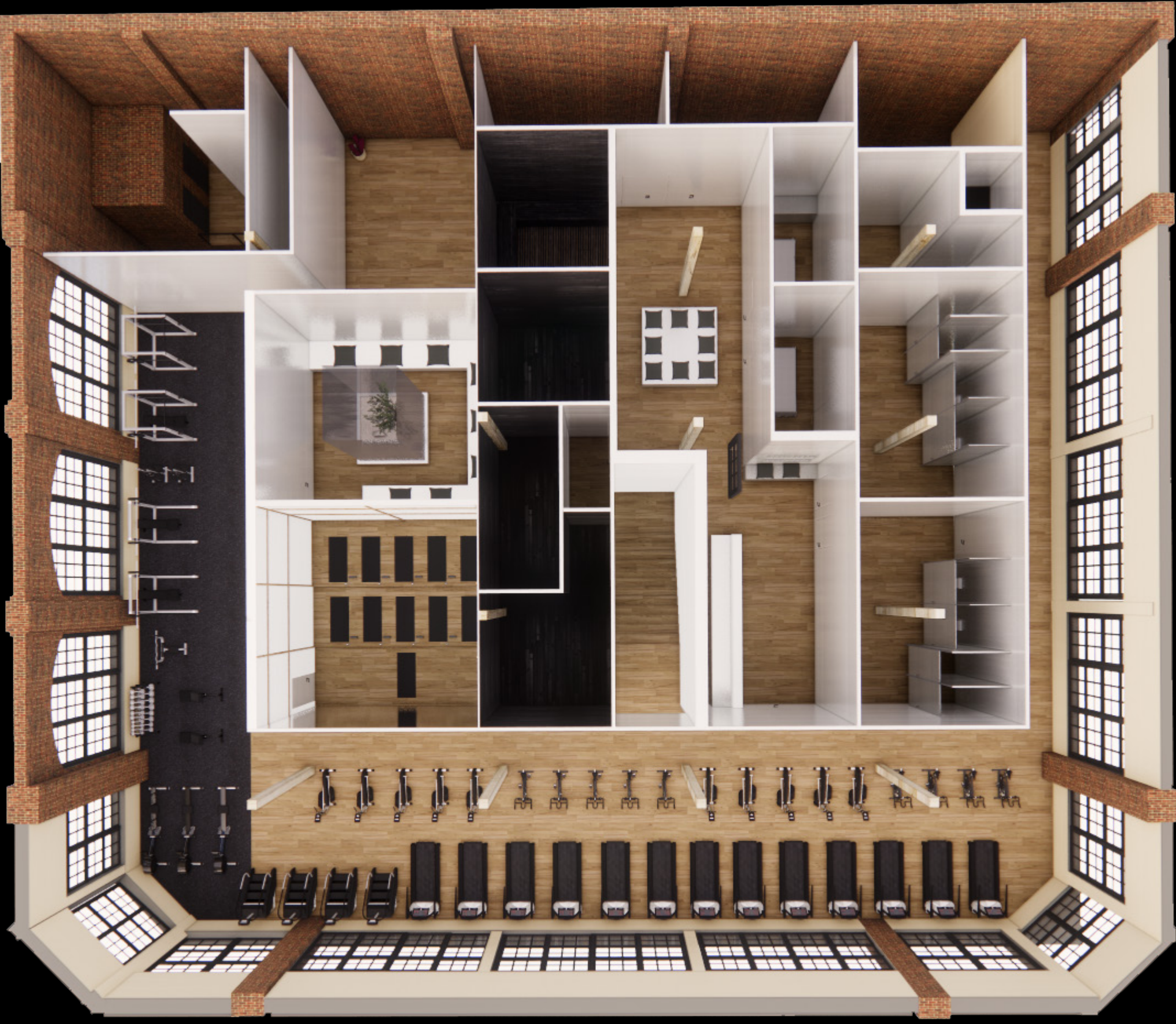
Scale 1/8" = 1'-0"

