

INTERFACE

Gathering energy from people, brainstorming and feeling immersed in a greater purpose. Find a space to escape from others and exist or work alone. Humans need both connection and disassociation - the opportunity to connect as well as the chance to hide are equally important.

As an introvert personally, having quiet is very important, but sometimes being enticed into activity and interaction is equally necessary. A merger of the two is ideal, when both are thoughtful and centered on the activities of the space and the people who flow through them. With this in mind, my goal was to create a space that gives connection to these two elements: public and private, active and reflective.

The program vehicle is comprised of three intersecting functions focused on health and wellness. By combining a gym and restaurant the idea of holistic health is expressed, and the addition of a spa brings in the element of self-care. These three functions are all explored through the lens of privacy and public activity.

Exploring the juxtaposition between
PUBLIC - ACTIVE and
PRIVATE - REFLECTIVE



GYM
RESTAURANT
SPA

1265 Republican St., Seattle, WA

1265 Republican St., Seattle, WA

Wellness expressed through fitness, food and relaxation

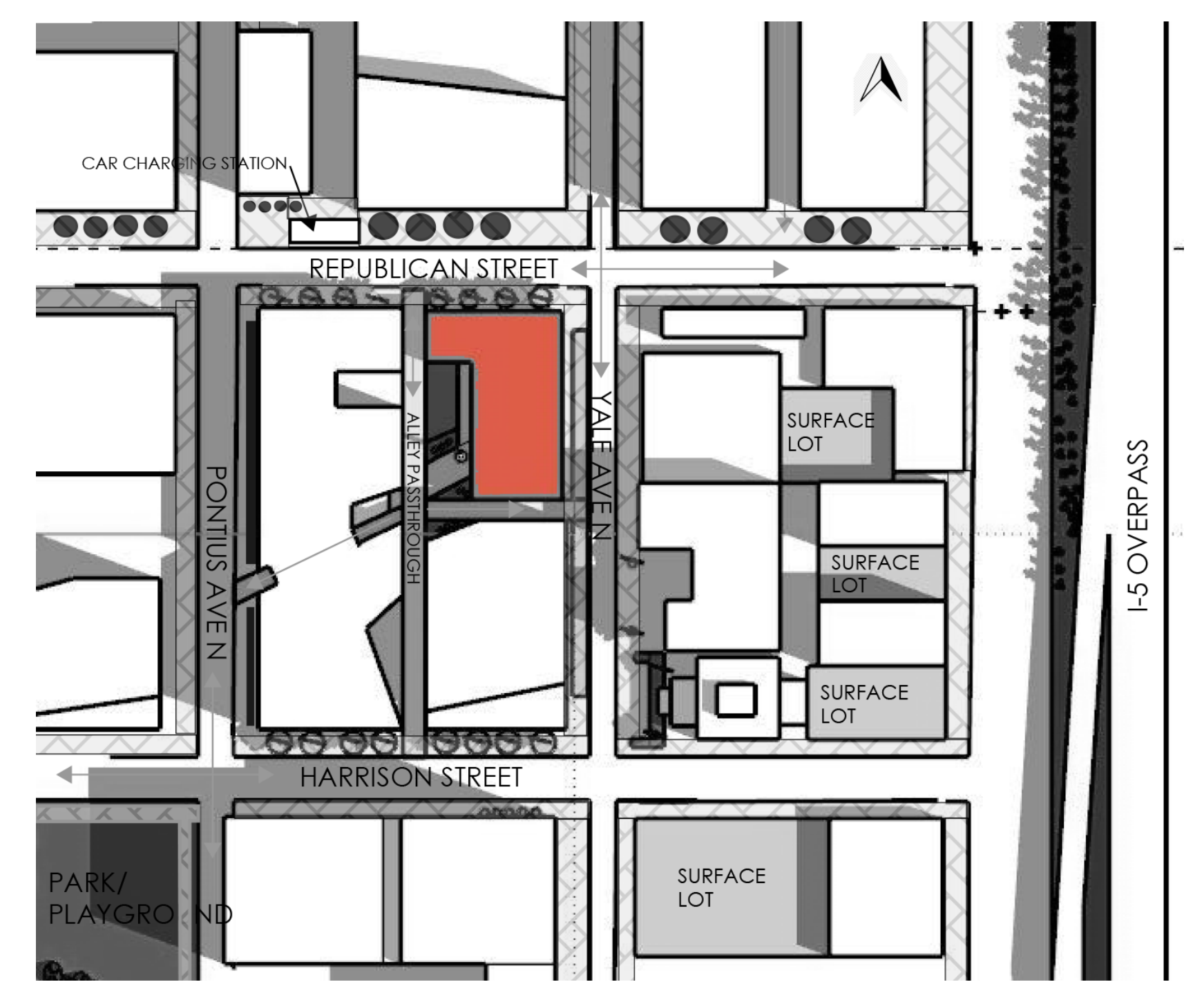


THE PROGRAM

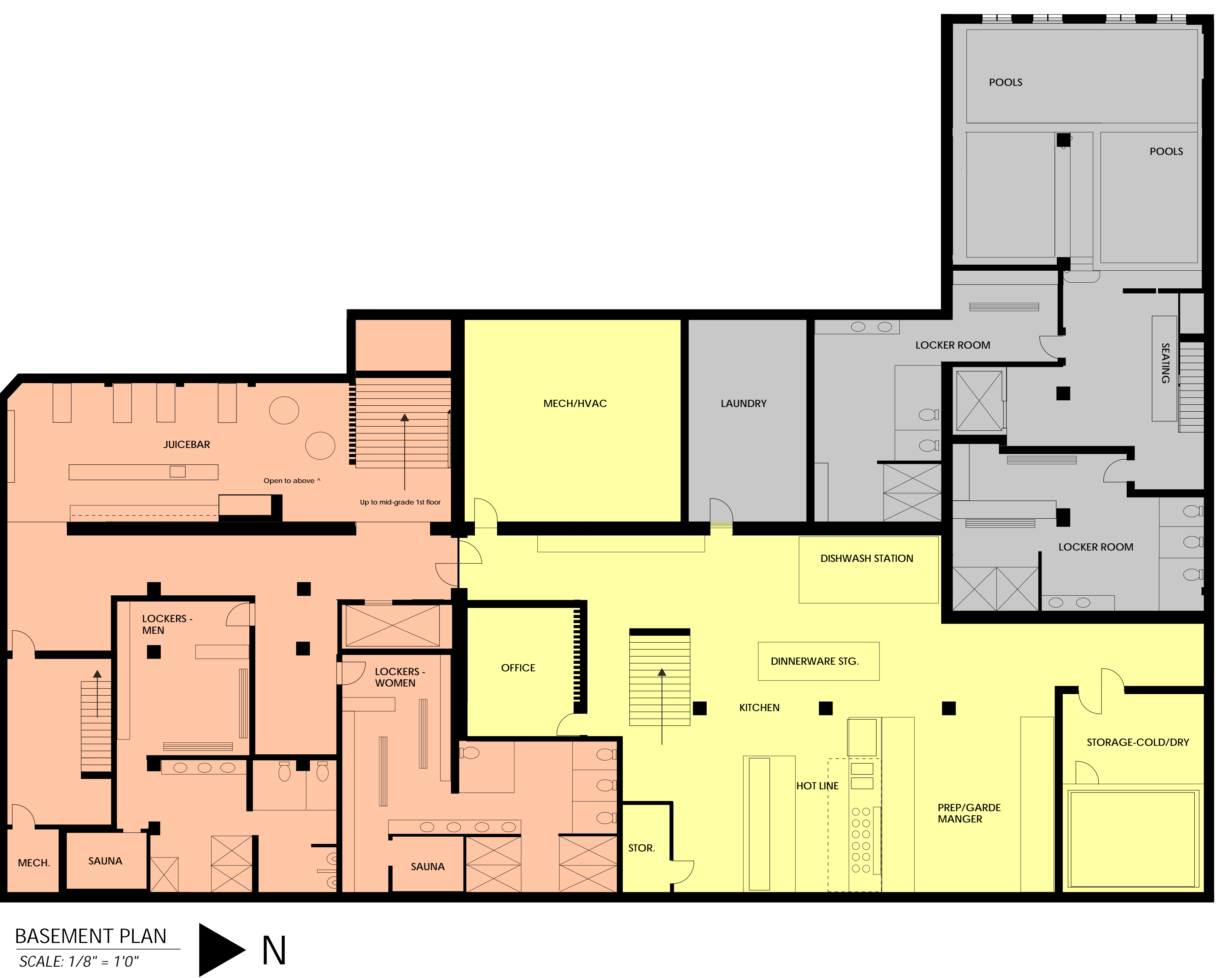
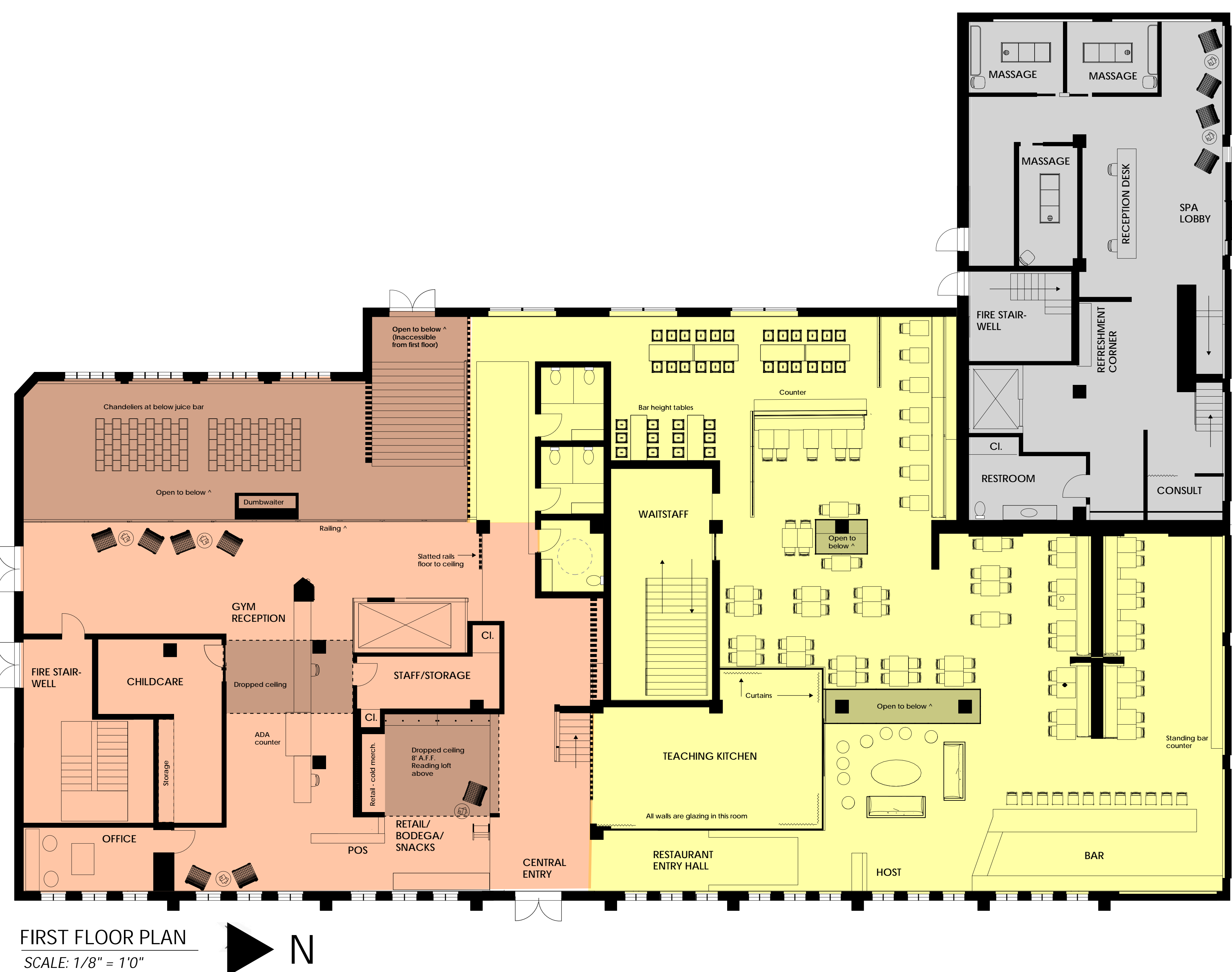
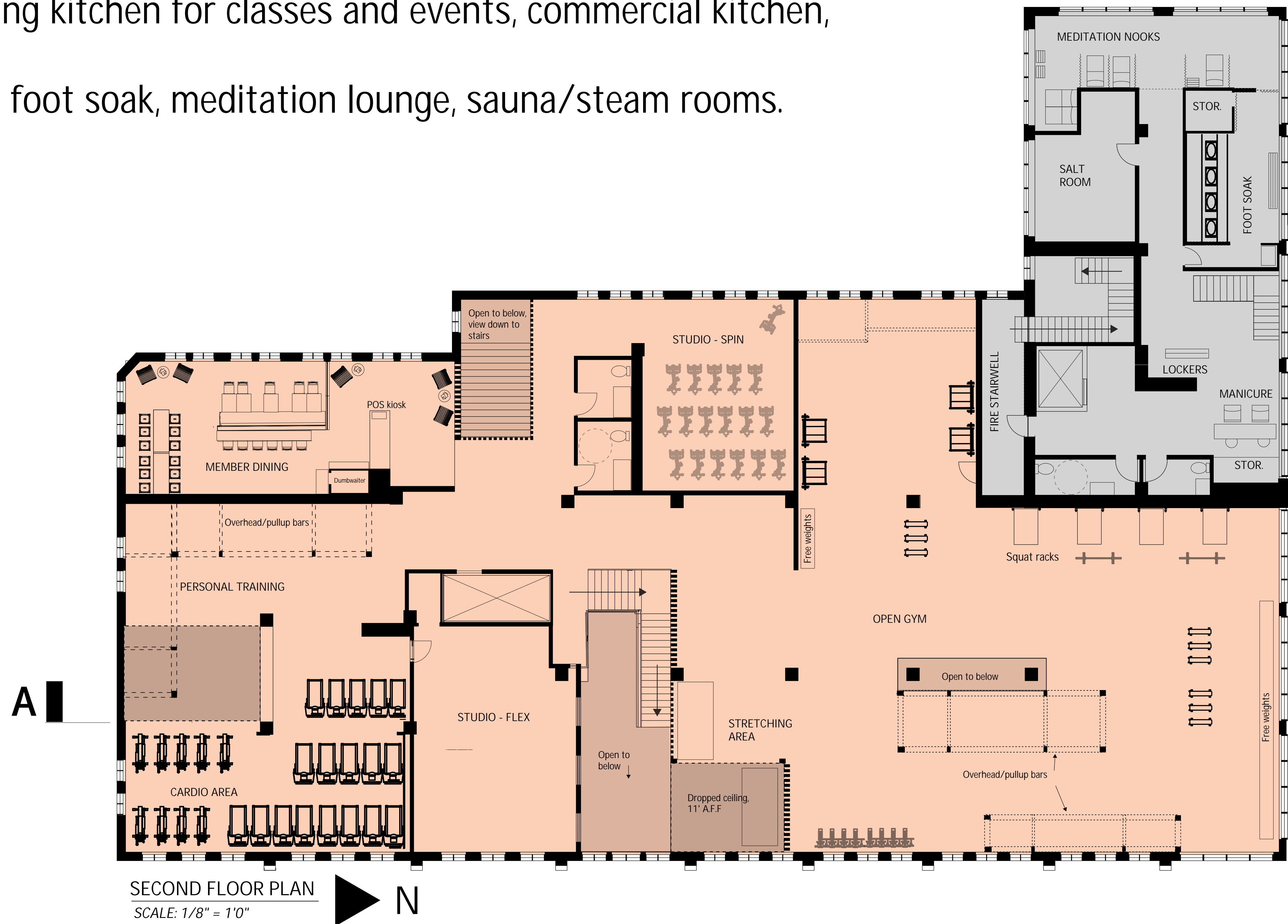
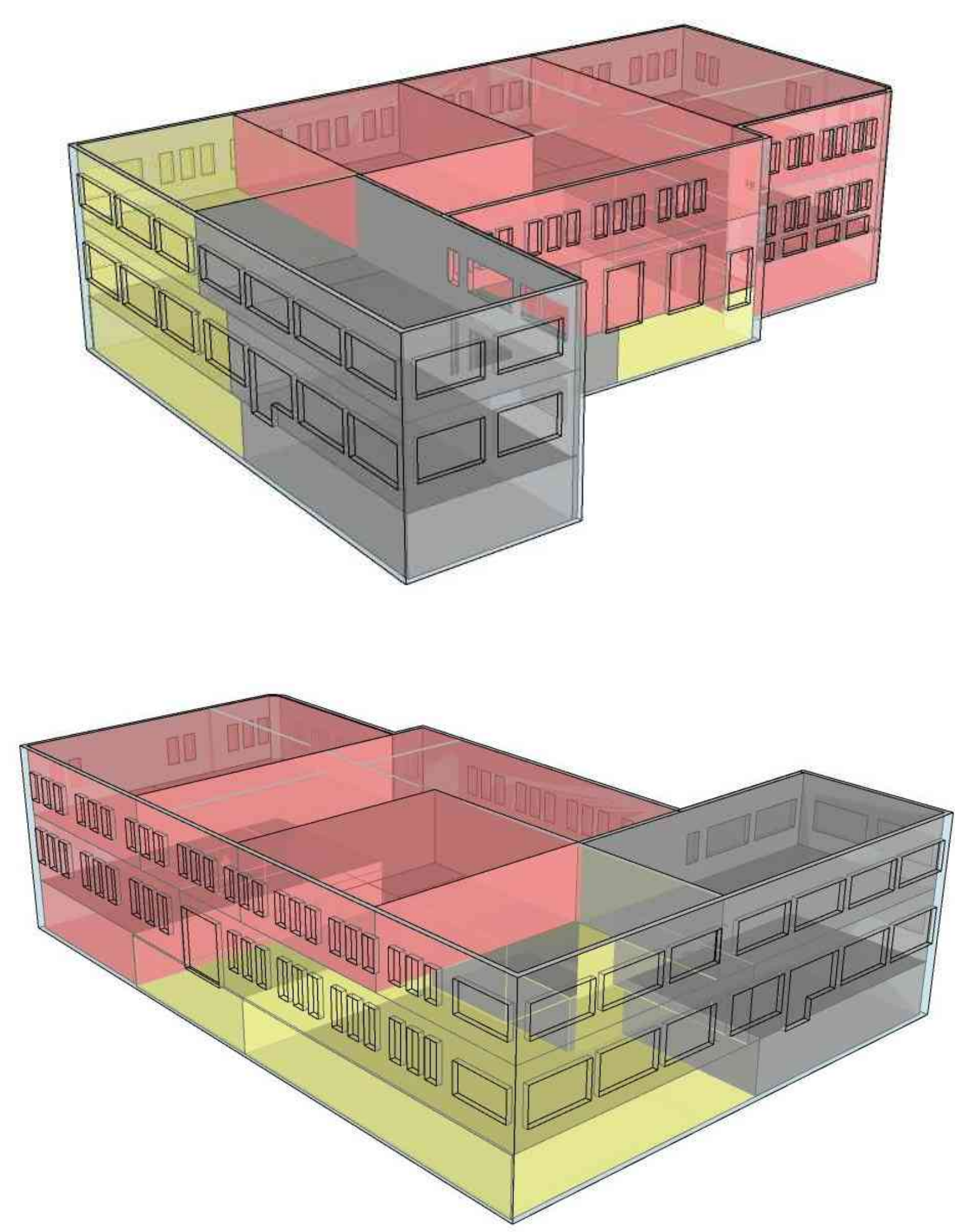
Gym: Main gym floor, fitness studios, personal training, child care, lockers, nutritionist, juice bar, private member dining.

