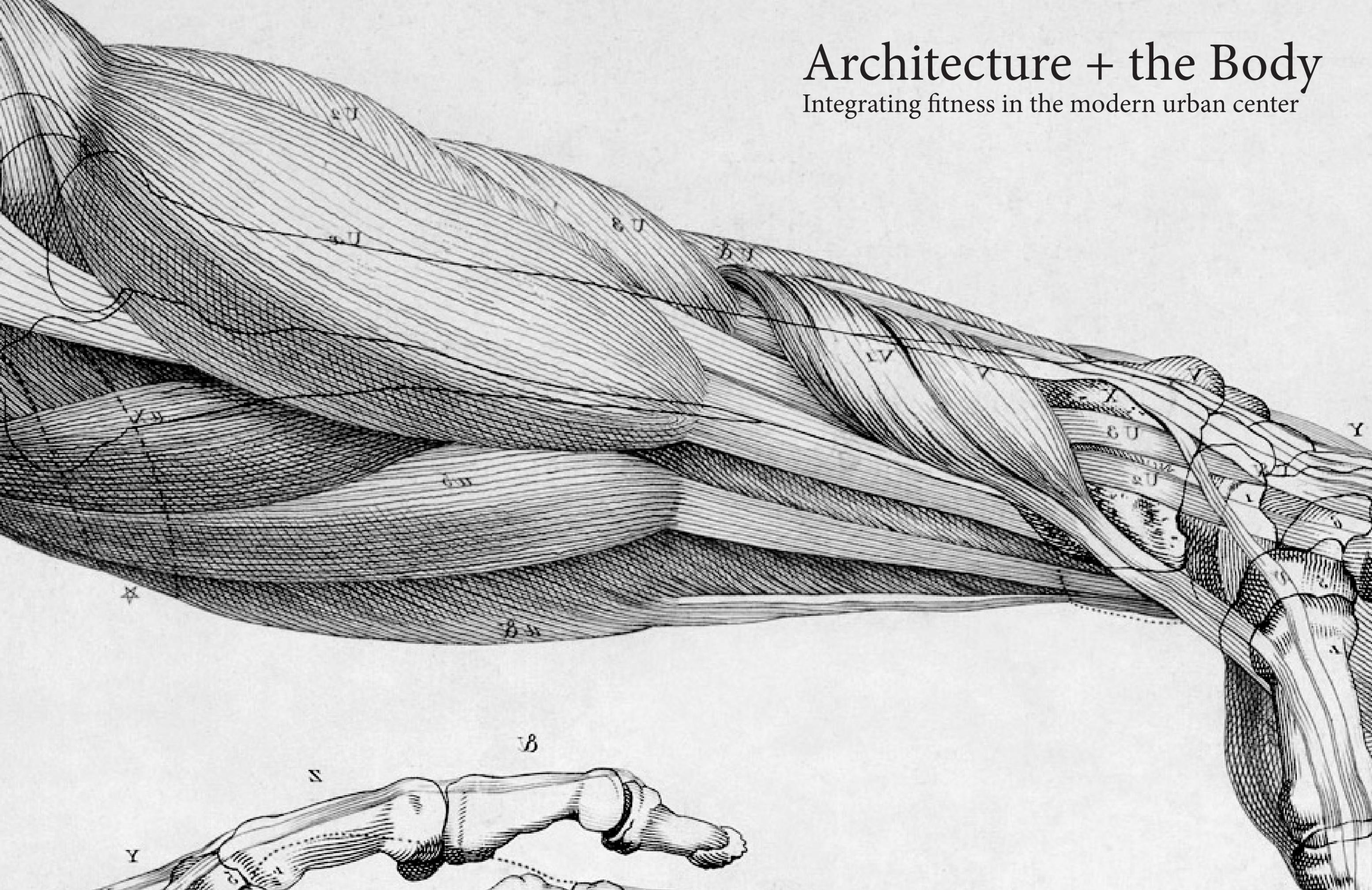


# Architecture + the Body

Integrating fitness in the modern urban center

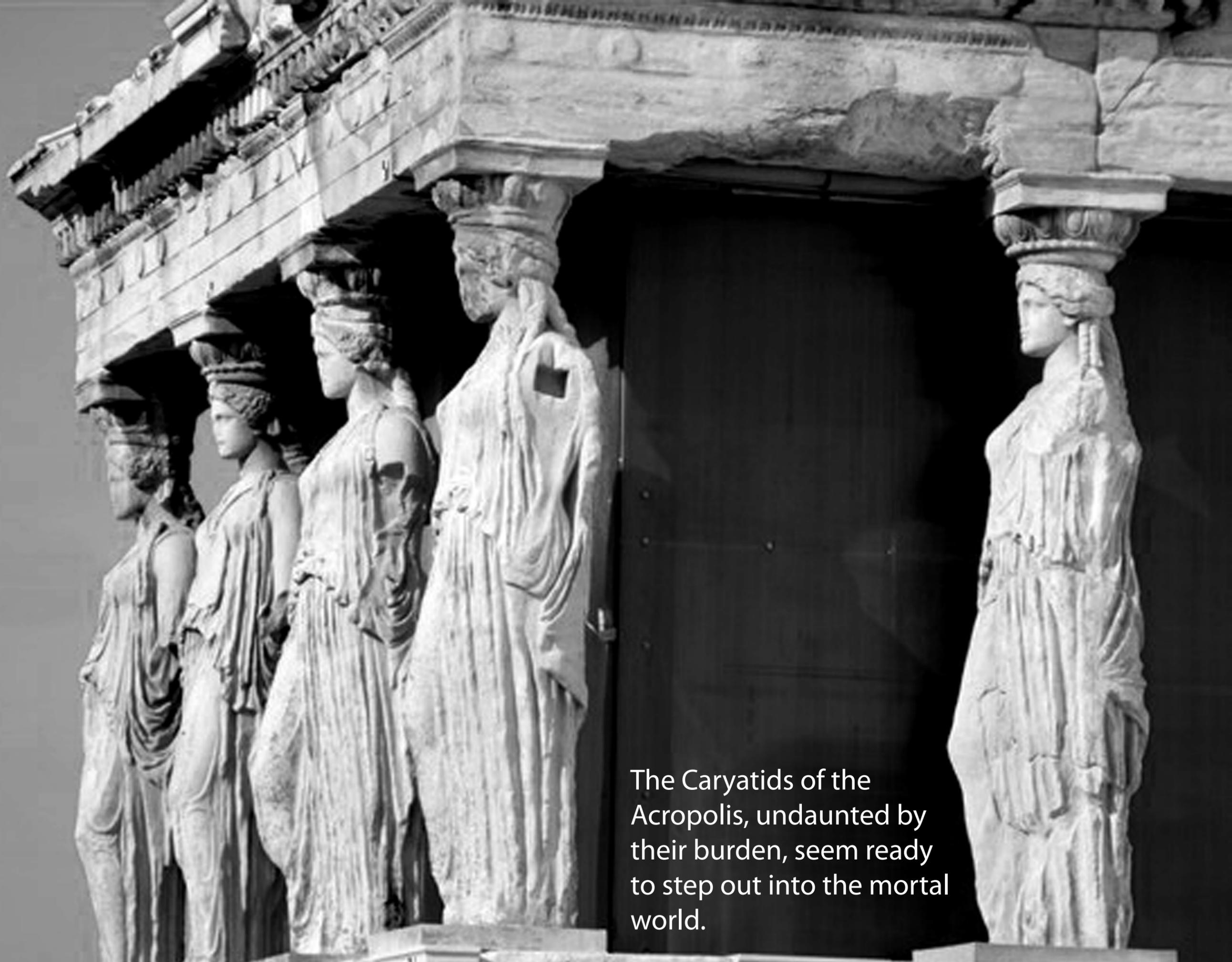






δέρκομαι.

