

CASE STUDY

RECREATION & FITNESS

MBMA
METAL BUILDING MANUFACTURERS ASSOCIATION®
Research | Leadership | Education



Evans Fitness Club • Evans, Ga.

RECREATION AND FITNESS FIT THE METAL BUILDING MODEL



Recreation and fitness are two related lifestyle industries that focus on leisure options for people of all ages, interests, and incomes. They represent many diverse options.

FITNESS INCLUDES:

Gyms and physical fitness centers
Yoga studios
Martial arts training
Dance studios
Natatoriums
Sports courts (volleyball, racquetball, squash, etc.)

RECREATION INCLUDES:

Indoor skydiving
Bowling
Casinos
Neighborhood activity centers
Theaters

Metal building systems accommodate these types of businesses very well for a variety of reasons.

HERE ARE THE TOP 10...

1 They meet the criteria of most fitness and recreation developers. Metal buildings provide business developers with a solution that is quick to construct, long-lasting and low-maintenance. That means lower long-term costs, faster construction that brings the building into service more quickly than other building methods, and minimal facility maintenance requirements over the entire life of the structure.

2 They deliver a versatile, clear span structure. This means there are no required interior columns to impede the reconfiguration of spaces to accommodate changes in fitness/recreation equipment, programs, and consumer expectations.

3 They are durable. Metal buildings stand strong against extreme weather conditions and catastrophic disasters. They are also exceptionally fire-resistant. Metal roofing, one element of a metal building, has been shown to withstand winds of 140 mph. In seismic zones, low-weight flexible frame options offer higher resistance to tectonic forces.

4 They are engineered to provide an exact fit for a specific developer's program. The building layout is defined, the building components are manufactured, then all materials are delivered to the construction site as a complete package—assuring single-source responsibility and prompt product delivery. The standardization inherent in systems-based buildings makes design, manufacturing, delivery, and building erection possible in as little as two-thirds the normal time for conventional structures.

5 They support process-driven development. A metal building is ideal for sophisticated developers because its design-build model is based on process and critical path, increasing efficiency in both design and construction. Interface with computer-aided design, along with the ability to clad buildings in brick, precast concrete, stone, wood, architectural metal or glass allows great flexibility in design aesthetics.

6 They offer competitive advantages. Advancements in the fabrication of structural elements provide a faster return on investment for a building owner. Since all elements are factory-fabricated, they are pre-cut and pre-punched under precise factory conditions. As a result, quality is increased while waste is decreased. Building erection time and costs are highly predictable since all parts are manufactured and shipped to the site—typically within six-to-eight weeks from the time an order is submitted. These short build-out times translate to earlier occupancy and a quicker start of business.

7 They expand easily. When a developer achieves success in a recreation or fitness location, there is logically a need to expand. With metal building systems, that potential is already built into the products. Expansion typically involves the simple removal of an end or side wall, erection of additional structural frames, and matching the existing wall and

roof coverings to the addition. This flexibility naturally cuts costs and reduces the time and inconvenience typically required to expand or add to an existing structure.

8 They exhibit respect for the environment. Metal buildings are composed of steel and are 100% recyclable. Nearly every metal building component incorporates recycled steel. An independent study also reveals that, for the types of projects where metal buildings are most economical, they typically perform better in life-cycle analyses and have the least material impact on the environment.

9 They provide design criteria to stifle noise. Sports and recreation developers are typically concerned about noise levels generated by crowds, cheering and team-spirited revelry. With metal buildings, the proper use of thermal insulation helps prevent the transmission of exterior sound, while quieting the noise within a building by absorbing reverberating sound.

10 They allow for design flexibility. When a developer wants to promote a consistent brand that makes a franchise memorable, they will want to use textures, colors and design elements that represent that overall brand. Metal buildings provide versatility to meet each of the branding objectives through the use of cladding products, alternative coatings, specialized steel elements and unique structural formations.

Architects and constructors who specialize in metal building design-build strategies attest to the value, creativity, reliability, and speed of delivery that is found in this form of construction. About half of all one- and two-story commercial buildings in America are created with metal building systems engineering. To speak with an accredited design-build architect or contractor in your area, contact mbma@mbma.com.



Tropical Park Equestrian Center • Miami, Fla.



A CASE STUDY IN BUILDING EXCELLENCE FOR FITNESS & RECREATION

Evans Fitness Club • Evans, Ga.

*“It’s a practical move
that will save you
time and money in
the long run.”*

Reggie Moore

Evans Fitness Club is a 50,000 square foot, two-story health and exercise facility. The building includes racquetball courts, a rock climbing wall, a golf simulator, an indoor running track, a two-story spin room, a cardio room with cinema, batting cages, and individual Zen yoga, meditation, and aerobics studios. The club also provides a 4,000 square foot daycare center, steam and sauna rooms and two additional businesses: Smoothie King and Evans Medical Weight Loss.

R.W. Allen, a general contracting firm in Augusta, Ga. assisted the owner with site selection, land purchase and design concepts—well before the ground was broken.

