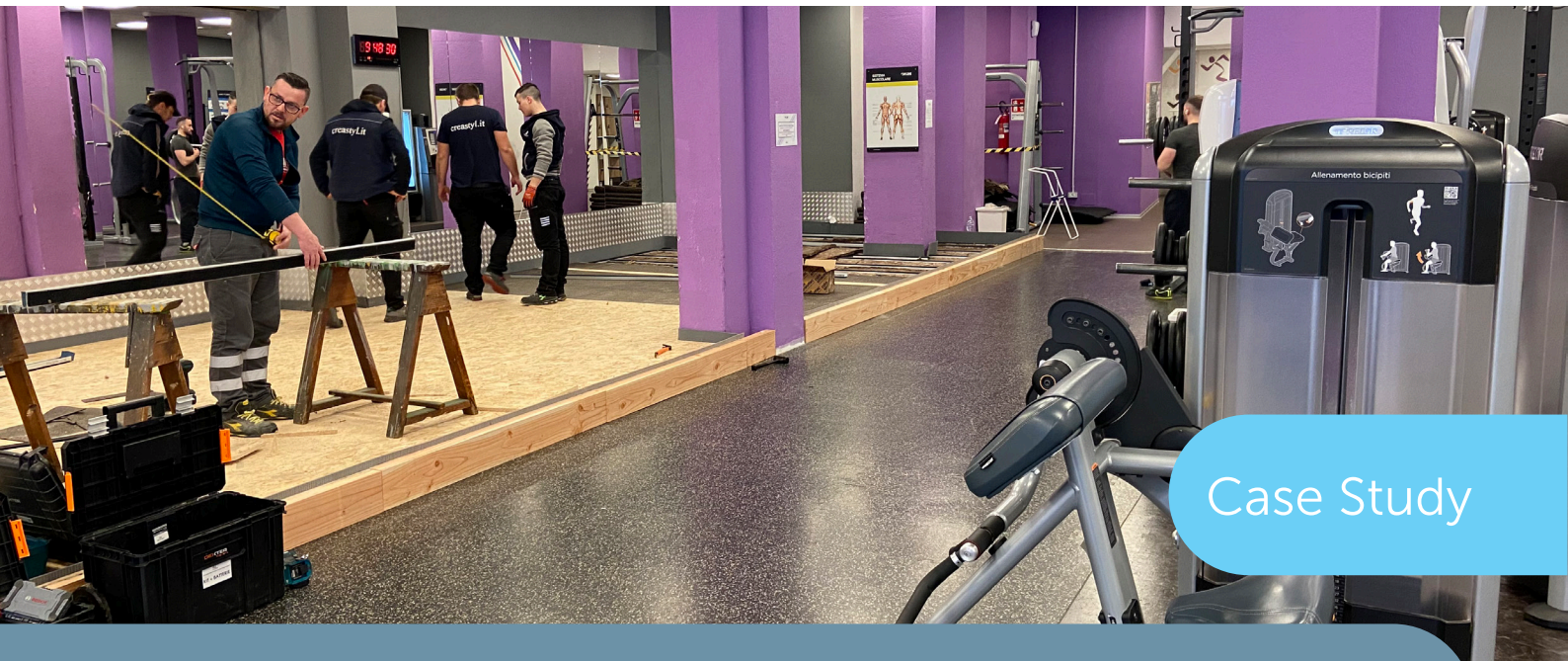


# Anytime Fitness Milano Centrale

## Milan, IT



## Case Study



**Property Owner**  
MBT Milan

## OVERVIEW

Anytime Fitness Milano Centrale is part of the Anytime Fitness network, a franchise of 24-hour health and fitness clubs that is headquartered in Woodbury, Minnesota.

Anytime Fitness Centrale is located on the ground level of a mixed-use building in the heart of Milan. The club faced noise complaints from residents living in the apartments in the upper levels due to impact noise from the free weight zone.

The gym's existing floor isolation system proved to be insufficient to properly acoustically isolate the gym. To address this issue, the gym underwent a refurbishment and acoustic improvement. The aim was to upgrade the existing floor isolation system and improve the overall sound insulation of the gym.

## Stravigym XP, Stravigym GympactLayer-45

- Extreme Performance discrete isolator floating floor system specifically intended for use in free-weight areas offering superior structural resistance and acoustical performance (Stravigym XP)
- Impact absorption layer compatible with most available floor coverings, allowing freedom of choice of the final flooring (Stravigym GympactLayer-45)





## SOLUTION

The refurbishment involved the removal of the 20 mm thick rubber tiles and the installation of a **Stravigym XP** floating floor system with discrete isolators, **Stravigym GympactLayer-45** as impact layer and equipped with our patented **dBooster® technology** to absorb the energy from very high impacts and cope with low frequency vibrations. Upon request, the old rubber tiles were recuperated and placed on top of the acoustic floating floor system as floor finishing.

As only certain areas of the gym needed to be treated, the acoustical floor makes use of a side profile to guarantee a clean and uniform look.

These measures effectively reduced noise transmission and improved sound insulation, resulting in a quieter gym environment. The acoustic improvement not only resolved the noise complaints from neighbors but also enhanced the gym's overall user experience. After installation of the new floating floor, acoustic measurements were done, proving the impact noise reduction qualities of the system.

The renovation of Anytime Fitness Centrale demonstrates the importance of acoustics in fitness centers, particularly in densely populated areas where noise complaints can easily arise.

## AT A GLANCE

### CHALLENGES

- Reaching a high level of acoustic isolation
- Gym stayed open during the installation process

### BENEFITS

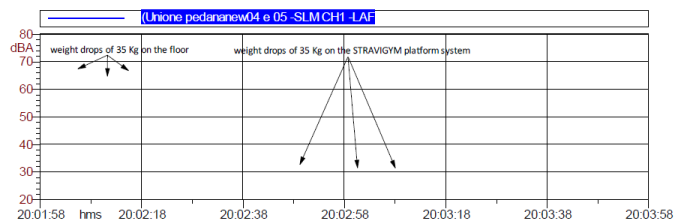
- Easy and quick installation (2,5 days)
- Excellent results confirmed by the acoustic report
- Noise reduction > 37,5 dB(A) compared to the non-isolated floor
- Final noise levels within the regulatory limits
- Possible to reuse the existing floor covering

60 m<sup>2</sup>

Stravigym XP  
with dBooster®  
Technology

60 m<sup>2</sup>

Stravigym  
GympactLayer-45



Measurement of the maximum A-weighted fast response sound pressure level on receiving room, when dropping 35kg on original floor setup vs on Stravigym XP with GympactLayer-45.

