



ALSTOM FITNESS CENTER

The project is a wellness center for Alstom's employees. It has men's and women's locker rooms and showers, medical exam rooms and an exercise room on the ground floor. The second floor is planned for future offices. The building is approximately 16,000 square feet. Alstom is seeking LEED gold certification for the building and is certifying the Alstom campus simultaneously. The project is designed using principles contained in the LEED for New Construction Reference Guide version 2.2 under the supervision of Alstom's LEED accredited professional.



The quality and character of the building combines modest and enduring materials appropriate to its context and functions. The exterior envelope has insulated metal panels and storefront windows similar to the DH13 Turbine Testing Facility. The roof is white PVC. Skylights and clerestory windows on the roof augment the day lighting from the windows. Sunshades and light shelves are used to enhance the day lighting strategy. Simple louvered Venetian blinds are employed for glare control.



The building structure combines a lightweight metal frame and CMU load bearing shear walls. The foundation is a turn down concrete slab which will receive a painted concrete topping as the predominant finish for the ground floor.



Interior walls are painted drywall on hat channels over CMU or on metal studs. Ceilings are acoustical mineral fiber lay-in ceilings. Lighting in the locker rooms is suspended T-5 linear fluorescent fixtures that throw light up and down. The predominant light fixture is 2' x 4', 24 cell recessed parabolic fluorescent fixtures. Diffusers and return air grilles are simple lay-in types.

Toilet rooms combine painted concrete floors and ceramic tile wainscots with painted drywall walls and ceilings. Shower rooms have ceramic tile floors and walls. Toilet and shower stall partitions are satin finished stainless steel. Toilets and urinals are low flow or waterless types by American Standard or equal.

Exam rooms, locker rooms, offices, corridors and other regularly occupied spaces have painted concrete floors, rubber base, painted drywall walls and acoustical ceilings.

Rooms in the core, such as the janitor's room and the recycle room, will have painted CMU walls, concrete floors and exposed construction in the ceilings.

The second floor is finished as generic open office with ceilings, lights, diffusers, painted drywall, rubber base and carpet.

Electrical distribution is predominately in the ceiling.

The mechanical system is supplied heated and chilled water from a central plant. Fan coil units are employed to distribute tempered air via a duct distribution system concealed in the ceiling.

The building is supplied with an automatic sprinkler system, although this is not a requirement of the building code.

