

RACHEL SCHOFIELD



EMBER WELLNESS & RECREATION CENTER

SENIOR CAPSTONE



BEFORE



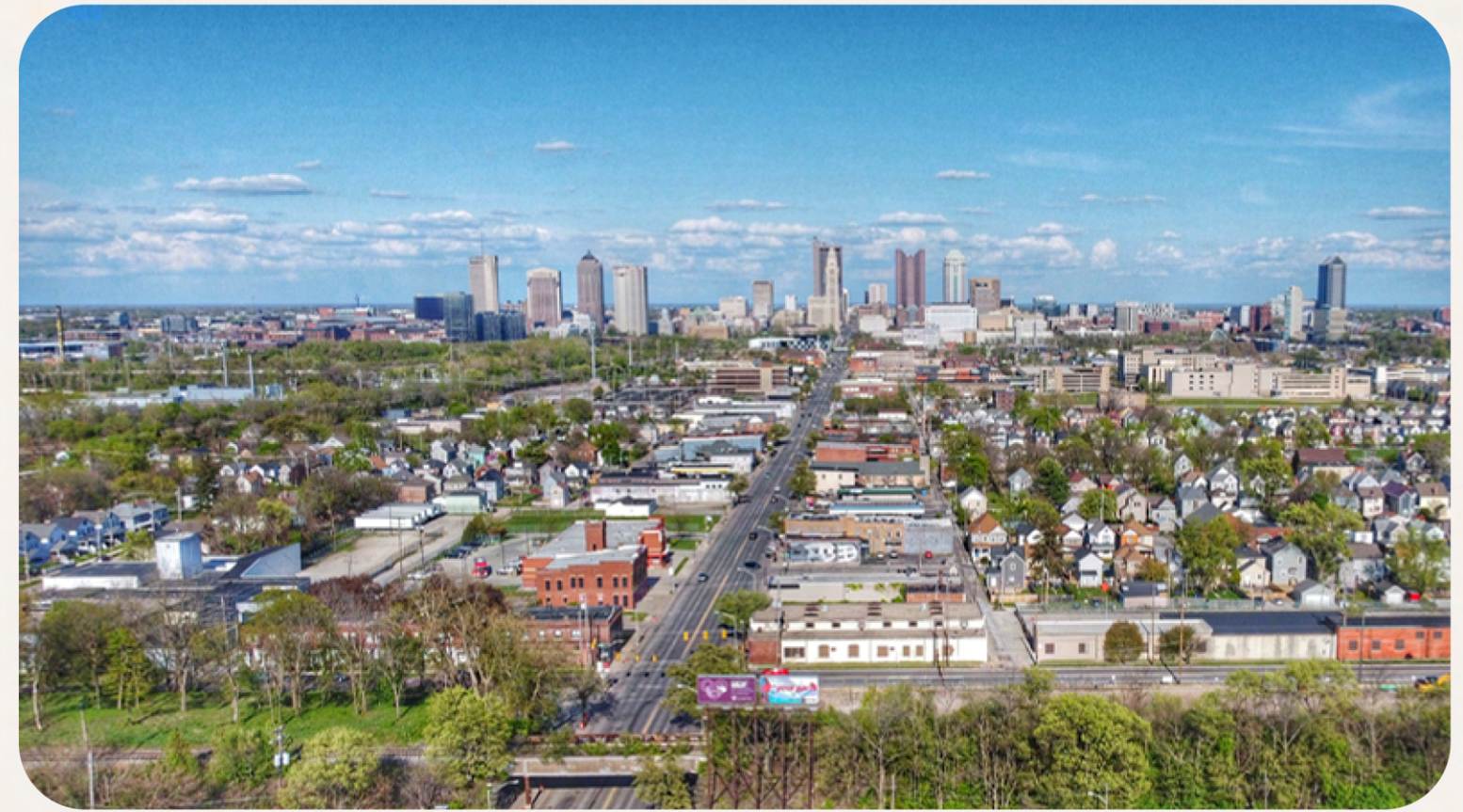
AFTER



FRANKLINTON

Based on research done up to this point, Franklinton has a lot of **history** as a district in the city that is presently under a lot of development and stress. **Heavily divided by US-315**, the west side seems to be more **highly residential** with lower income families making up the majority. The east side is more 'trendy' with millions of dollars worth of **new developments** taking over and almost **pushing the west side further away**. While numerous non-profits and people are doing good in the community, there are still steps that need to be taken in order to **revive** the neighborhood.