Restaurant: Main dining and bar, teaching kitchen for classes and events, commercial kitchen, retail/bodega.

Spa: Massage, heated pools, salt room, foot soak, meditation lounge, sauna/steam rooms.



PARTI/QUALIFIERS

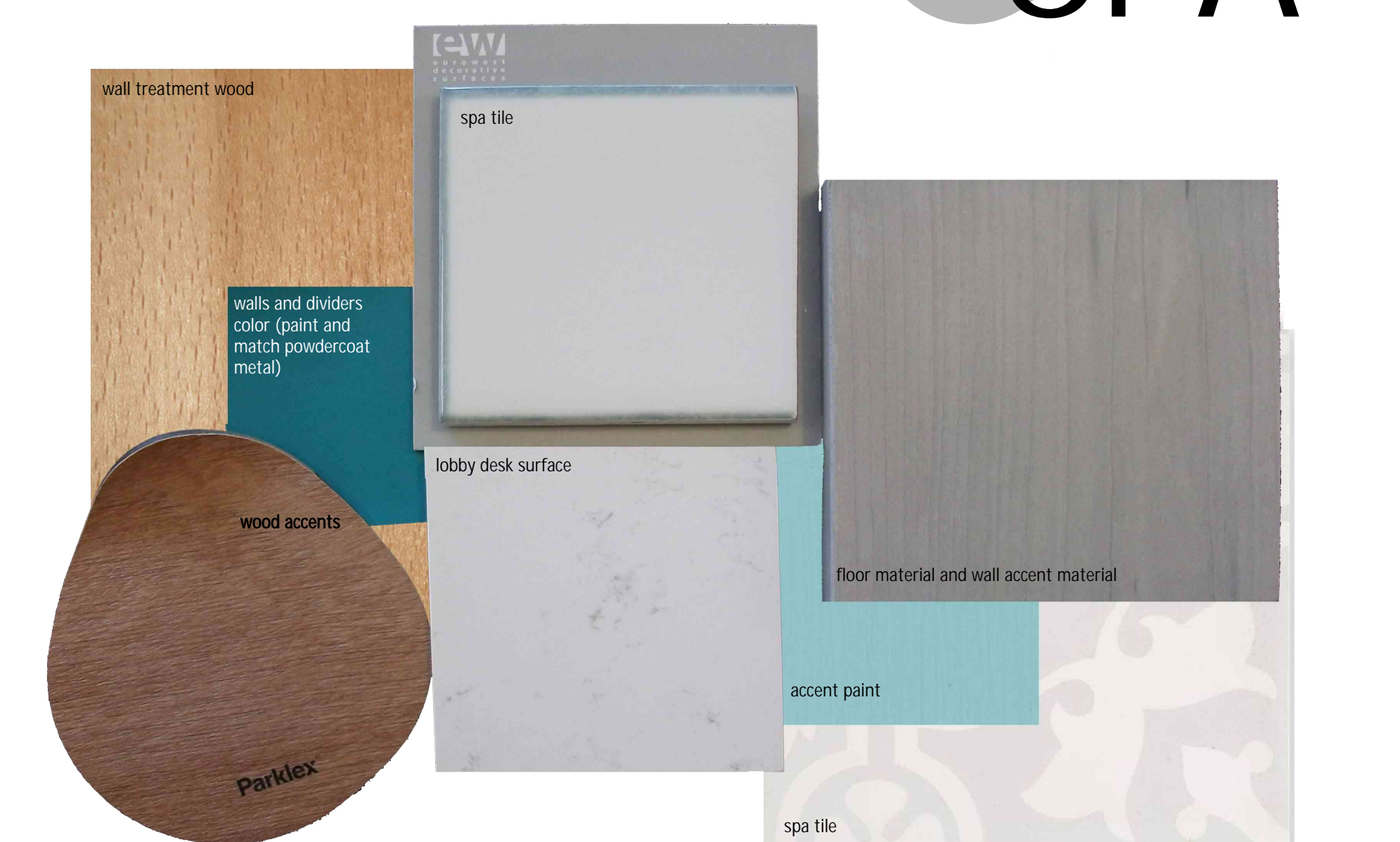


FINISH MATERIALS

 GYM



RESTAURANT



Alenna Sebben - Capstone I - Winter 2020

INTERFACE

PUBLIC - ACTIVE
PRIVATE - REFLECTIVE

- A, B - Gym lobby
- C, D - Workout spaces
- E - Central entry retail connector
- F - Central entry toward dining entry
- G, H - Main dining areas
- I - Spa lobby/reception
- J - Spa upper level/meditation
- K - Spa lower level/pools