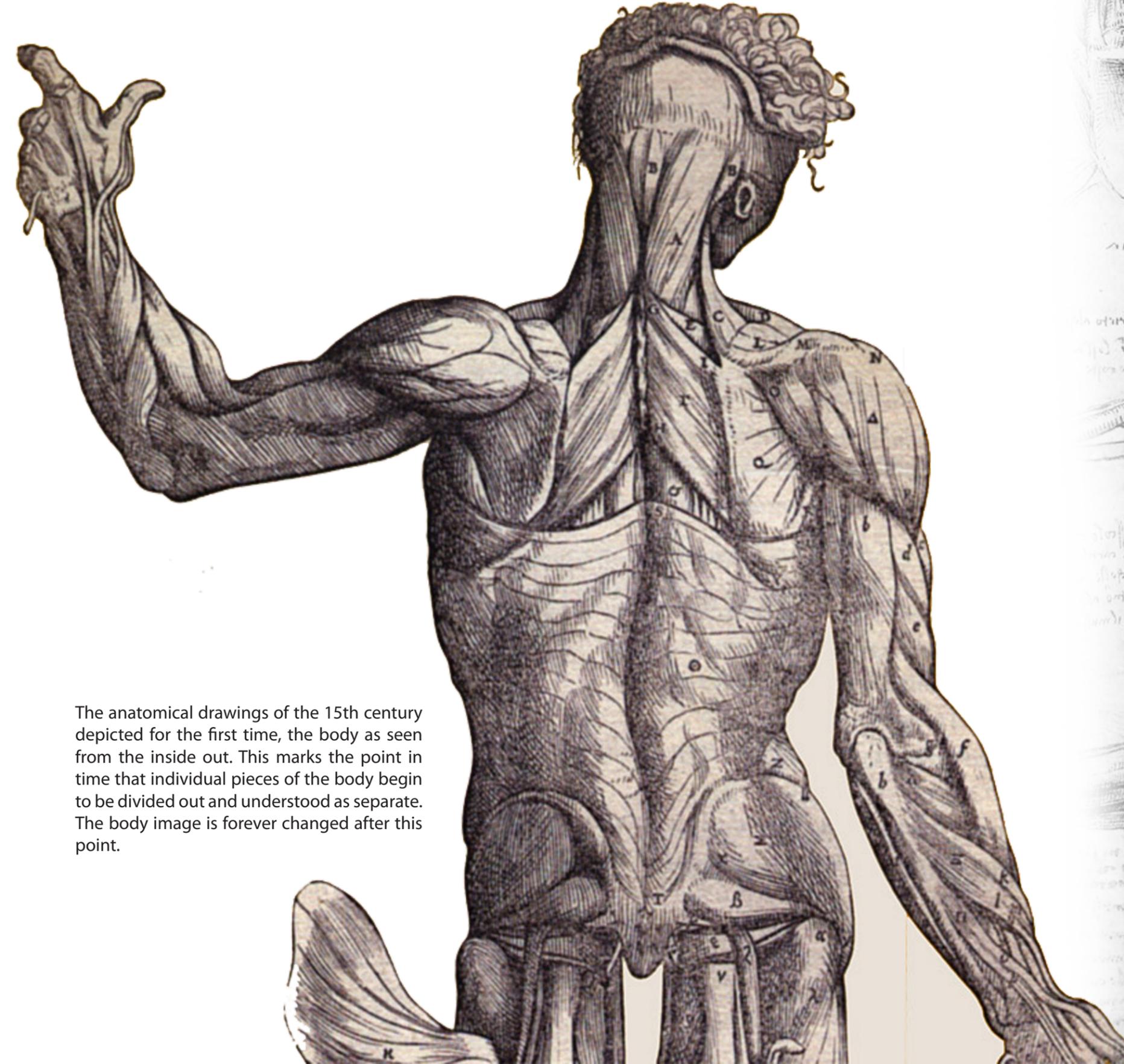
He was ever looking wistfully ; or His fixed glance continually travelled forth across the sea; all of this is implied in the passage by the one verb δέρκομαι..



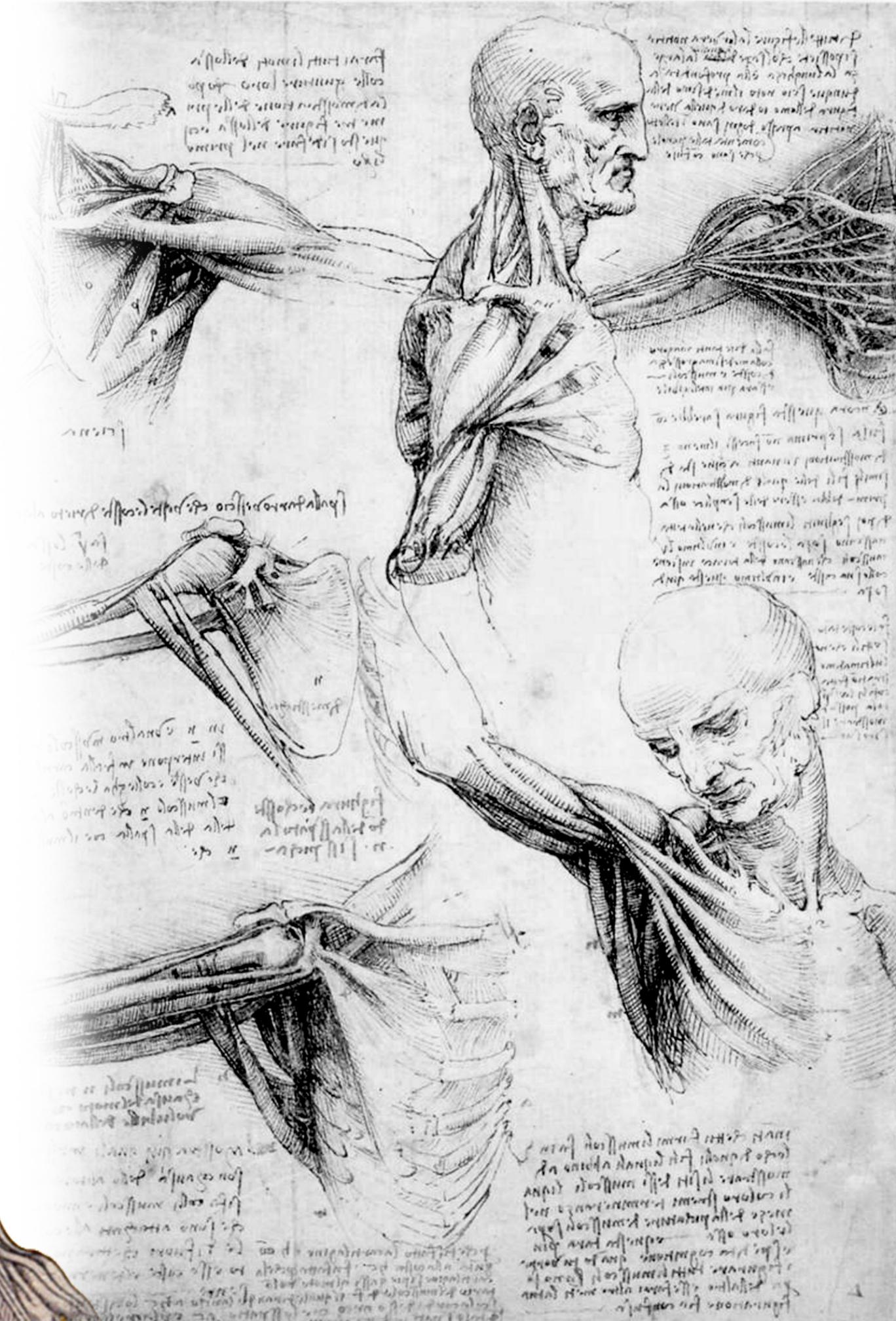
The Caryatids of the Acropolis, undaunted by their burden, seem ready to step out into the mortal world.



Ancient Greek vase depicting Olympic runners. 525 BCE. Credit: Picture Post Hulton Archive.