Site visits enforced the almost **forgotten nature** of a lot of the buildings around the area, leaving room for **improvement in function** without **denying the residents** of their vital needs not present currently around them.



FRANKLINTON STATS



POPULATION 7,306



MEDIAN AGE 32.3 YRS



INCOME \$21,557



GENDER DIST 1:1



UNEMPLOYMENT 9%



HOUSEHOLD AVG 2



SIDEWALKS 75% OF STREETS



BUILDING AGE 50+ YRS



ENGINE HOUSE 10

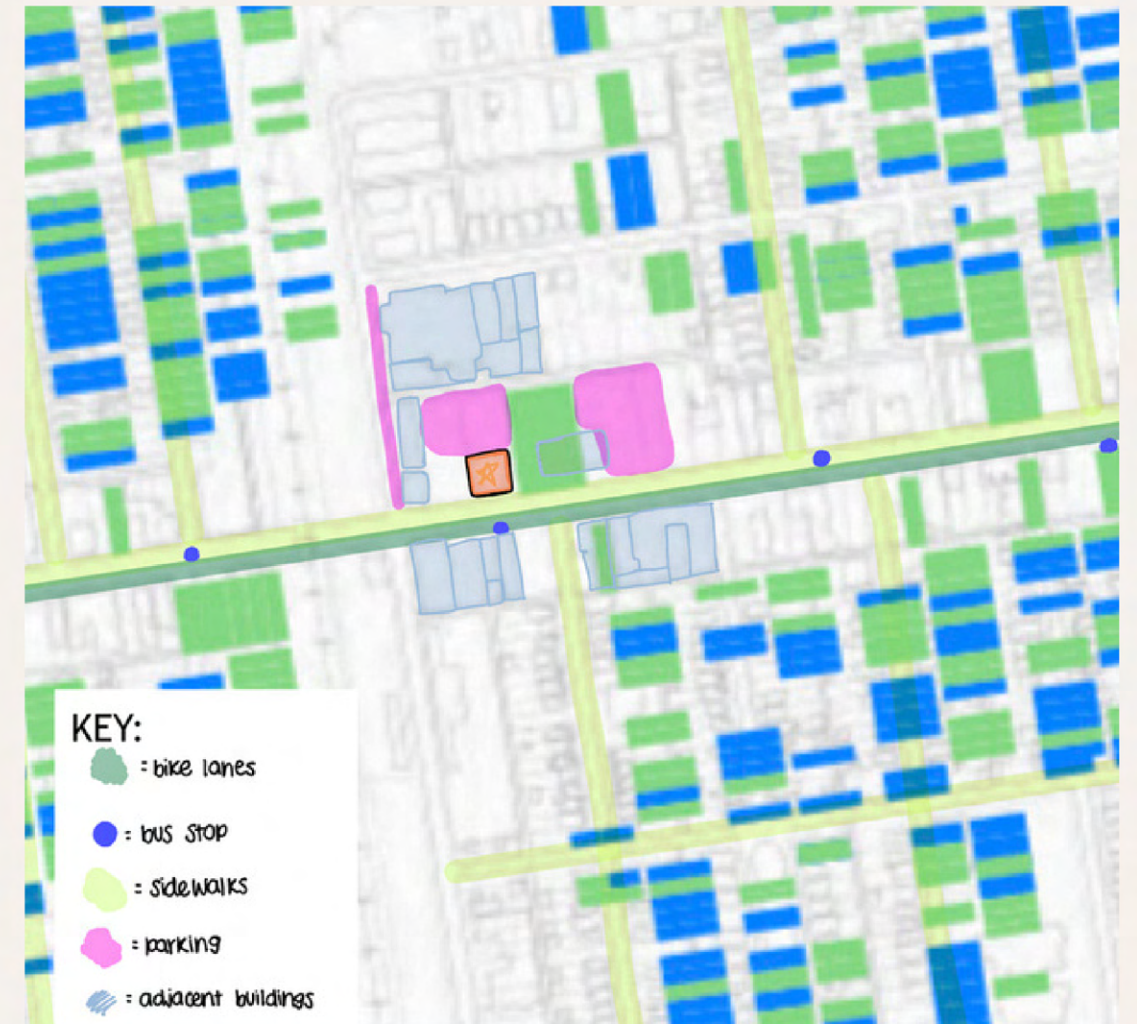
With around 7,700 square feet, this two-story firehouse creates lots of opportunities for community engagement with a **unique facade** and **brick, industrial** interior.