2
Second
Floor

RENDERED FLOOR PLANS



1
First
Floor



2
Second
Floor



Reception View



Lobby View



Cafe View



First Floor Weights



Strength Room

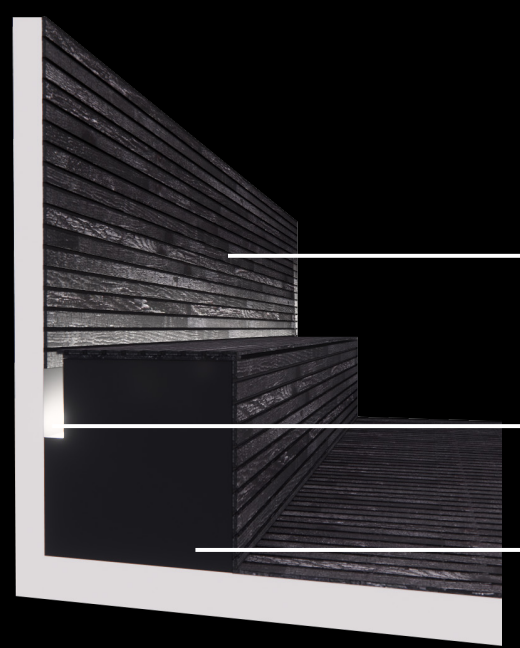
DESIGN DETAILS

1
Door
Detail



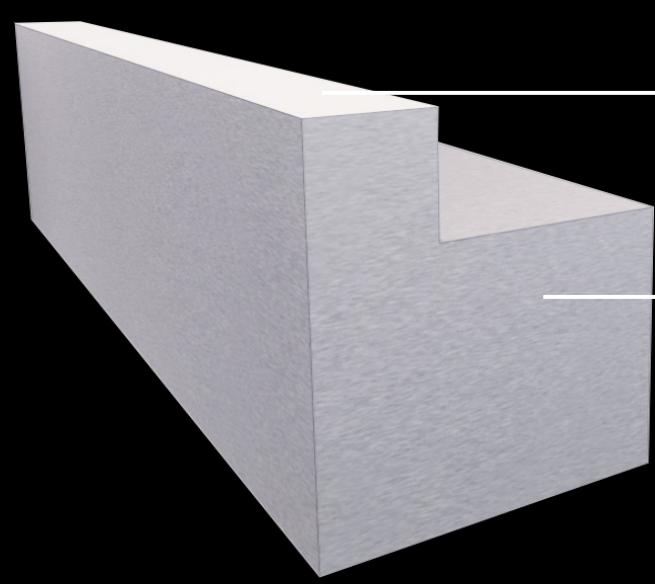
Interlocking
Faces
Flush Door
Hinge
Stainless Steel
Paneled Door

2
Sauna
Detail



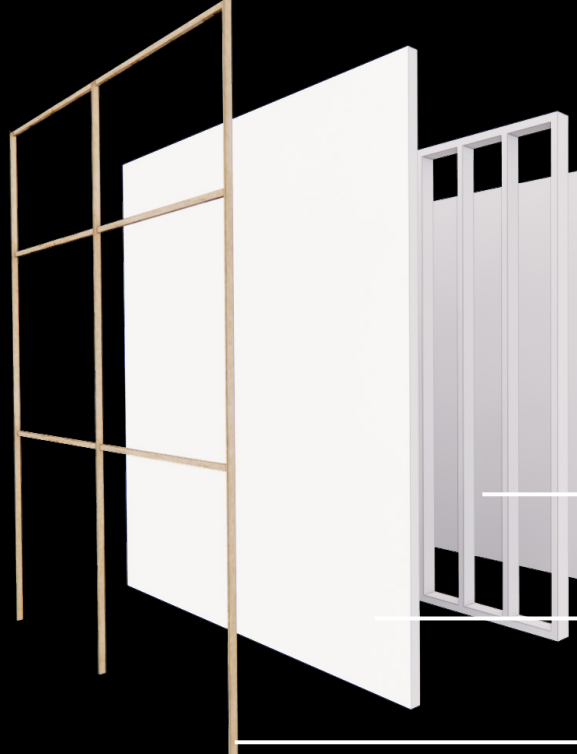
Charred and Treated
Cedar Planks
Linear LED Light
Built in Bench with Vapor
Barrier Paint