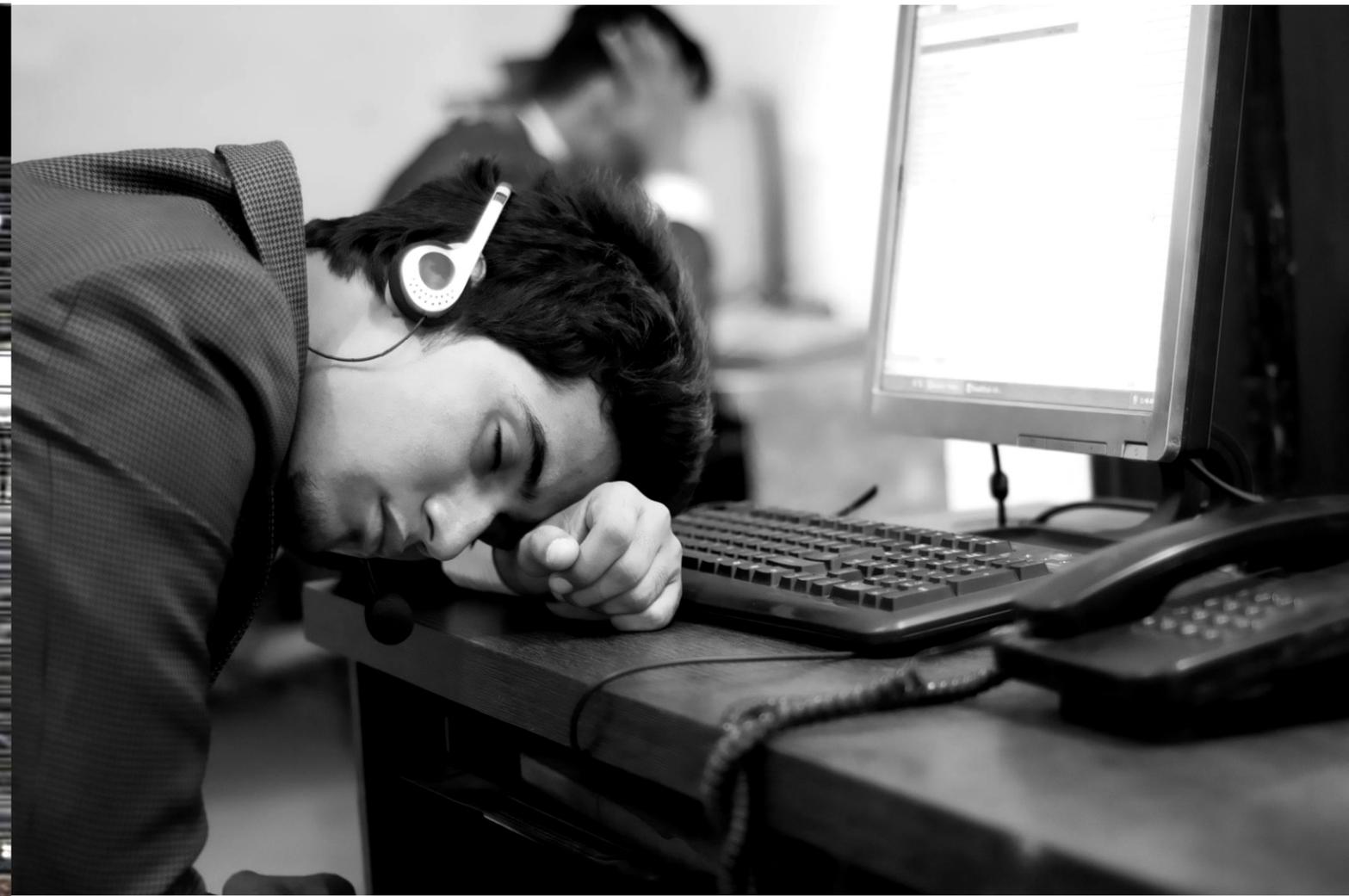
The anatomical drawings of the 15th century depicted for the first time, the body as seen from the inside out. This marks the point in time that individual pieces of the body begin to be divided out and understood as separate. The body image is forever changed after this point.





"The world is not seen in your body and your body is not in the visible world. The world neither surrounds nor is surrounded by your body. There is a kinship between the two. "My body as a visible thing is contained within the full spectacle. But my seeing body subtends this visible body, and all the visible with it. There is a reciprocal insertion and intertwining of one in the other."

–Maurice Merleau-Ponty





“Spinning and weaving are continuous processes that accompany the rhythm of the chant and set a pace for thinking. Spinning generates thoughts, and weaving intertwines them into the Fabric of Life, which is no other than a web of knowledge. Life and the loom form a symbolic relationship as they both present us with endless combinations of experiential paths to which we form relationships and knowledge through.”

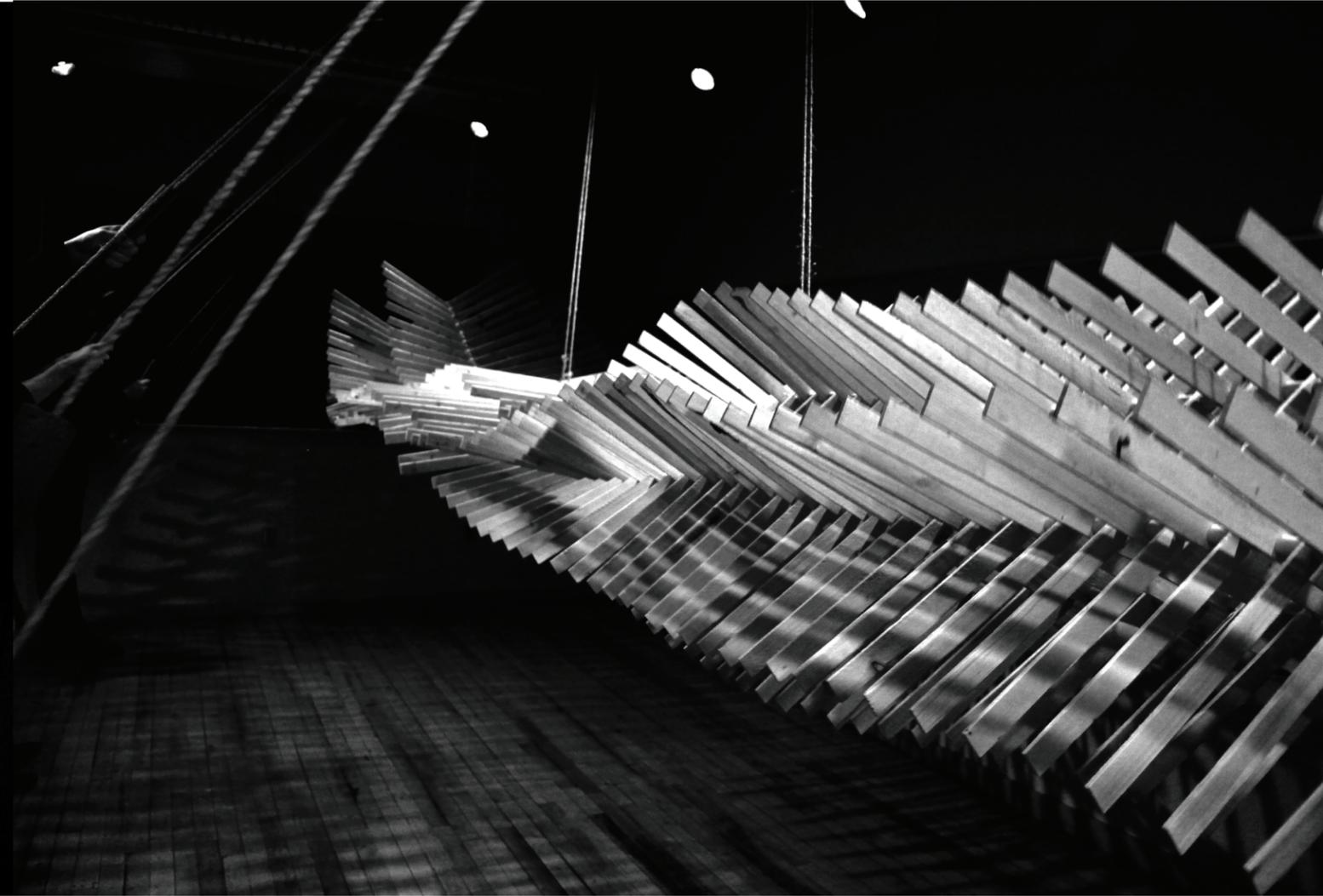
-Richardo L. Castro.



Rest and Action



Heavy. Dense. Quite.