Located in the **west** side of 315 is a huge plus for the program along with central locality to **transportation** and community assets along **Broad**, a main street through the area.



1096 W Broad St

Built in 1897, this two story building offers numerous options to spread out and create interesting circulation between two floors. An empty back lot also creates opportunities for an outdoor program for teh community center beyond the four walls of this historic firehouse.



site map

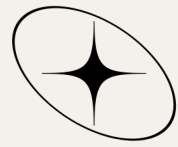


GLADDEN HOUSE

As a Franklinton based non-profit, Gladden House serves the community in a number of ways. From **senior visits and services** to **food pantries** to **after school programs** and **youth sports leagues** year-round, Gladden House has their hands in almost everything to take care of their Franklinton neighbors.

Taking **inspiration** from what they've started, I want to take a closer look at how their **operations function**, how successful they are, and what **spaces they may need to function** more efficiently for the benefit of the community.





GLADDEN HOUSE

Gladden House was founded by **Washington Gladden** and **Celia Jeffrey** in **1905** to serve as a neighborhood mission of First Congregational church. When the flood hit Franklinton in 1913, the **mission became a shelter for victims of the flood waters** as they would again in 1959. After moving to their current location on the corner of Hawkes & Town in 1953, the center remains in place with **renovations and additions added in 1995** after a capital campaign 3 years earlier raised \$2.8 million.

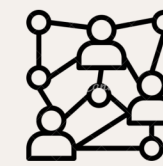
Holding numerous events throughout the year to raise funds to help their community, the Gladden Community House holds an annual **March for More** fundraiser with **TBDBITL**. One night a year they hold auctions, speakers, and a private performance by Ohio State Marching Band to raise money to fund the multiple programs making an impact on the Franklinton neighborhood.



GLADDEN HOUSE SERVICES



YOUTH SERVICES
PRESCHOOL, AFTER-SCHOOL & SUMMER PROGRAMS, TEAM SPORTS



COMMUNITY & CRISIS
RENTAL & UTILITY ASSISTANCE, BREATHING ASSOCIATION, FOOD PANTRY



FAMILY SERVICES
FAMILY-TO-FAMILY, HOMELESSNESS DIVERSION, PARENTING CLASSES



SENIOR OUTREACH
CASE MANAGEMENT, GROCERY TRIPS, SOCIAL OUTINGS

CASE STUDIES

recreation & wellness

Bakke Recreation & Wellbeing Center
Madison, WI - University of Wisconsin
Kahler Slater + HOX

-year 2023
-274,000 sq ft

Design of this new indoor fitness & wellness facility, which is located in the heart of the University of Wisconsin-Madison's historic campus, was a complex task. The building's design incorporated a variety of sustainable practices, including a green roof, rainwater harvesting, and a LEED Platinum certification. The facility also features a variety of amenities, including a climbing wall, a basketball court, and a fitness center.

