

# Fitness Park Tours

## Tours, FR

**cdm**  
**stravitec**

Making your world a quieter place



## Case Study



### Property Owner

Fitness Park Group



### Main Contractor

ibfrance



### Architect

Boutique Groupe Concept



### Structural Engineer

Boutique Groupe Concept



### Acoustic Consultant

General Acoustics

## OVERVIEW

With more than 30 years of experience, 700 000 clients and over 220 clubs, Fitness Park is one of the largest gym chains in France. The high-end fitness chain is planning to open another 70 clubs this year alone.

In the summer of 2020 Fitness Park opened its latest club in the L'Heure Tranquille shopping center in Tours. With a surface area of 1100 m<sup>2</sup>, Fitness Park Tours is one of the larger gyms, with plenty of room for various gym activities such as weightlifting, spinning, group classes, but also more intensive workouts like boxing and cross-training.

## Stravigym HP

- "High Performance" discrete floating floor
- High mechanical resistance & acoustical performance
- Suitable for commercial gyms (impact energy <600 N.m)



## SOLUTION

With a promise to deliver their clients the best gym equipment and the best fitness experience out there, Fitness Park called in CDM Stravitec to address the flooring and isolate unwanted noise and vibrations at their latest gym in Tours.

Due the type of activities and to ensure a peaceful environment in the neighboring stores, a customized **Stravigym HP** system with **GympactLayer-25** and **dBooster®** technology was installed in the area where medium-high impacts are expected (with impact energy levels of up to 600 N.m).

This discrete solution is performance-engineered to control vibrations, minimize low-frequency impact noise, and reduce the transmission of structure-borne noise. Using the patented **dBooster®** technology, the floor system's performance is independent of the impact energy level applied to the system.

As a final floor, Fitness Park was able to install their standard floor covering, ErgoFloor Rubber Tiles. Fitness enthusiasts are now able to exercise to their heart's content without having to worry that their activities are disturbing the neighbors.

## AT A GLANCE

### CHALLENGES

- Neighbors below the free weight area
- Different activities with different levels of impact energy in the same gym area

### BENEFITS

- Freedom of choice of the floor covering
- Maintenance-free & long-lasting solution
- Lightweight system with reduced build-up height (136 mm excl. floor covering)

**290 m<sup>2</sup>**

Stravigym HP  
with dBooster®  
technology