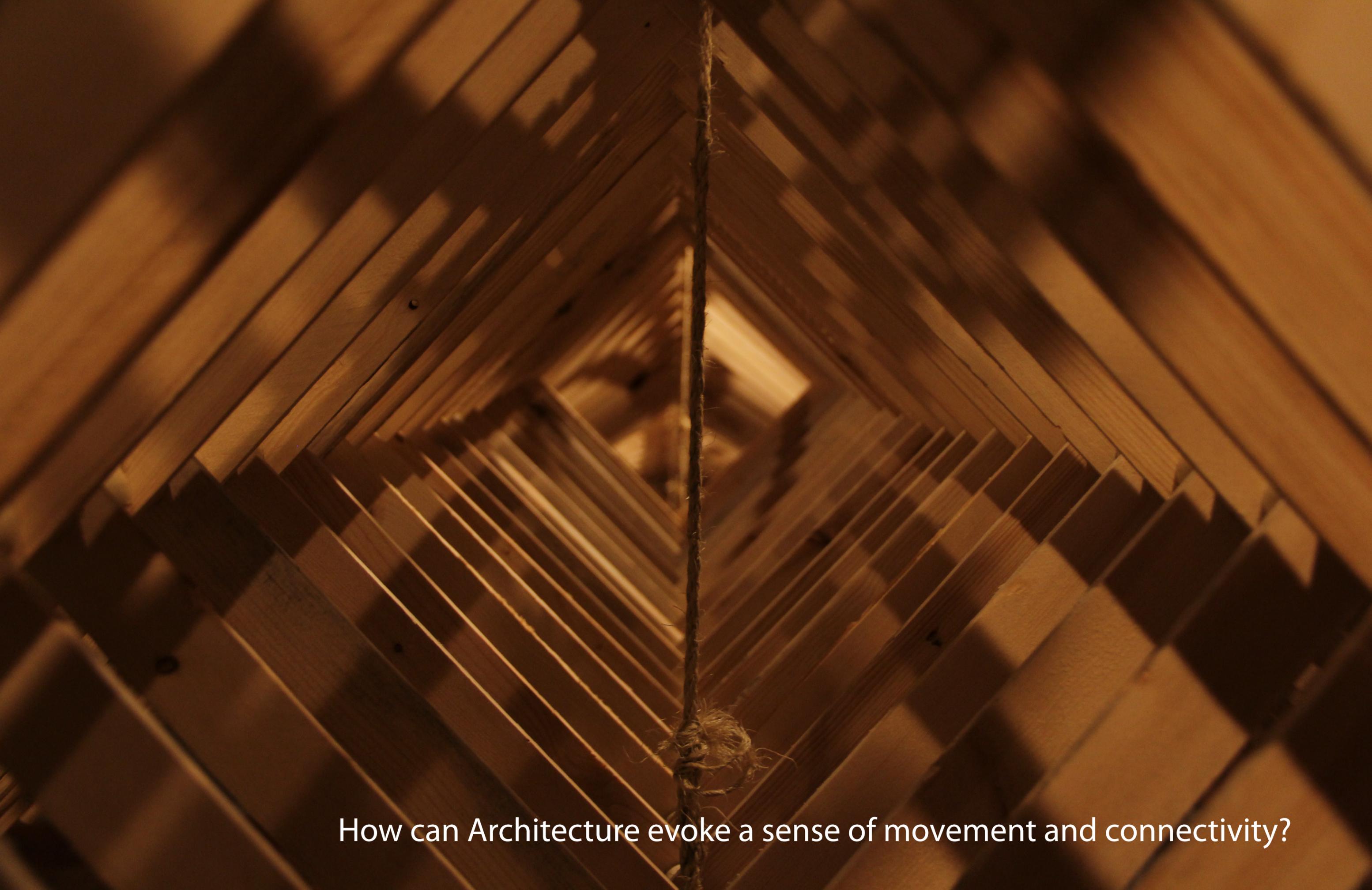


Light. Airy. Loud.

Double their population to 70,000 by 2025

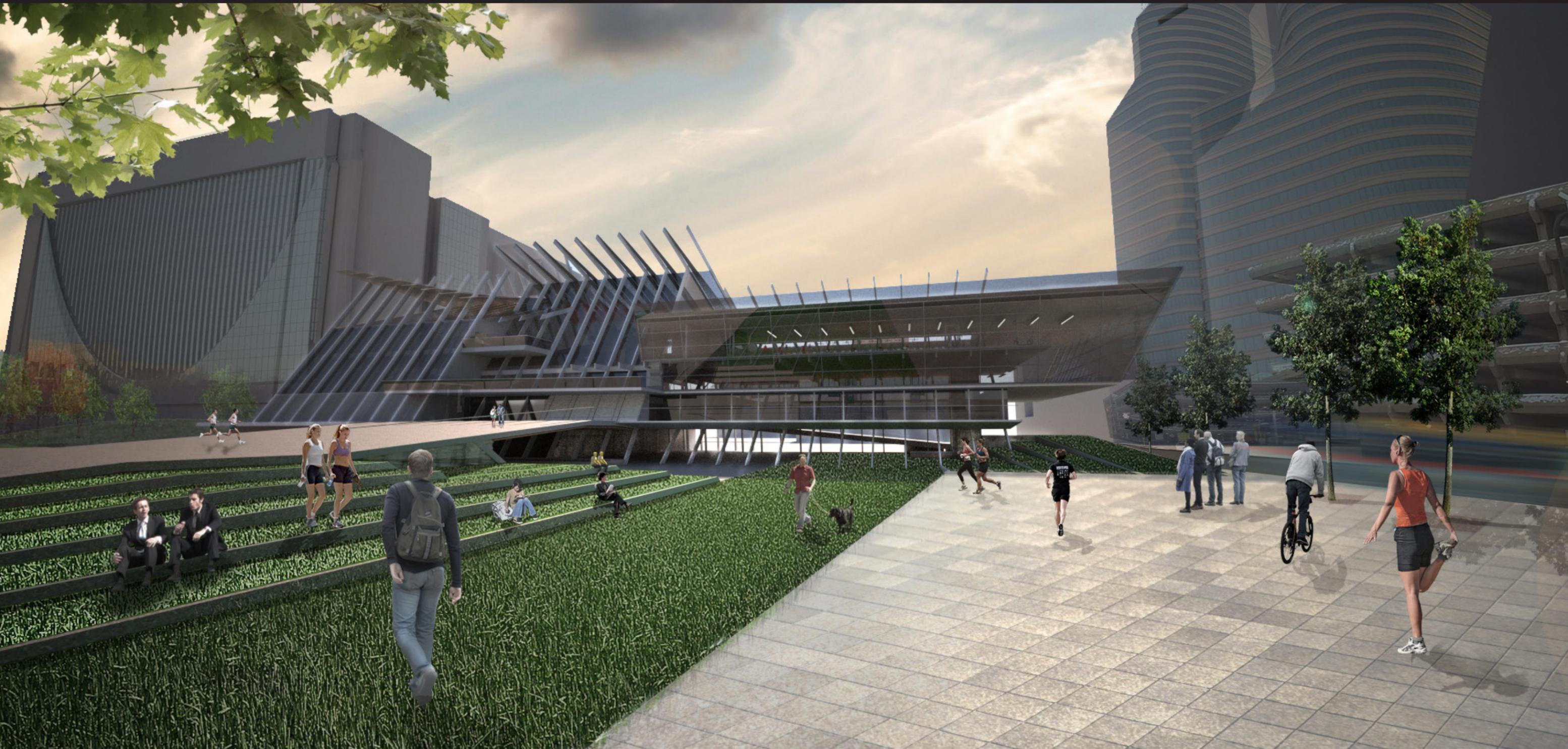
Adding : 15,000 housing units  
3 million sqft. of multi tenant office space  
1,100 hotel rooms  
200,000 sqft of retail space