3
Desk
Detail



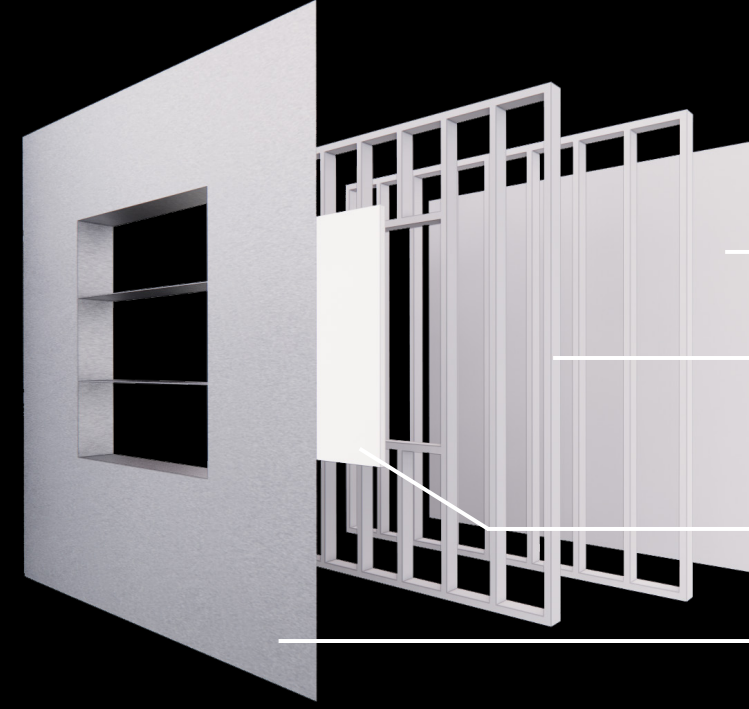
LED Light Panel
Stainless Steel
Paneling

4
Wall
Detail



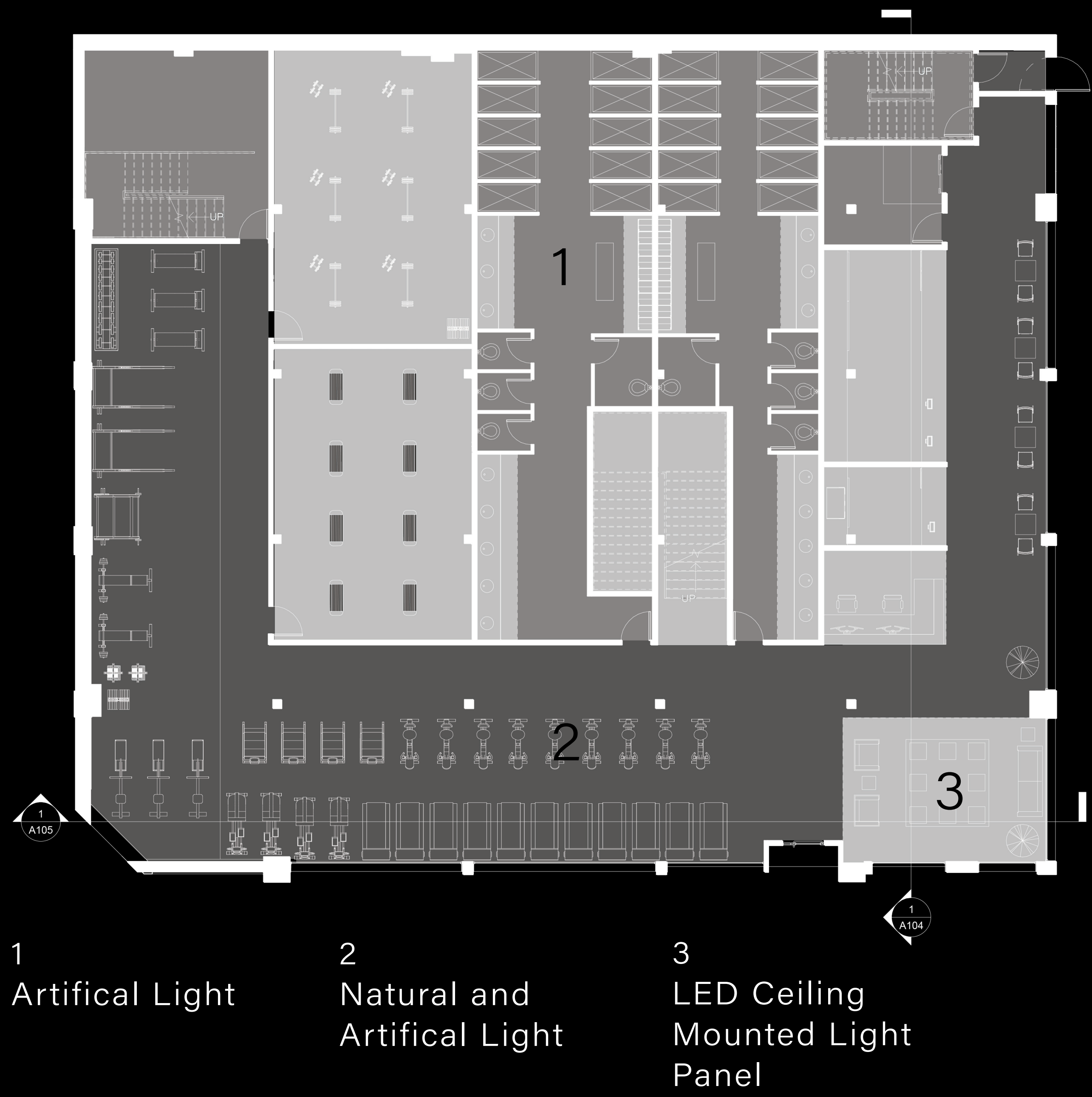
Gypsum Board
Wall Framing
LED Light Panel
Cedar Planking

