GYMS & FITNESS SPACES

Protect rental income. Protect asset value. Protect reputation.

The value add – and the risk

Gyms and fitness spaces are now core components of premium office, mixed-use and residential developments.

They:

- Increase tenant demand
- Support ESG and wellbeing strategies
- Drive occupancy
- Command rental premium
- Differentiate Grade A assets

But high-impact activity, especially above street level, introduces dynamic forces that most existing floor structures were never designed to accommodate:

- HIIT classes
- Free weights
- Spin studios
- Treadmills
- Rhythmic jumping

When vibration travels beyond the gym, the commercial equation changes fast.

What starts as an amenity can become a liability

Within weeks of opening, neighbouring tenants may report:

- Shaking monitors and desks
- Rattling ceilings and partitions
- Disrupted meetings and calls
- Staff complaints and HR escalation
- Concerns about structural safety

The result:

- Formal complaints.
- Legal threats.
- Lease renegotiation pressure.
- Reputational risk.

The financial exposure

Consider a typical premium asset:

- 150,000 sq. ft.
- $80 per sq. ft. rent
- $12,000,000 p.a. rental income

Loss of just one 20,000 sq. ft. tenant due to vibration dissatisfaction:

- $1,600,000 p.a. rental exposure
- plus incentives, void periods and re-letting costs

A 'value-add' gym can quickly trigger multi-million-dollar risk.

The traditional response (and the cost)

Structural stiffening

- Major steel and concrete intervention
- Strip-out of finishes
- Gym closure
- Tenant disruption
- Months of programme
- Seven-figure CapEx
- High embodied carbon

Stiffening with passive tuned mass dampers (TMDs)

- Designed around a single dominant frequency
- Performance fixed to measured conditions at one point in time
- Limited effectiveness against varying class types
- Still requires structural enabling works
- Still disruptive

Both approaches are:

- Slow
- Disruptive
- Capital intensive
- Often commercially unacceptable in live premium environments

The modern alternative: CALMFLOOR active mass dampers (AMDs)

The commercially driven solution – zero structural compromise

CALMFLOOR uses compact, intelligent active systems installed directly to structural beams beneath the affected floor.

- No structural modification
- No decant
- No prolonged closure
- Installation typically completed out of hours
- Revenue continues

Why CALMFLOOR works for gym environments

Gym vibration is not static. It varies constantly:

- Changing class formats
- Different instructors
- Equipment relocation
- Evolving membership trends

Passive systems are fixed – CALMFLOOR is:
Active – Detects and counteracts vibration in real time.

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Multi-Frequency – Controls multiple frequencies simultaneously.

Adaptive – Maintains performance as floor behaviour changes.

Measurable – Provides reporting visibility via CALM Connect SMART monitoring technology.

High performance – Within its controllable range (3–30Hz), CALMFLOOR can reduce problematic vibration by up to 90%.

ROI-driven outcomes for owners and asset managers

- Protects rental income
- Protects lease renewals
- Protects asset valuation
- Avoids extended downtime
- Avoids carbon-heavy structural works
- Lower total cost vs traditional remediation
- Faster return to full operational stability

For gym operators

- Avoids prolonged closure
- Protects membership revenue
- Maintains programming flexibility
- Protects brand reputation

Traditional solutions vs CALMFLOOR

	Structural Stiffening	Passive TMDs	CALMFLOOR AMDs
Gym closure	Yes	Often	No
Structural alteration	Major	Major	None
Multi-frequency control	No	Limited	Yes
Adapts over time	No	No	Yes
Tenant disruption	High	High	Low
Embodied carbon	High	High	Low
Total cost	High	High	Lower
Speed of deployment	Slow	Slow	Fast

In summary

Gym vibration isn't just an engineering issue, it's a revenue protection issue.
Traditional structural solutions are slow, disruptive and capital heavy, but CALMFLOOR AMDs deliver:

- Rapid deployment
- Minimal disruption
- Adaptive multi-frequency control
- Measurable performance reporting
- Lower total cost
- Protected income and asset value

Your next steps

An initial vibration assessment can quickly establish:

- Severity of impact
- Required unit quantity
- Budget range
- Deployment programme

Take that next step today

Contact us at **enquiries@calmfloor.com**
visit our website **www.calmfloor.com**
or through the CALMFLOOR Global Strategic Network to find out more.

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