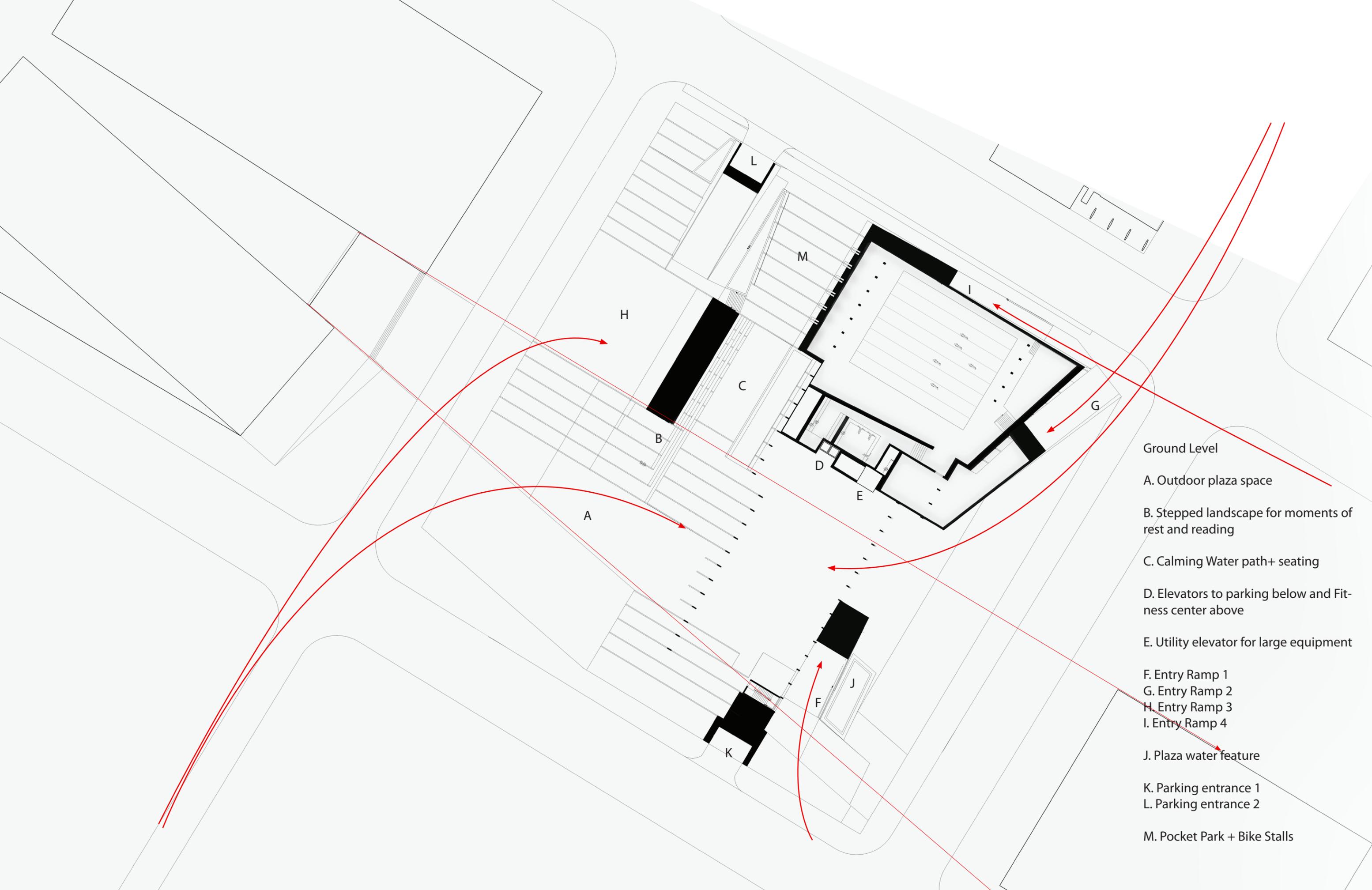




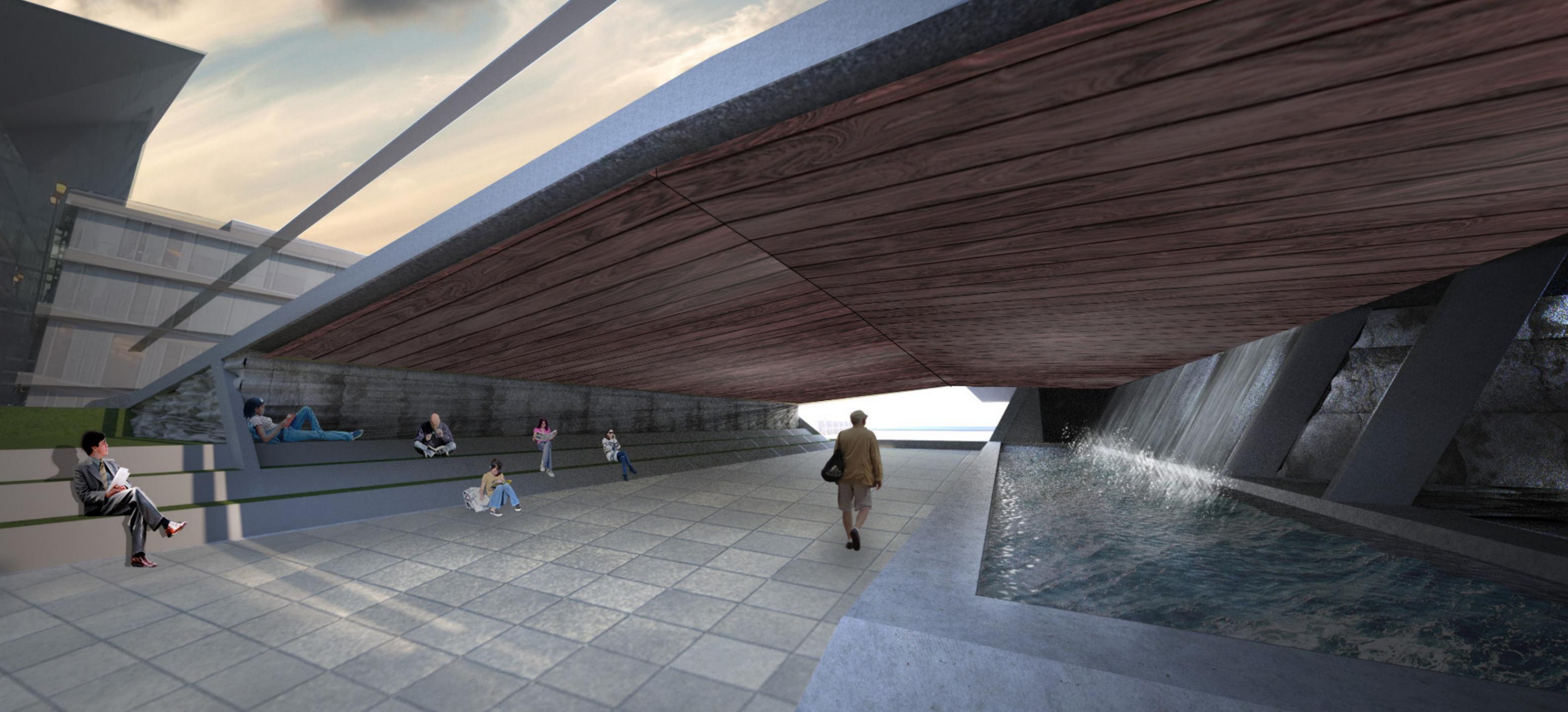
How can Architecture evoke a sense of movement and connectivity?



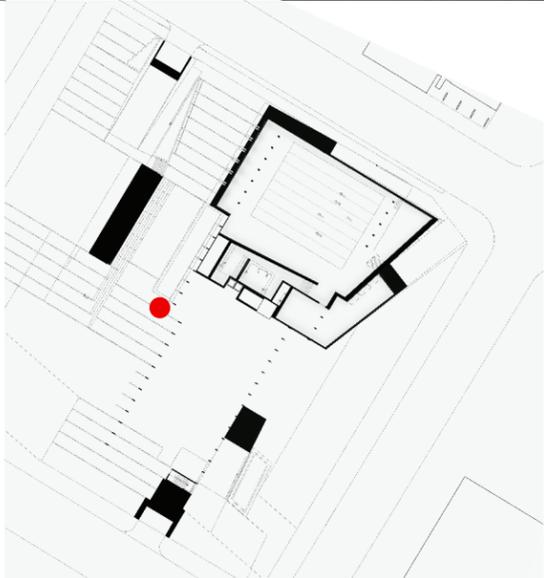




- Ground Level
- A. Outdoor plaza space
  - B. Stepped landscape for moments of rest and reading
  - C. Calming Water path+ seating
  - D. Elevators to parking below and Fitness center above
  - E. Utility elevator for large equipment
  - F. Entry Ramp 1
  - G. Entry Ramp 2
  - H. Entry Ramp 3
  - I. Entry Ramp 4
  - J. Plaza water feature
  - K. Parking entrance 1
  - L. Parking entrance 2
  - M. Pocket Park + Bike Stalls

