

Double Shift

Amsterdam, NL



Case Study



Property Owner

Double Shift



Main Contractor

Projects Amsterdam B.V.

OVERVIEW

Double Shift is more than a gym, the club prides itself on being a place to hang out and relax after a busy day's work as well as a place where people can work on their physical health. Double Shift Amsterdam houses a gym, sauna and cafe/lounge area.

Double Shift is located in what used to be an old sugar factory. The wood-beamed ceiling and other elements contribute to the industrial vibe.

Double Shift is decked out with the latest Technogym equipment for weight training and cardio.

To prevent structure-borne vibrations from creating a noise problem in the surrounding spaces the new gym needed to be acoustically isolated.

Stravigym HP with GympactLayer-45

- "High-performance" discrete isolator floating floor system that offers high mechanical resistance and acoustical performance. (Stravigym HP)
- Impact absorption layer extends the time of contact/impact reducing the peak impact force and the noise generated. (Stravigym GympactLayer-45)



SOLUTION

A **Stravigym HP** system with **dBooster® technology** and **Stravigym GympactLayer-45** was installed on the free weight zone to prevent the propagation of vibrations and impact noise generated by falling weights.

Double Shift has a free weight zone where gym-goers can work out using many different weights. To make full use of this space without dropping weights causing nuisance to the neighbours, a Stravigym HP floating floor with Stravigym GympactLayer-45 has been installed, mitigating vibrations and impact noise of falling weights on the floor, which can reverberate strongly in the building.

In order to determine exactly what is achievable in terms of acoustics, we performed an in situ test that helped to determinate the most suitable solution.

AT A GLANCE

CHALLENGES

- Selection of an efficient floor system with limited extra weight and fast and quick to install.
- Bring acoustical isolation to the typical structure of a renovated warehouse located in the heart of Amsterdam

BENEFITS

- Quick and easy installation.
- Low-profile solution

59 m²

Stravigym HP
with
GympactLayer-45