Facility usage includes: 40% gymnasium, 30% climbing wall, 30% fitness center.

community-based public recreation & wellness

Cahill Fitness & Wellness Center
Baltimore, MD
GRWQ Architects

-year 2021
-100,000 sq ft
compliance with international green construction code

Design of this new indoor fitness & wellness facility, which is located in the heart of the Baltimore, MD campus, was a complex task. The building's design incorporated a variety of sustainable practices, including a green roof, rainwater harvesting, and a LEED Platinum certification. The facility also features a variety of amenities, including a climbing wall, a basketball court, and a fitness center.

Facility usage includes: 40% gymnasium, 30% climbing wall, 30% fitness center.

nutrition & access

Thangopoula Supermarket Kifisia
Kifisia, Greece
Klab Architecture

-year 2017
-1,600 sq ft

Design of this new indoor supermarket facility, which is located in the heart of the Kifisia, Greece campus, was a complex task. The building's design incorporated a variety of sustainable practices, including a green roof, rainwater harvesting, and a LEED Platinum certification. The facility also features a variety of amenities, including a climbing wall, a basketball court, and a fitness center.

Facility usage includes: 40% supermarket, 30% climbing wall, 30% fitness center.

community existing public space

Yulin Alley Neighborhood Community Space
Cheng De, China
Nisour Architects

-year 2022
-640 sq ft

Design of this new indoor community space, which is located in the heart of the Cheng De, China campus, was a complex task. The building's design incorporated a variety of sustainable practices, including a green roof, rainwater harvesting, and a LEED Platinum certification. The facility also features a variety of amenities, including a climbing wall, a basketball court, and a fitness center.

Facility usage includes: 40% community space, 30% climbing wall, 30% fitness center.

social impact community center

Community Center Filomena Valentin Gómez Farías
Mexico City, Mexico
a7913

-year 2022
-600 sq ft

Design of this new indoor community center, which is located in the heart of the Mexico City, Mexico campus, was a complex task. The building's design incorporated a variety of sustainable practices, including a green roof, rainwater harvesting, and a LEED Platinum certification. The facility also features a variety of amenities, including a climbing wall, a basketball court, and a fitness center.

Facility usage includes: 40% community center, 30% climbing wall, 30% fitness center.



DESIGN PROPOSAL

In alignment with Senior Capstone expectations, I will create a comprehensive interior design proposal for a recreation and wellness center in the **Franklinton** neighborhood of Columbus, Ohio. With a focus on **holistic** wellness and **community** building, I intend to complete secondary **research** regarding **motivation** factors, social concepts of **sport**, and interior design case studies to better inform my programming and aesthetic decisions. Enhancing community spirit through understanding the **people** and catering the experience to them creates relationships with the space. Exploring how the ideas of exercise, sport, and community **collaborate** into a comprehensive program by understanding human tendencies better informs the **placemaking** for a successful design. Placemaking is vital to interior design education, where the dichotomy of intention and critical thinking **transform** the relationship of people and spaces.

Analyzing the current conditions of Franklinton will ensure the proposal has an opportunity to make an **impact** on the community; the interior creating a safe and comfortable place for residents to **learn, grow, and thrive**. Dissecting the current state of the community through the history, infrastructure, politics, and their current impact creates a better understanding around the lifestyle of residents in the area. The **neighborhood** suffers from high crime rate and housing costs paired with below average income rates, education, and life expectancy, causing **quality** of life and community **morale** to intensely suffer. Grocery stores are nowhere to be found with **52%** of the population living in poverty and **65%** of the larger Franklin County population falls under overweight or obese.

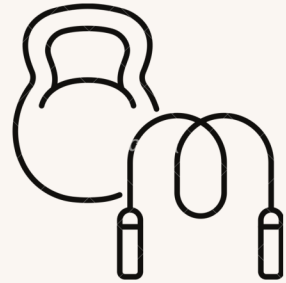
The proposal's primary goal is to provide the neighborhood of Franklinton a space to **strengthen** their bodies, minds, spirit, and community. Using pieces from sports around the world, community building advocacy, and motivation styles, the proposed recreation center brings a **different** energy to the neighborhood, adding a spark of **vibrancy**. Movement and sport have a unique psychological way of bringing people together and convening people for one common goal: here, winning means building community moral.