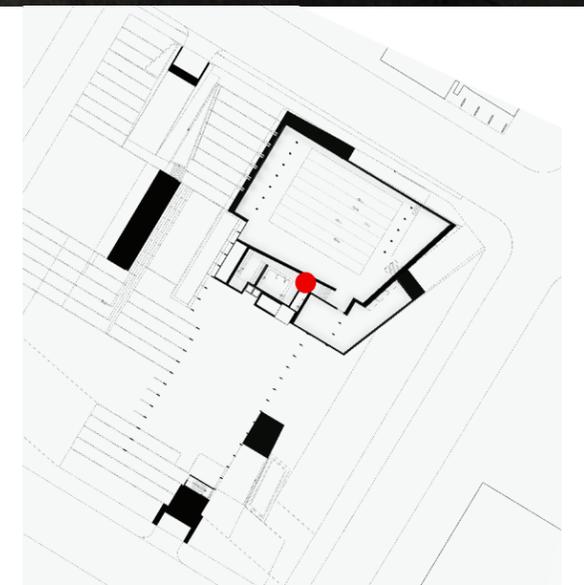


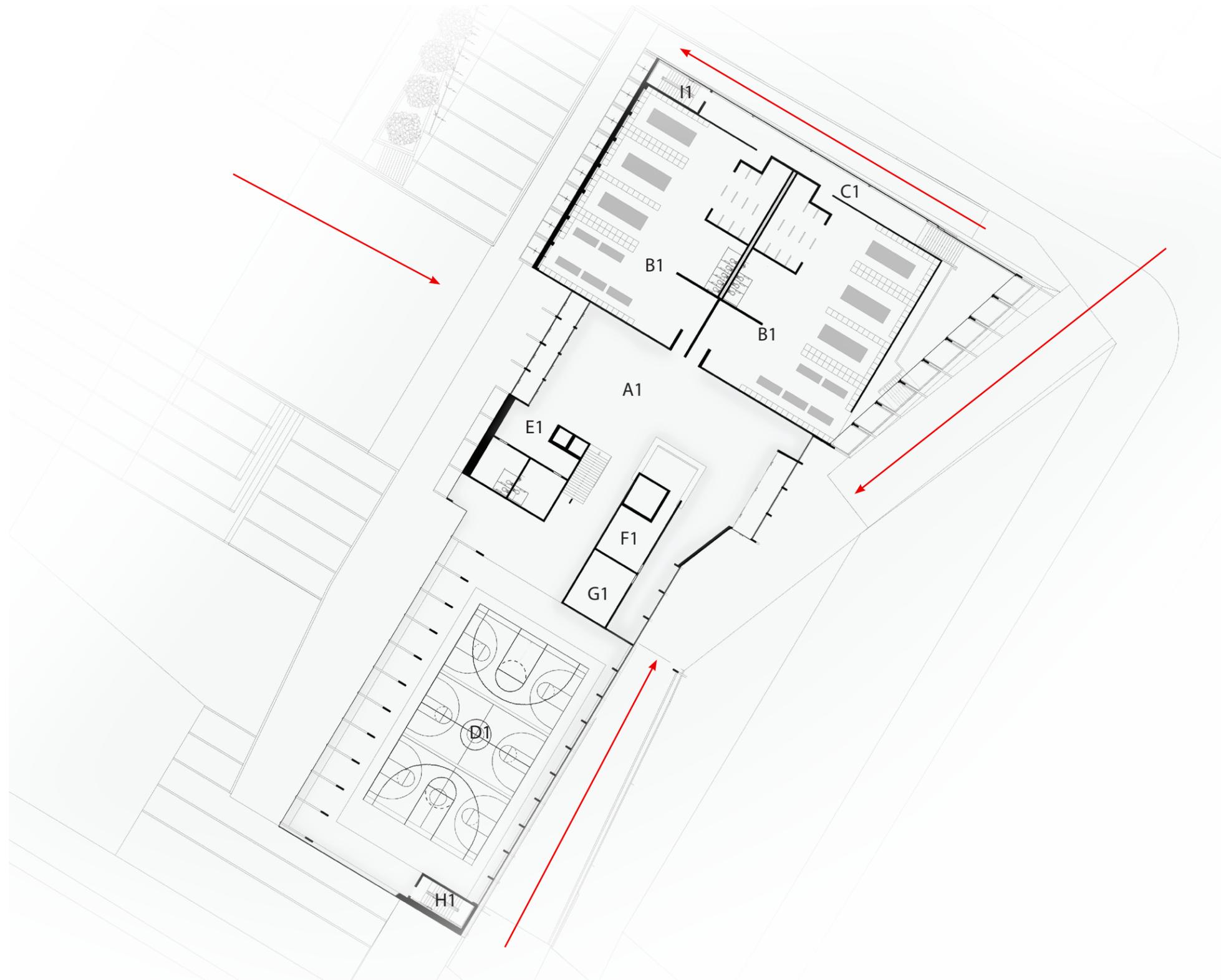
Calm Passage





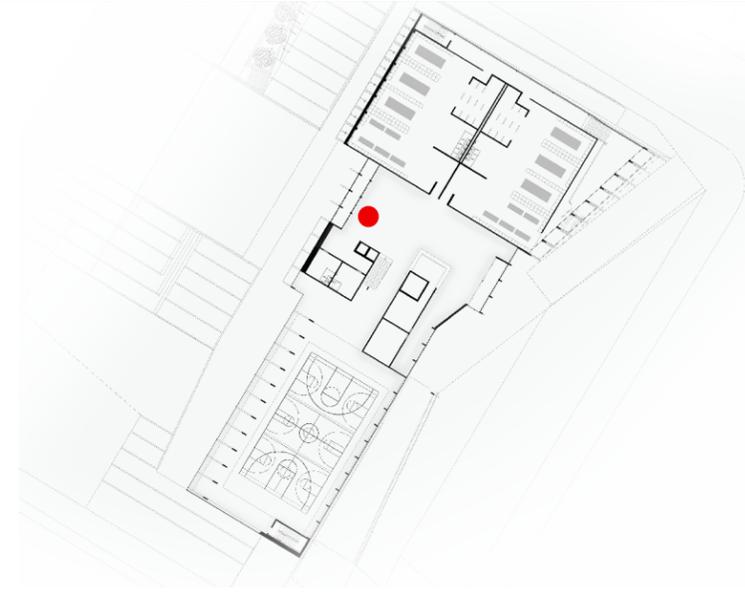
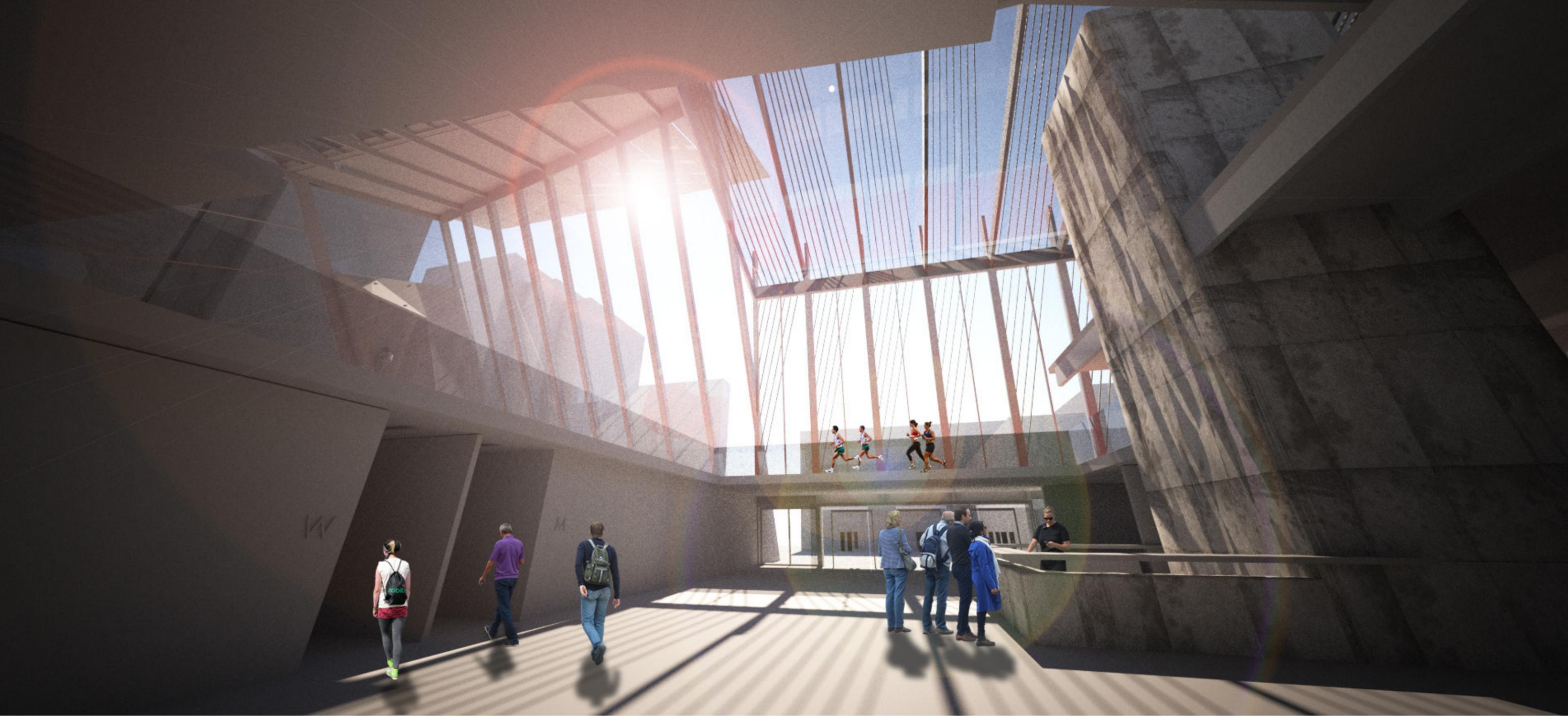
Recovery Pool



