

## Get Moving with Aerobics & Dance!

According to a BCA survey of Illinois Park and recreation agencies, aerobic and dance studios are the number two reasons why patrons use their facility. With that in mind, here are some guidelines to consider on your next improvement.

### What size?

The average size is approximately 2,000 square feet that will accommodate 40 people. Although the space may be as large as 3,000 square feet, forty is typically the maximum class size that most agencies have for aerobic programs. A rectangular room works best with a ratio of two to three proportions. Be sure to provide an adjacent storage area with a minimum size of one hundred square feet.



### Flooring

Hardwood resilient flooring systems remain the most popular surface. The Maple Flooring Manufacturers Association published life cycle cost comparisons reflecting the original installed price plus the manufacturer recommended maintenance over a 30-year floor life and found that not

only does a hardwood floor system have a lower life cycle cost, it also has the longest life span, 38 years, when compared to other flooring systems.

### Ceiling

Provide a minimum ceiling height of ten feet and incorporate acoustic treatment to provide acoustic separation from adjacent spaces.



### Walls

Be sure to insulate the walls to avoid having the sound inside the room travel to adjoining spaces. Consider locating mirrors on two walls if possible in an L-shape configuration. Two mirrored walls offering a front and side view is recommended. Start the mirrors four inches above the floor to a minimum of eight feet above the floor. The mirrors may need to incorporate a ballet bar.

### Daylight and Views

Provide interior and exterior windows to connect the users with the outdoor environment and indoor activities. According the U.S. Green Building Council, studies have shown that daylight spaces promote occupant well-being.

Day-lighting also decreases energy costs for buildings by providing natural solar lighting.

### Interior Comfort

The American College of Sports Medicine recommends the following levels: temperature of 66 – 70 degrees Fahrenheit, humidity of 60% or less with an air circulation of 8 to 12 exchanges per hour. Inadequate ventilation in buildings has a negative effect on occupant comfort and well being, while over ventilation consumes significant amounts of energy without benefiting building occupants. The good news is that through proper system design, ventilation rates and energy efficiency can be optimized.

### Sound System

Typically the speakers are located in the ceiling and controlled by the instructor. The system's speakers should be located to the right and left of the instructor. Aim the speakers downward so the sound will bounce off the floor and toward the ceiling. Placing the speakers behind the instructor and aiming them toward the back wall will cause problems with the sound bouncing off the back wall and toward the instructor, making it difficult to hear and communicate with the class.

With these design guidelines in mind, get moving!

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