Located on Broad Street in the old Engine House 10, the design utilizes **adaptive reuse** to revitalize the building and practice **environmental** consciousness. Catering to promoting movement with recreational sports leagues for all ages along with open gym space and exercise classes, the recreation center intends to take **care** of the residents in hopes that **healthy** residents create a **thriving** community. Additionally, the center provides an in-house **nutritional** market and counseling, providing supplements and recipes alike. Integrating ideas of somatic therapy, the recreation center takes on **strengthening** minds and spirit alongside the body, with mindful and **meditative** offerings throughout the week. Holistic wellness becomes the primary **motivator**, with every resource serving a direct purpose for the community as a whole. Franklinton gains the resources and space to **extensively** prosper, with participation factors drawn from intrinsic and extrinsic motivation to aid lifting the community upward. As Brazil's Pelé said, "No individual can win a game by himself;" winning for Franklinton starts with bringing people **together**, where the home team is always the favorite.



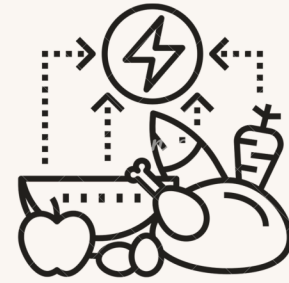
DESIGN INTENTION & GOALS

Creating space for the community to thrive through its members, strengthening the importance of wellbeing while enriching knowledge with learning opportunities for all ages & stages.



HEALTHY MOVEMENT

Aiding community members of all ages in finding ways to **move** their bodies for their health & wellbeing with a **variety of offerings** to **teach & explore** exercise styles. Creating a safe space where movement is a way to **feel good**, breeding **intrinsic motivation**, not reaching a certain look.



REPLENISHING BODIES

Providing **convenient** nutritive **refueling** throughout the day with **informed** offerings and **options** to grab and go. Marketing and label systems become **teaching tools** for community members; beyond the **ingredients** in their food but the **benefits** of the content for a more holistic diet.



BUILDING COMMUNITY

Encouraging community **connections & leadership** through sports leagues and common interests throughout the space. **Columbus** breeds strong communities through sport, here would continue that **tradition**. Giving everyone the **opportunity** to be a part of **morale & relationship building** with their **neighbors**.



PRACTICE MINDFULNESS

Creating moments of **pause** and **reflection** to strengthen our **strongest muscle**. Whether it's lead **meditation** classes, **check-ins** with a friend, or a simple reminder to **breathe**, targeting taking care of our mental wellbeing in **tandem** with our bodies.



DESIGN PHILOSOPHY

Keeping in mind the greater **impact** of our projects as a whole, aligning values of our projects with the **sustainability** and **social** goals set by the United Nations to strive to achieve **excellence**. As designers, our impact affects people day-in and day-out through placemaking. Environments are catered to specific functions and experiences through our expertise, making our decisions vital to the success of **places** and their **users**. Striving to make **impactful** decisions and programing, my project aligns most with **UN goals** numbers 2 and 3 that strive to improve nutrition along with “ensure healthy lives and promote well-being for all at all ages”.

Addressing goal 2, Ember includes a refuel station within its facilities that **provides** nutritionally substantial meals and snacks for the residents of Franklinton. Using informative **marketing** and graphics, the menu is catered to **inform** the residents of the nutritional **value** of their meals, breaking down ingredients and their **benefit** for the body, mind, and spirit. As Franklinton is a huge food desert with little to no grocery stores offering fresh produce, ensuring the recreation center fuels **active** bodies and minds that enter the doors was vital to the **mission** and **impact** the center aims to create for residents.