“My advice to any fitness or recreation client is to get with a good design-build contractor prior to spending money on design and engineering,” says Reggie Moore, with the building’s erector, Brenton Grey Company Inc. “It’s a practical move that will save you time and money in the long run.”



EVANS FITNESS CLUB

“It has really been a win-win situation. We would highly recommend a metal building system to other owners and developers,”

Mike Montarbo

Owner and general manager, Mike Montarbo, envisioned a contemporary, industrial appearance for the fitness center. To achieve this, the contractor recommended a metal building system with a design scheme consisting of exposed columns, bar joists, wide-open interiors, and a warm color palette. “We were amazed and wowed by the way it turned out,” says Montarbo. “Since we’ve opened, we’ve had about 30 gym owners tour the facility. They’ve all been blown away by its design, particularly the interior!”

The metal building system is complemented by a second-story mezzanine that was designed independently, but its conventional steel, tied seamlessly to the metal building.

“The metal building frame allowed us to maximize clear story height and long spans without sacrificing interior space with additional columns,” says John Martin, executive vice president with R.W. Allen. “Compared to conventional construction methods, the savings of going with a pre-engineered roofing system was essentially the equivalent of getting a roof at no additional cost.”

Once Evans Fitness Club turned operational, the end result more than met Montarbo’s expectations. “Everything is better than we anticipated, meeting or exceeding all of our performance standards,” he says. “The energy efficiency alone is phenomenal. We’re paying for energy at two-thirds the cost of a conventional 20,000 square foot building that we also operate.”

The speed of construction was another important consideration on this project. Steel placement was optimized and manufactured in accordance with the project’s specific needs, which moved the construction process along more quickly in comparison to site-built construction.

“The building’s low price point was also a major advantage,” adds Montarbo. “It gave us the opportunity to incorporate additional elements as we went along, including a center deck.”

In addition to being highly durable, the structure’s framing system was designed to accommodate future expansion needs. “It has really been a win-win situation, and we would highly recommend a metal building system to other owners and developers,” concludes Montarbo. “It is our goal to build another fitness club with similar aesthetics later this year.”

Architectural services were provided by Studio 3 Design Group.

MINI CASE STUDIES EXPRESS DIVERSE ATTRIBUTES OF FITNESS AND RECREATION FACILITIES





Paraclete XP Skyventure LLC • Raeford, N.C.

PARACLETE XP SKYVENTURE LLC



PARACLETE XP SKYVENTURE LLC

Located near Raeford, N.C. this indoor skydiving center serves the Fort Bragg military base, including personnel in the JFK Special Warfare School. The facility also provides training for sport skydivers and entertainment customers. The structure holds a 53 foot high vertical wind tunnel that is more than 16 feet in diameter at its narrowest point. Four 541 horsepower fans supply wind to banks of airfoil-shaped aluminum turning vanes tucked into each corner around the tunnel. Laid end-to-end, they would extend almost three miles.

“Some panels for the towers were going up to 70 feet, so we had to be very specific with where and how they were attached,” commented architect Rick Collins, AIA. “We came back with detailed drawings showing each attachment point for final review and worked with the manufacturer’s engineers.”



BENTONVILLE COMMUNITY CENTER

This spacious metal building system has a standing seam metal roof that enhances the exterior, as do the structure's brick, stone, and architectural-textured metal panels. The Bentonville Community Center is an 80,000 square foot facility that serves residents of all ages. Amenities include an aquatic center with a zero-depth entry, a family leisure pool, and a 25 yard competitive pool. The facility is composed of two physical structures joined by one large wall. The aquatics portion accommodates the high levels of humidity and chlorinated water required for both pool environments. In addition, the center offers a full fitness and exercise facility, a dance/aerobics studio, a gymnasium, an indoor running track, community rooms, an arts and crafts center, secure child-care, a senior activity lounge and a mini-branch library.



BENTONVILLE COMMUNITY CENTER



Bentonville Community Center • Bentonville, Ark.



Myrtle Beach Sports Center • Myrtle Beach, S.C.

MYRTLE BEACH SPORTS CENTER



MYRTLE BEACH SPORTS CENTER

With over 15 million visitors annually, the coastal city of Myrtle Beach, S.C. is home to several world-class meeting and sports facilities, including the Myrtle Beach Sports Center. At 100,000 square feet, this state-of-the-art indoor sports facility has a seating capacity of 1,500 to 2,000 spectators, with enough room for eight full-length basketball courts or 16 volleyball courts spread over 72,000 square feet of column-free hardwood space. The \$13.8 million sports center can be configured for a variety of other indoor sporting activities, as well as trade show events. Other amenities include a retail area, a café with indoor and outdoor seating, a 1,500-seat telescopic bleacher system, a private mezzanine for elevated viewing, seven multipurpose rooms, and an entertainment zone featuring a climbing wall.

“Talented athletes have been coming to the Myrtle Beach area for years in the name of spirited competition and this new facility is a fantastic way to host even more sporting events and grow our reputation as a sports tourism destination,” says Mark Beale, marketing and business development director for the Myrtle Beach Sports Center.



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