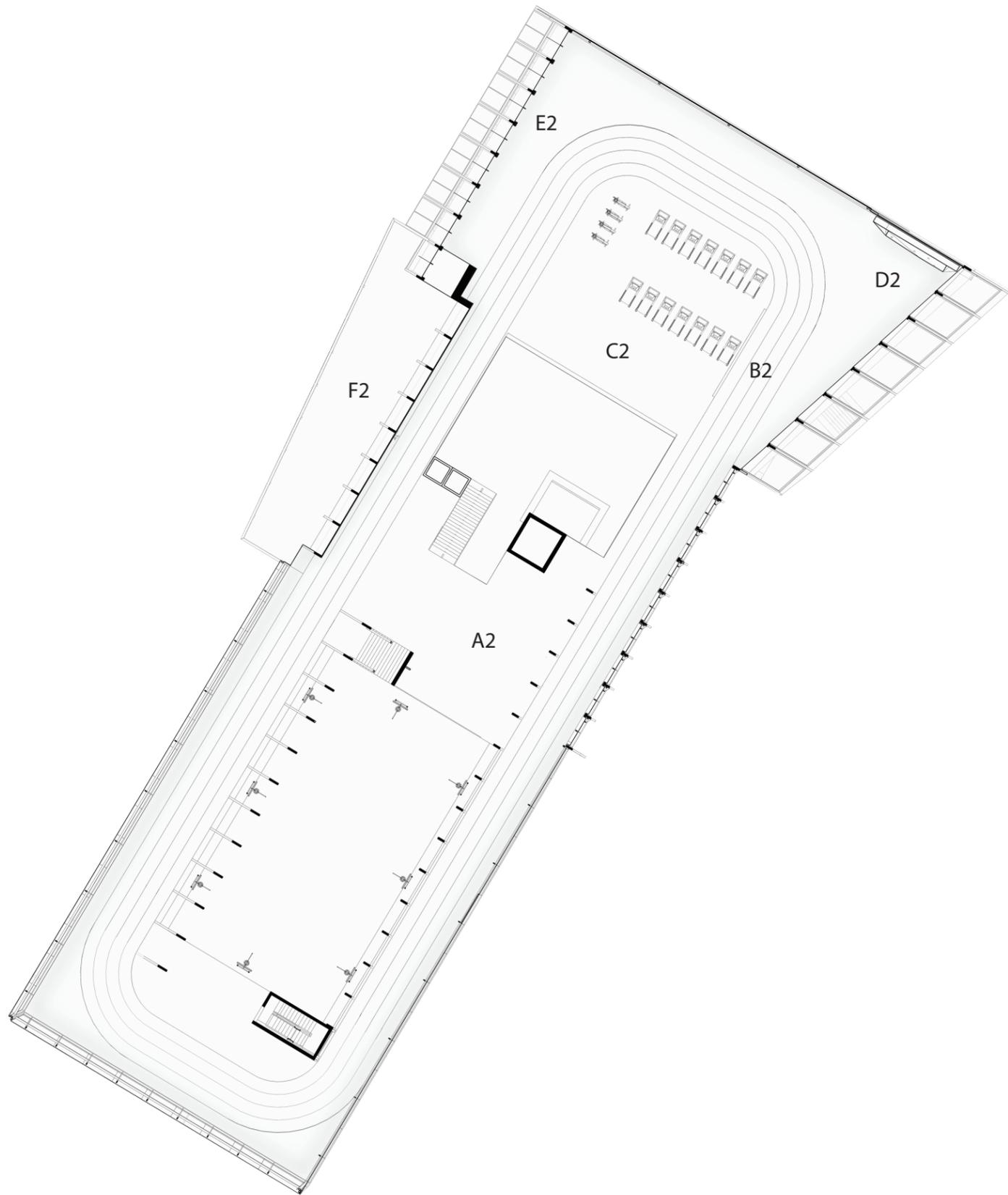


### First Floor

- A1. Main Lobby and check in
- B1. Men and Womens Locker rooms
- C1. Hall way access to Pool area below
- D1. Multi-use gymnasium
- E1. Public bathrooms
- F1. Employee break room
- G1. Equipment storage
- H1. Enclosed staircase 1
- I1. Enclosed staircase 2

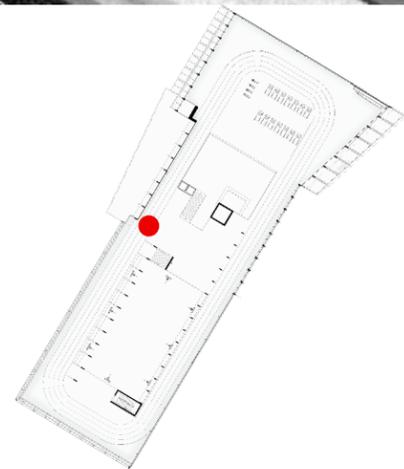
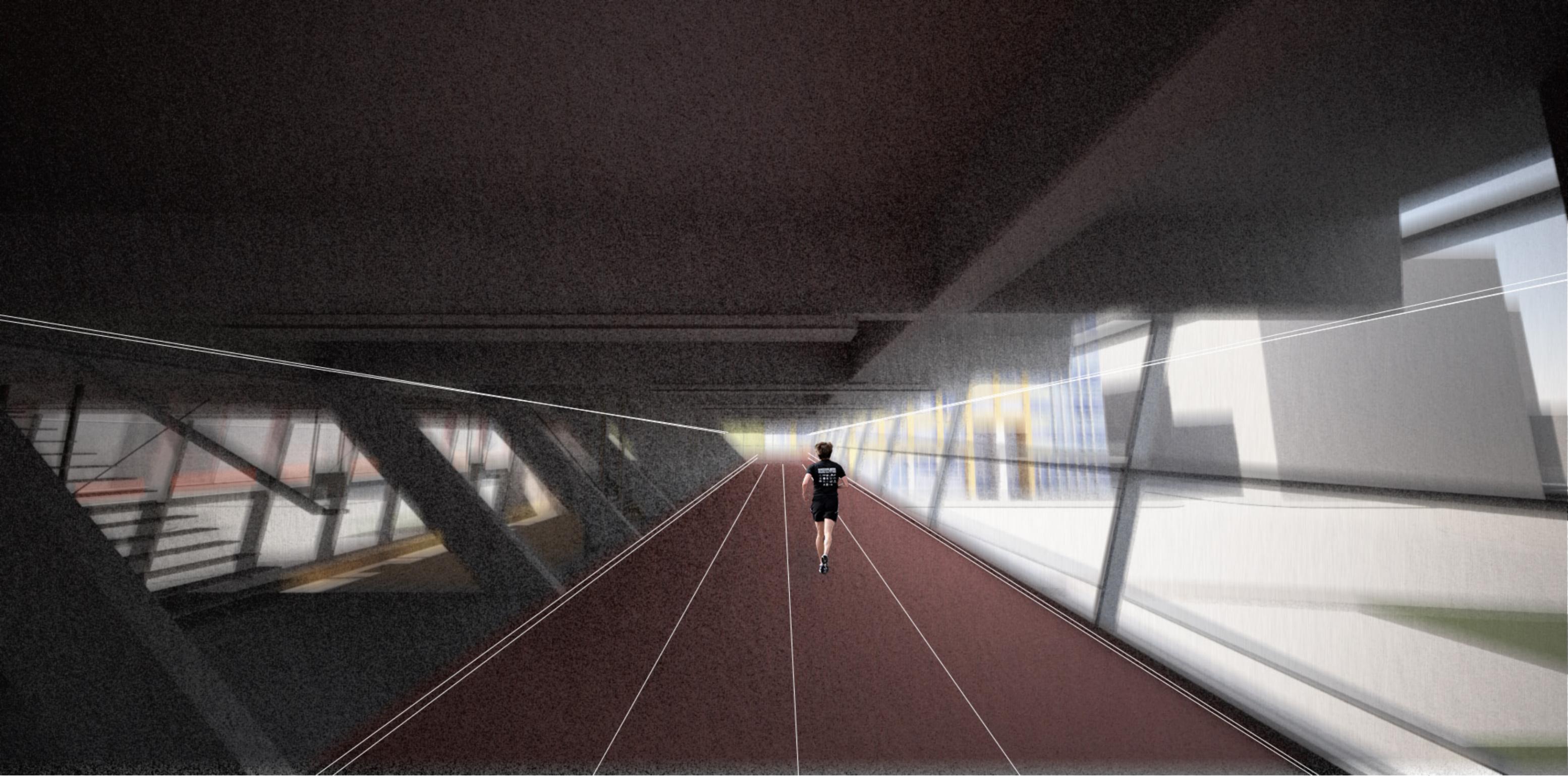