5
Alcove
Detail

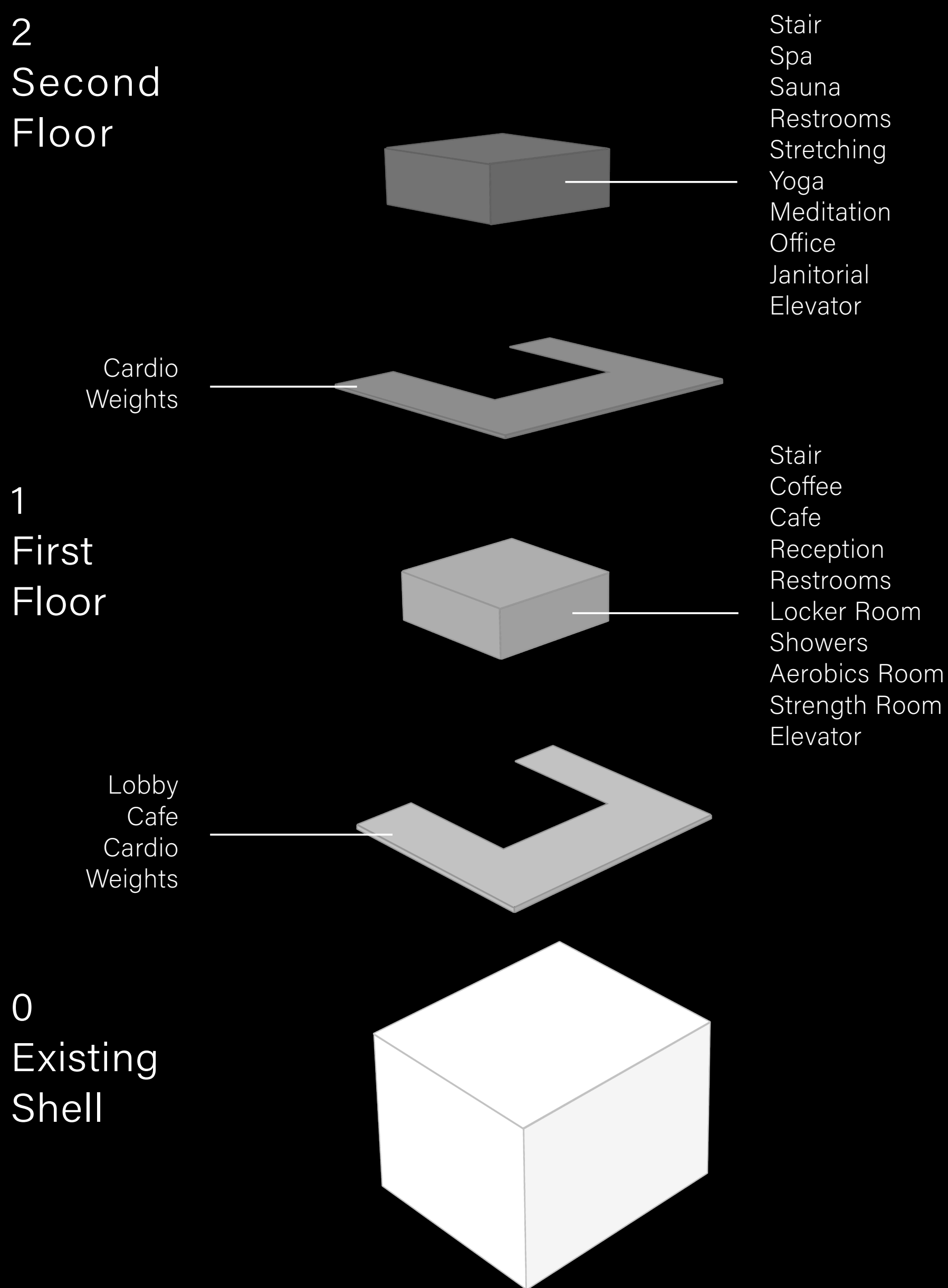


Gypsum Board
Double Stud Wall
Framing
LED Light Panel
Custom Stainless Steel
Wall Panel and Shelf

