

Basic-Fit Lillénium

Lille, FR



Case Study



Property Owner

Basic-Fit



Main Contractor

Builthings



Acoustic Consultant

Thermibel



Fitness Equipment Supplier

Matrix

OVERVIEW

Located on the second floor of the new Lillénium shopping center, in Lille, France, this new Basic-Fit club represents a further step in the growth strategy of one of the largest fitness chains in Europe.

Basic-Fit Lillénium is open between 8 a.m. and 10 p.m. and between 9 a.m. and 7 p.m. on weekends. The club offers multiple activities including a GXR room, a virtual spinning room, a functional and lightweight lifting zone, and the typical cardio, power and free-weight zones, all equipped with Matrix fitness equipment. With this wide range, it's almost impossible not to move. However, all these activities generate significant amounts of airborne and structural impact noise.

Immediately above and adjacent to the club are several shops, whose opening hours are largely the same as those of Basic-Fit Lillénium.

Stravigym SP/HP/XP

- Stravigym dry and lightweight floating floor solutions are specially designed to effectively and safely manage impact energy
- Compatible with most floor coverings



SOLUTION

Stravigym XP with GympactLayer-45 and dBooster® technology in the free, lightweight and functional areas

- High mechanical resistance and acoustical performance with a lightweight isolated floating floor system.

Stravigym HP in the strength area

- Isolated floating floor to reduce the impact noise generated by the free fall of heavy stacks in weightlifting machines.

Stravigym SP in the cardio zone and the GXR room

- A stable full-surface floor system able to improve the acoustics in areas with rhythmic and synchronized activities.

The isolation of the most critical areas with CDM Stravitec solutions allows gym visitors, shoppers and visitors to coexist without disturbing one another.

AT A GLANCE

CHALLENGES

- Gym located above shops in a shopping mall
- Need to isolate areas where, for esthetic purposes, a thin vinyl floor is used (strength, cardio and GRX area)
- A speedy installation without having to install a permanent concrete solution

BENEFITS

- Quick and easy to install
- Lightweight solutions
- Different systems per area, according to the acoustic requirements of each zone

413 m²

Stravigym SP

242 m²

Stravigym HP

463 m²

Stravigym XP
with dBooster®
GympactLayer-45