Goal 3 set out by the United Nations addresses creating healthier **lifestyles** and **well-being** for everyone at all ages and stages of life. By creating space for residents to move their bodies in a **multitude** of ways and **explore** different ways to do so, it sparks intrinsic motivation to be better for themselves. Creating spaces for social **interactions** and **community** groups with intramural sports leagues for adults along with **gathering** space for events and people to come together, a community **bond** and sense of **belonging** forms, addressing social well-being beyond the physical. Without forgetting about the mental wellbeing of the Franklinton residents, the center creates moments for residents to **pause** and **reflect**, with a provided meditation studio and yoga classes programmed weekly for residents to take time to **center** themselves.

Utilizing **adaptive reuse** within the project also ensures that sustainable practices are followed by keeping materials and waste out of landfills and **repurposing** the old for a new purpose.



SHORT PROGRAM

Curating a holistic experience for **many types** of exercisers and community members presented a challenge in the Franklinton neighborhood. Appealing to beginners, those in a rush, those looking for support, and everything in between, the program **caters** to **access** for all involved for **steady improvement** in health & wellness.

Occupancy Classification:
Business Group B
50 sq ft occupancy factor
100 sq ft in fitness areas



YOGA, MEDITATION, & EXERCISE CLASSES

Opportunities to **routinely** workout with **others** and **learn** in a more intimate setting, without the stress of planning workout programs.



BEGINNER FRIENDLY GYM SPACE

Providing free weights, machines, and cardio equipment in an **approachable** space free from **comparison** or **confusion**.



NUTRITION CAFE & GRAB-GO STATION

Fueling workouts and overall health in quick and **convenient** access to high **quality** foods for ultimate **nutritional** benefits,



COMMUNITY SPORTS SPACE & ADULT REC LEAGUES

Utilizing the empty lot behind the building to create moments of **gathering** and **play** to create connections and bond with **teammates**.



