



Case Study



Property Owner
Anytime Fitness



Main Contractor
Waarmakers Project Management



Acoustic Consultant
Cauberg Huygen



Local Partner
Delta-L

Solution

Stravigym XP with GympactFloor-45

- **Stravigym XP** - Extreme Performance discrete isolator floating floor system specifically intended for use in free-weight areas offering superior structural resistance and acoustical performance
- **Stravigym GympactLayer-45** - Engineered continuous mats with huge impact on the structure-borne noise mitigation through extending the time of contact/ impact and, thereby, reducing the peak impact force and the noise generated

OVERVIEW

At Anytime Fitness, being able to exercise 24 hours a day and all year round without restrictions is central.

The franchise formula has more than 5,000 workout locations worldwide. Every day a new Anytime Fitness location opens somewhere in the world and a new member registers every 3 minutes. The franchise formula has no fewer than four million members worldwide.

While other gyms are increasingly focusing on digitalization and removing staff from the floor, Anytime Fitness focuses on more personal attention. More guidance, more atmosphere, more experience.

Waarmakers Projectmanagement and Delta-L have joined forces for this project. Both found this very pleasant.



“On to more”, says satisfied Joop Strijbosch, coordinator at Waarmakers. Franchisee Roenee Hanssen is very satisfied with the result: “We have no more complaints.”



SOLUTION

One of the challenges in the 'free weight zone' was preventing noise pollution for the upstairs neighbors as a result of weights being dropped. These types of activities can cause significant vibrations and contact noise, which can travel through the building and cause nuisance to the (upstairs) neighbors.

To address this problem, a [Stravigym XP with GympactLayer-45 and dBooster®](#) was installed.

This system has a special construction consisting of natural rubber pads, plating, damping layers and impact insulation, making it possible to provide sufficient insulation even at low frequencies.

The light weight and fast installation time of the system make it an ideal solution for existing clubs, where it is often no longer possible to install a heavy floating concrete floor.

In collaboration with our local partner, Delta-L, CDM Stravitec was responsible for the design of the solution. The supply and installation of this floor system were carried out by Delta-L.

AT A GLANCE

CHALLENGES

- Design an acoustical floor solution to prevent disturbing the neighbors immediately above the club when weights are dropped in the free weight area.
- Isolate noise and vibration from weight drops (which travel through the building structure and cause nuisance to all neighbors, not just adjacent ones) to prevent disturbances.

BENEFITS

- Superior structural resistance and acoustical performance.
- Easy and quick to install.
- Lightweight floating floor.
- Compatible with high impact.

55 m²

Stravigym XP with
GympactLayer-45
and dBooster®