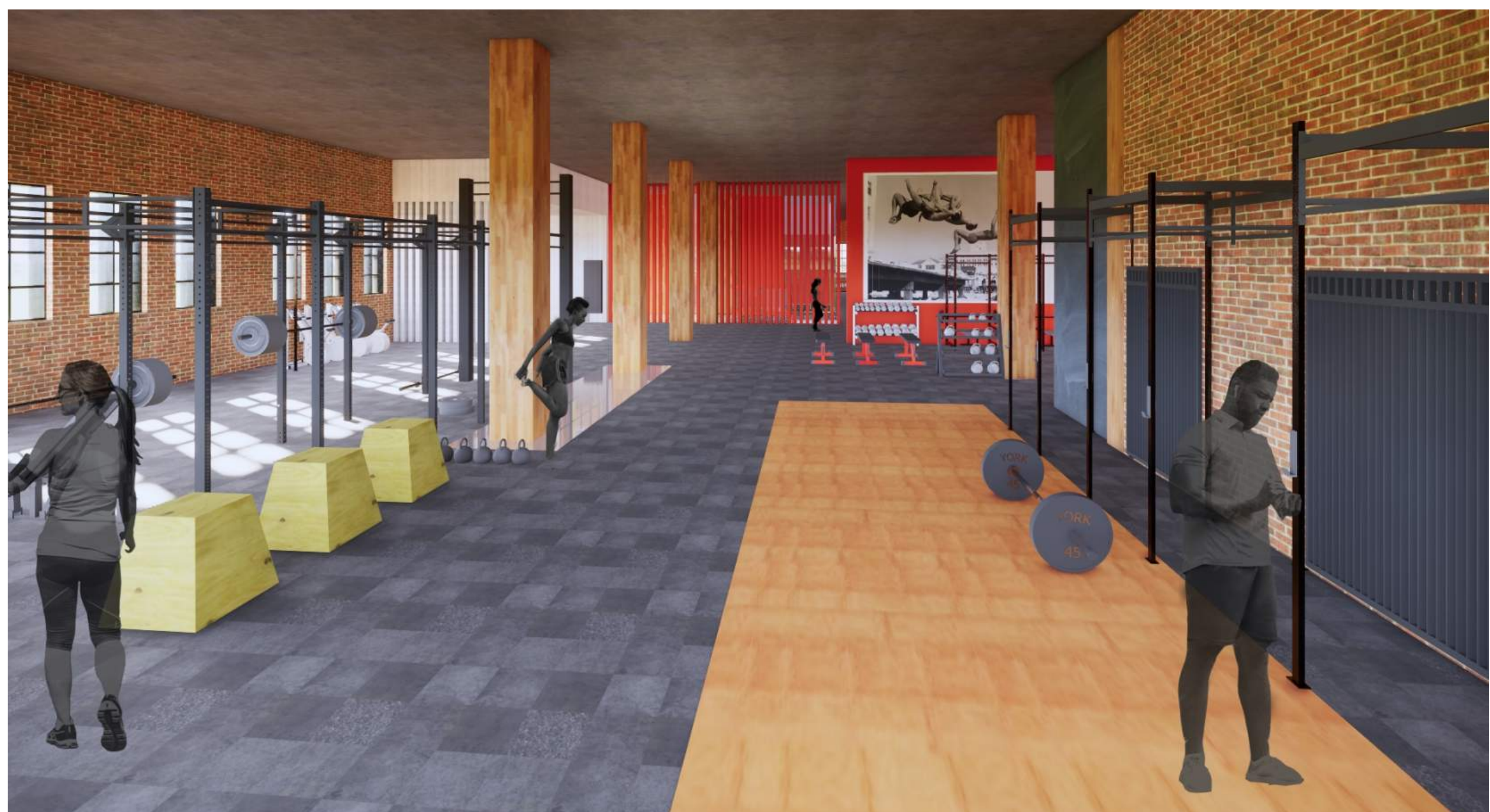
Gym lobby reception desk - front detail



A



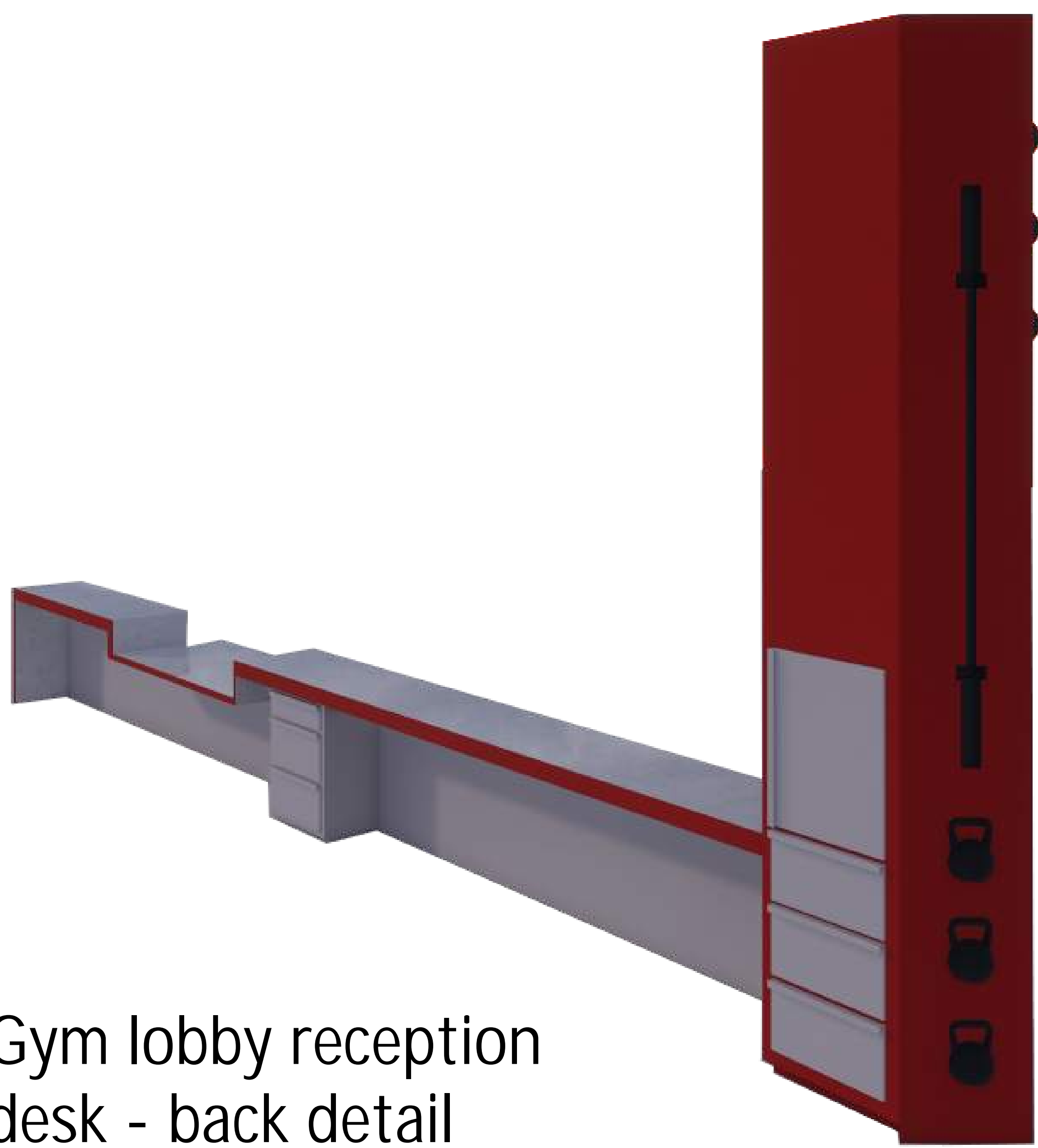