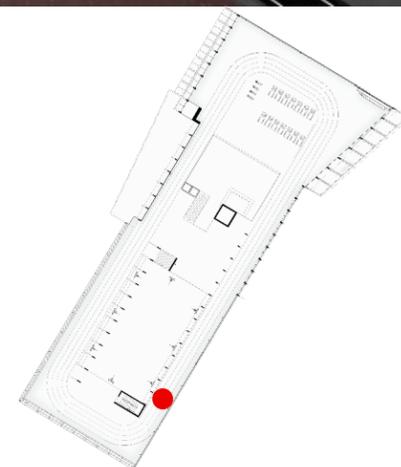
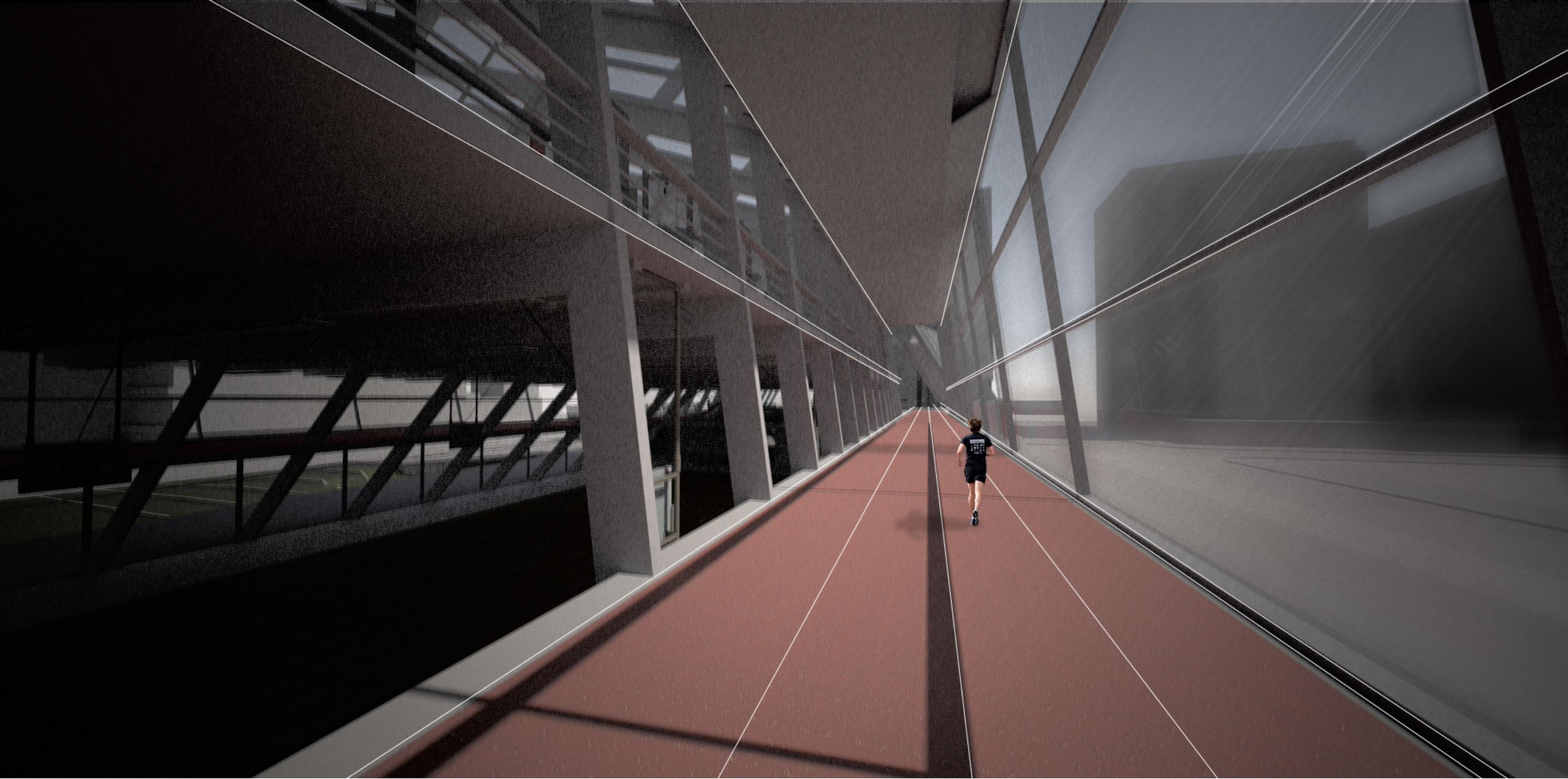


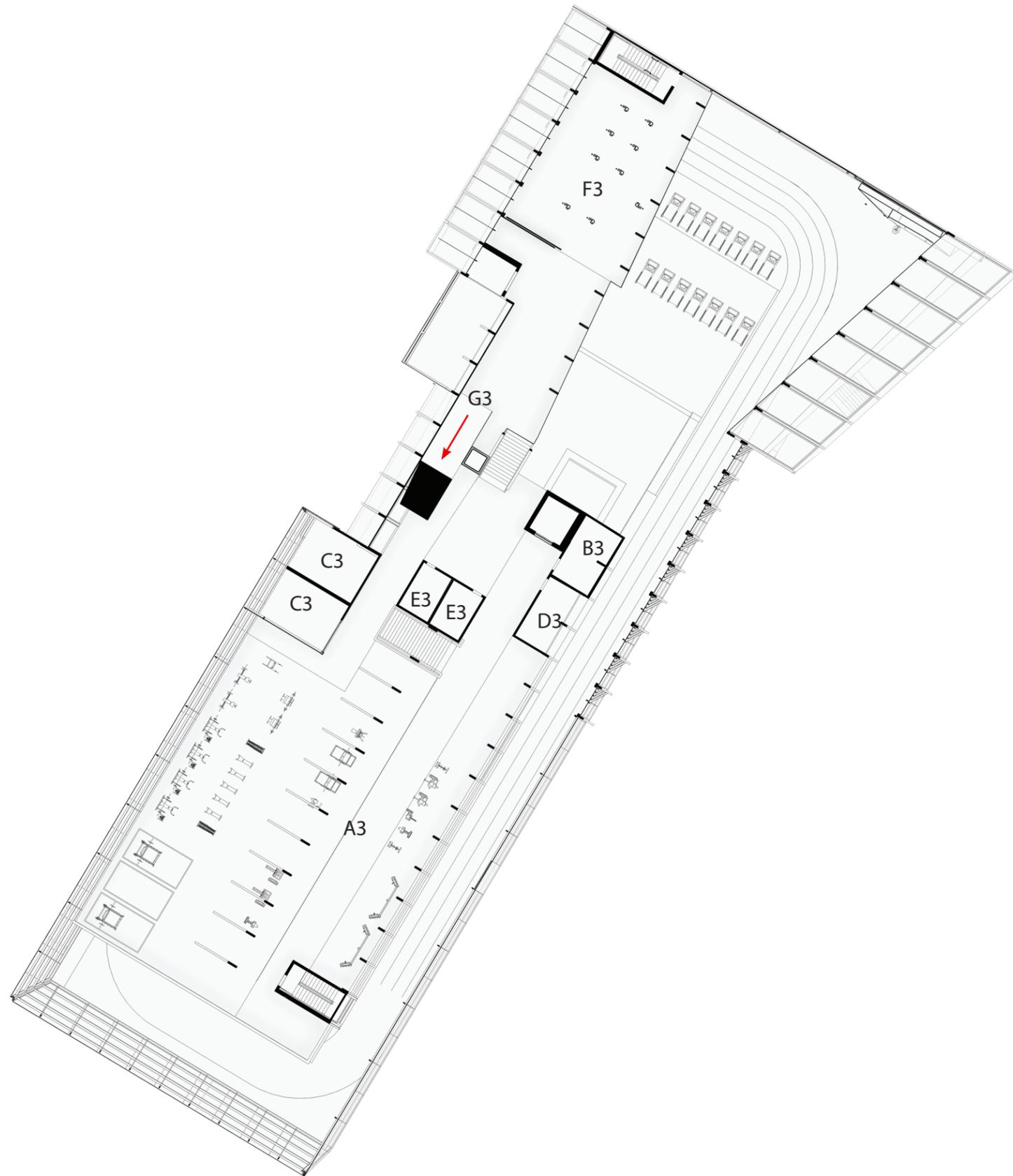


## Second Floor

- A2. Stretch and warm up landing
- B2. 200 m running/ walking track
- C2. Large cardio space
- D2. Rock wall climbing corner
- E2. Cool down rest space
- F2. Out door cool down + summer cycling deck







### Third Floor + Fourth Floor

A3. Weight training; Free weight + Machines

B3. Storage

C3. Management offices

D3. trainers help desk

E3. Men + Woman Bathrooms

F3. Multi-use studios featuring retractable walls for maximum space flexibility.

G3. Roof top Access to summer running track and green roof outdoor studio.