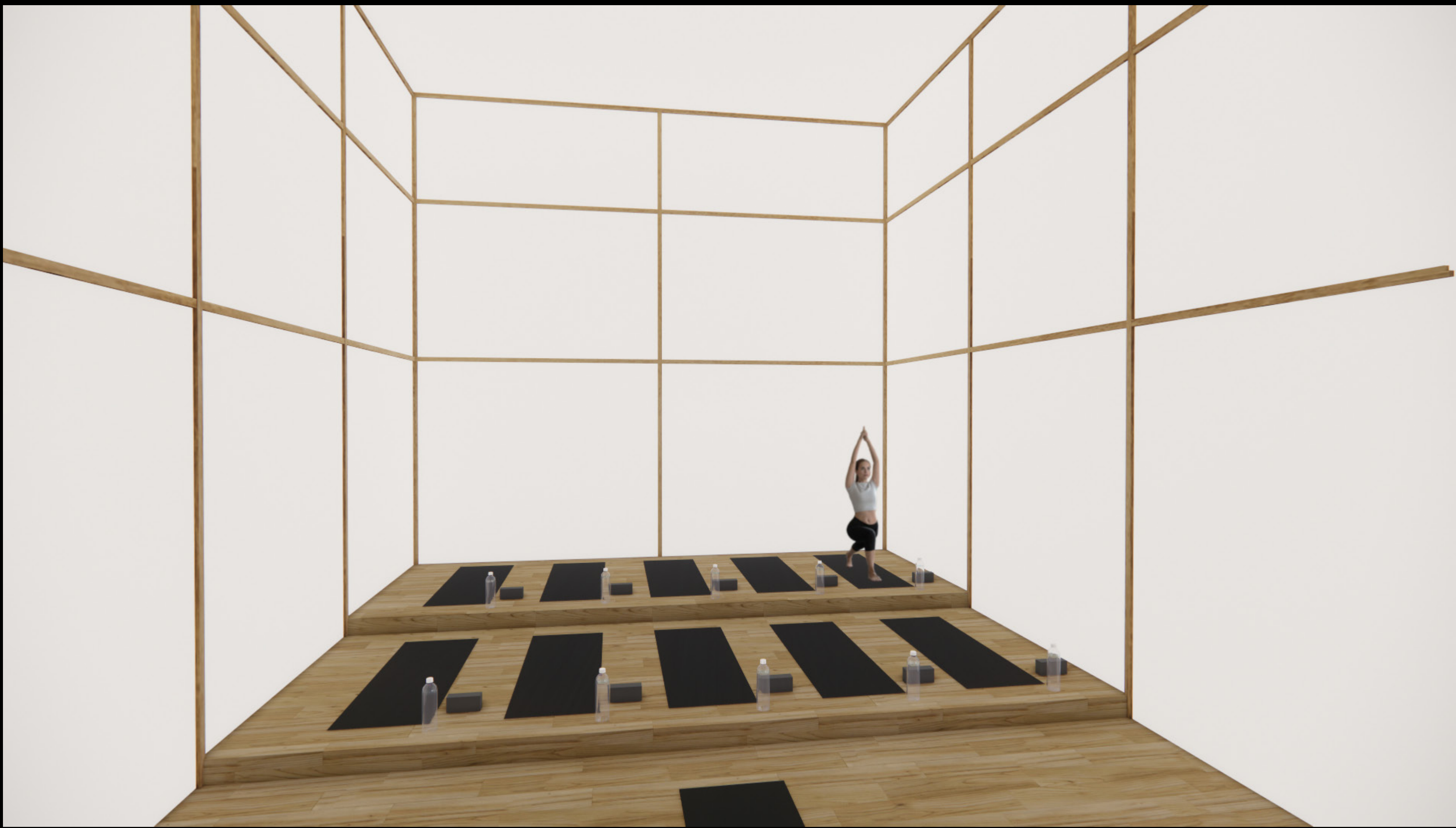
LIGHTING MAP



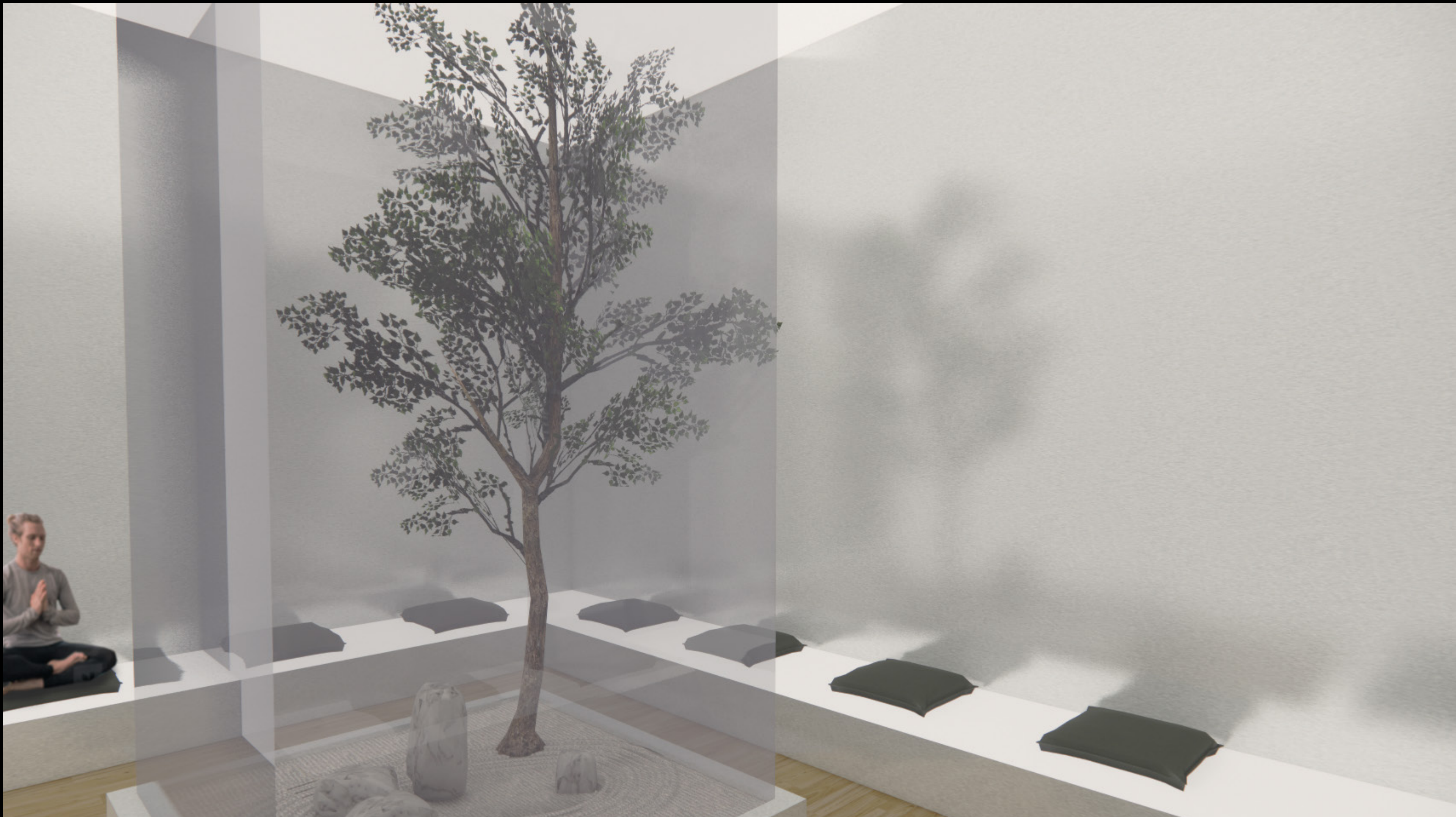
BUILDING DIAGRAM



Aerobics Room



Yoga Room



Meditation Room



Spa



Sauna