B



C
D
E



F



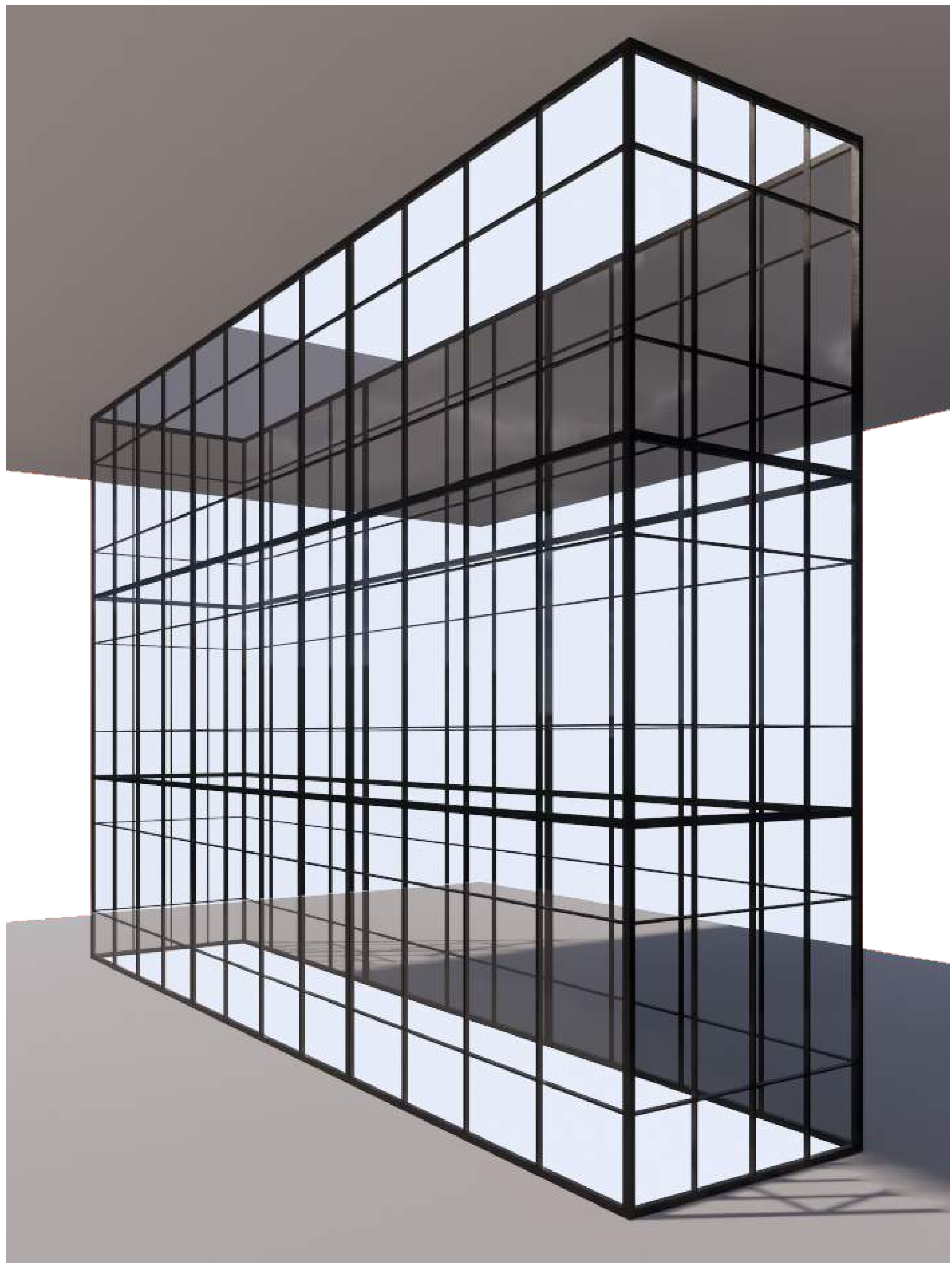
Gym lobby reception desk - back detail



