



How Much Space Do I Need for My Corporate or Tenant Fitness Center?



The total size of your fitness center should be determined by the total number of employees in your organization.

The table below offers some basic guidelines for amount of space you will need to develop a first-class fitness center for your employees or tenants.

TOTAL Employee Population	PROJECTED Number of Members	SIZE Fitness Center (sq. ft.)
300	150	2,000
600	250	2,500
900	450	3,600
1,200	550	4,400
1,500	625	5,000
1,800	720	6,000
2,100	900	7,000

<p>Your fitness center should be designed to include the following components:</p>	<ul style="list-style-type: none"> → Individual workout area for cardio and strength training equipment. → Group exercise area for classes such as yoga, spinning, boot camps, etc. → Stretching area. → Locker rooms with showers and lockers. → Small office for professional staff. → Counseling room for fitness assessments.
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READY TO TAKE THE FIRST STEP?

For a meeting to begin the design process for your fitness center, contact:

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