Policy wrt Gymansium (and allied services – Health Club & Spa):

	Cluster Gym (multiple within a development): Carpet Area: 400-600 sq. ft.	**Type I (for 'Small' & 'Medium' residential projects): Carpet Area : 700 to 1000 sq. ft. (excluding Health Club & Spa area)**	**Type II (for Supremus, Excelus, iThink offices and 'Large' and 'Very Large' residential projects greater than 100 units): Carpet Area > 2500 sq. f t. – 4000 sq. ft. (excluding Health Club & Spa area)^**
Treadmill	1	1-2	3-6^
Exercycle / Bike	1	1	2^
Stepper / Climbing Machine	0	0	1 -2^
Crosstrainer / Cross over	0	1	1-2^
Rowing Machine	0	0	1^
Free weight dumbbells – 2 nos each (2.5 kg, 5 kg, 7.5 kg, 10 kg, 12.5 kg, 15 kg, 20 kg, 25 kg, 30 kg, 35 kg) with stacking stand.	1	1	1 (no. of plates to increase by 2 x) ^
Free weight plates: 2.5 kg – 2 nos 5 kg – 4 nos 10 kg – 4 nos 20 kg – 2 nos.	0	1	1 (no. of plates to increase by 2 x) ^
Adjustable Bench (flat, decline, incline)	0	2	3^
Bench Press (preferably with free weights, with adjustable usage possible for flat, incline and decline press)	0	1 (however, may be deleted if covered in the extensive multi-gym)	1-2^
Pectoral Machine	0	0	1^
Chest Press	0	0	1^
Yoga Mats	2	2	4 ^
Ab crunch (free standing equipment)	1	1	0
Ab ball	2 (55 cm and 65 cm)	2 (55 cm and 65 cm)	2 (55 cm and 65 cm)^
Crunch Bench	0	0	1^
Abdominal Crunch	0	0	1^
Hyper extension machine	0	0	1
Cross over cable	0	0	1^
Power cage rack (squat	0	1	1

rack)			
Chin Dip	0	0	1^
Leg Curl	0	0	1^
Leg Extension	0	0	1^
Leg Press	0	0	1^
Bars (for arm exercises)	0	2-3 nos. (different types, with stand)	2-3 nos. (different types, with stand) ^
Arm Curl	0	0	1^
Arm Extension	0	0	1^
Lat Pull down	0	0	1 ^
Shoulder Press	0	0	1^
Upper Back	0	0	1^
Pulley (for back)	0	0	1^
Juice Bar	0	0	1^
Towel Rack & bin	1	1	1^
Water Fountain (with 'up' spout so that no glasses are required)	1	1	1^
Intercom	1	1	1
Weighing machine (digital / regular)	1	1	1
Clock (digital / regular)	1	1	2-3 (1 in each of the major sections)
TV with settop box/cable	1	1	1
Attendant Desk	0	0	1
Multipurpose room / Free exercise space (for yoga / aerobics etc.)	0	0	1 (approx. size of 300-500 Sft), with wooden/rubber flooring, adequate mirrors and separate music and AC controls); if there is a designated activity room in the Club, this can be avoided and the said Activity Room can be used for yoga/aerobics etc.
Toilet (WC + Basin) (only if no attached Health Club and no Changing Facilities in +/- 1 level)	2 nos. (male and female) ← this should be within/same level as gym; these will also serve as the changing rooms	1 nos. (unisex) ← this should be within/same level as gym	2 nos. (1 male, 1 female) ← this should be within/same level as gym
Changing Facilities (only if no attached Health Club in +/- 1 level)	NA	Male - 1 shower + wet area outside + 1 WC + 1 basin + 6-10 nos. racks / small lockers;	Male - 2 showers + wet area outside + 2 WC + 1 changing cubicle + 2 basins +

		Female - 1 shower + wet area outside + 1 WC + 1 basin + 6-10 nos. racks / small lockers	12-16 nos. racks / small lockers; Female - 2 showers + wet area outside + 2 WC + 1 changing cubicle + 2 basins + 12-16 nos. racks / small lockers;
Health Club (where ;feasible) (carpet area of 700-1200 sq. ft. per sex)	NA	Male - 1 shower + wet area outside + 1 (dry) changing cubicle + 1 WC + 1 basin + 6-10 nos. racks / small lockers + 1 steam; Female - 1 shower + wet area outside + 1 (dry) changing cubicle + 1 WC + 1 basin + 6-10 nos. racks / small lockers + 1 steam; 1 attendant desk	Male - 2 showers + wet area outside + 2 WC + 2 urinals + 1/2 (dry) changing cubicle + 2/3 basins + 12-16 nos. racks / small lockers + 2 steam cubicles ; Female - 2 showers + wet area outside + 2 WC + 1/2 (dry) changing cubicle + 2/3 basins + 12-16 nos. racks / small lockers + 2 steam cubicles (not for Casa); 1 attendant desk
Spa (where promised, always with Health Club)	NA	Treatment room (1 nos.)	Treatment room (2-3 nos.) ; larger spa can be planned if 3rd party access is permissible AND grade A operator is brought in.

Notes:

1. All aforesaid nos. are guidelines and minor changes are acceptable in line with gym size and other conditions.
2. Different brands for the aforesaid equipment shall be finalized based on project segment.
3. Mirrors should be widely used. In free weight area, start at height of 0.75-1 m above FFL.
4. Flooring material should be non-crackable (eg. wood, rubber mats etc.).
5. Separate and adequate provision for good quality music system (speakers, amplified, media player etc.) should be made for the gymnasium, with controls within the gymnasium.
6. If possible, TV in gym should be located in such a manner that users of the cardio machines (eg. treadmill, exerbike etc.) can see if while using the machine. This is not needed if the cardio machines have their own TV (but that is quite an expensive option).
7. All treadmills should be provided with UPS to ensure that machine does not stop suddenly in case of power outage, since sudden stoppage of an in-use machine can lead to serious injury.
8. Appropriate mood lighting should be used.

9. Air conditioning vents should be located so as to maintain even temperature and air-distribution – ideally, the vents should have horizontal throw above head level. AC capacity should be suitable (20-25% higher than what would be used in a normal office area of same size) to adjust for the heat generated during workout.
10. Gym Flooring:
    a. Heavy weights area: Rubberized flooring or wooden flooring with rubberized mats
    b. Rest of gym: Can be wooden or rubberized.
11. Adequate provisions to be made for back of house areas:
    a. Staff changing and eating rooms
    b. Staff toilets
    c. Storage
12. For reference images of equipment, see technogym website at www.technogym.com or website of any other leading manufacturer.
13. ^ - where there is a range eg. 1-2, use upper end of range if > 1000 units. If serving > 2000 units, use 1.5 times (rounded down) of the upper end of the range/prescribed number if no range. If serving > 4000 units, use 2 times (rounded down) of the upper end of the range/prescribed number if no range.
14. Shoe rack and shoe changing seating area required outside the gym.
15. Free weight section should be more spacious as members require space, as walking space should be there if someone is doing workout.