G



H



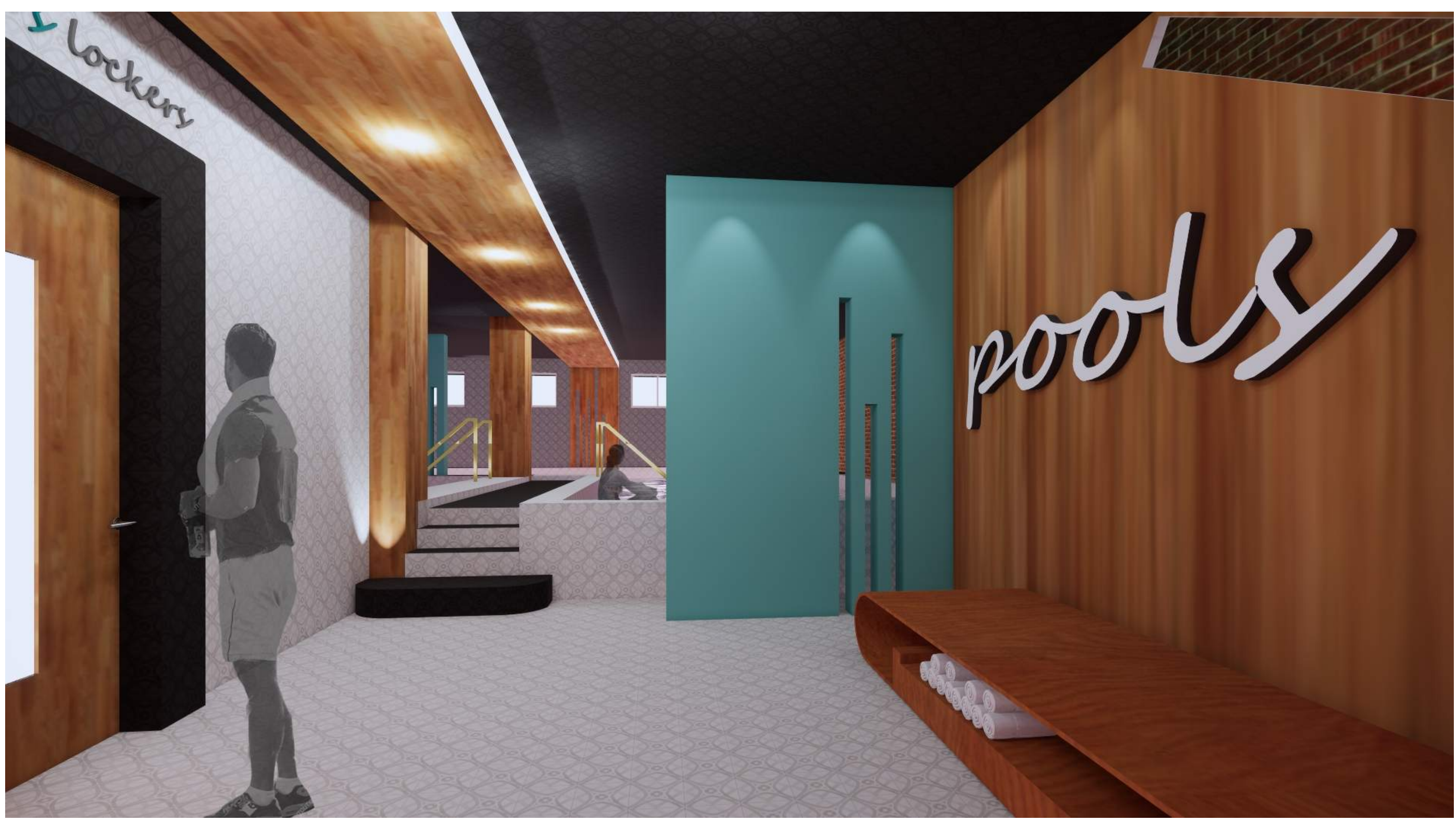
Dining room glass cage - detail



I



J



K