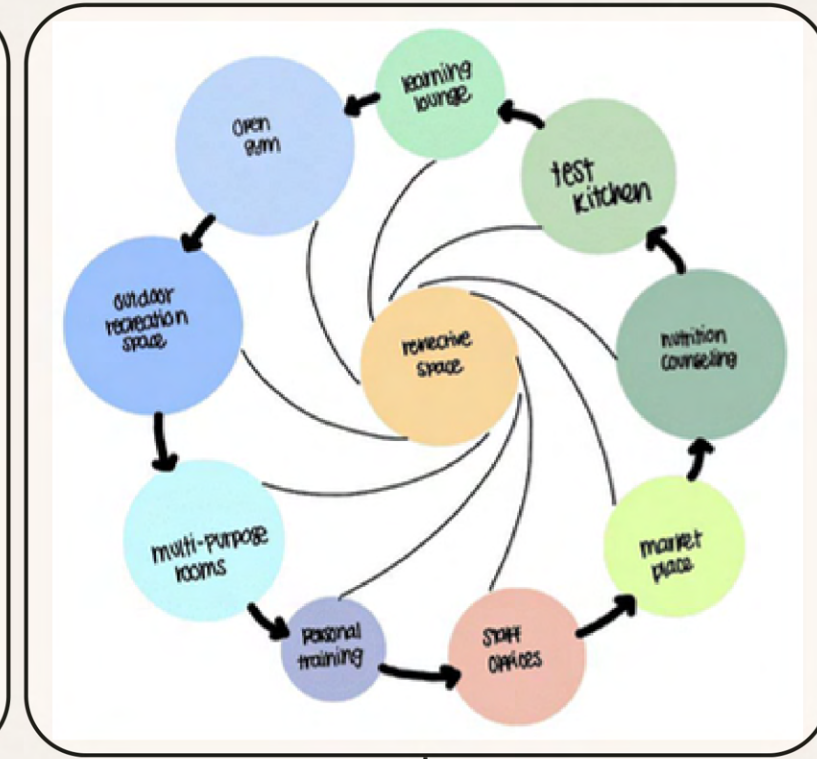
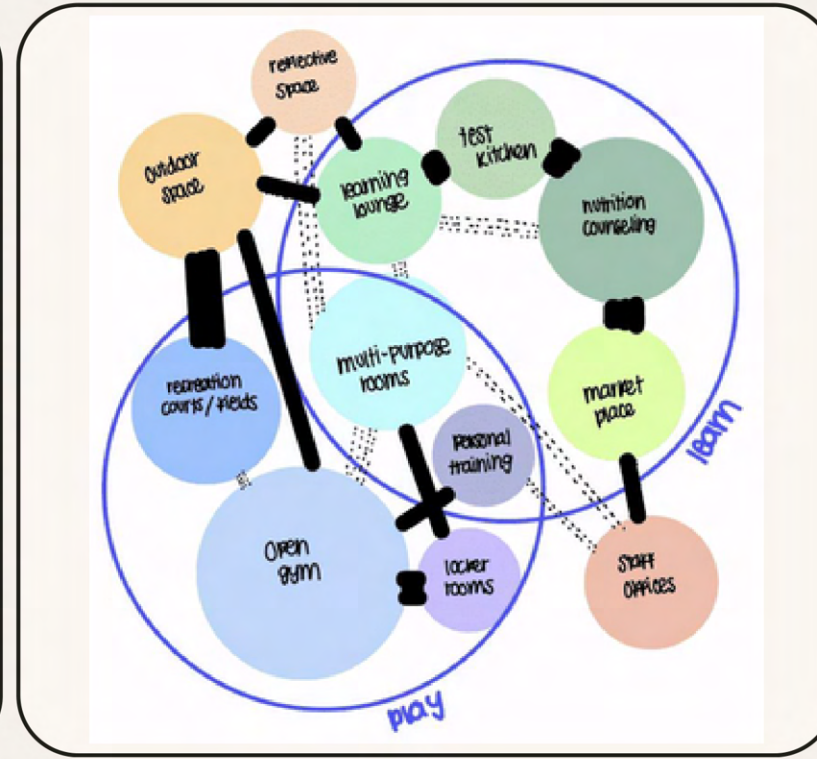
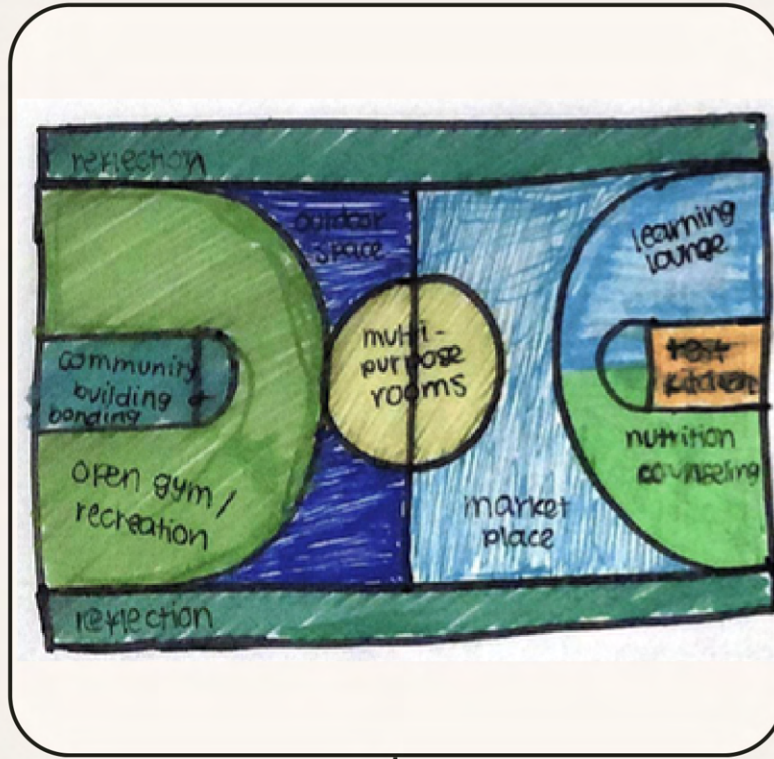
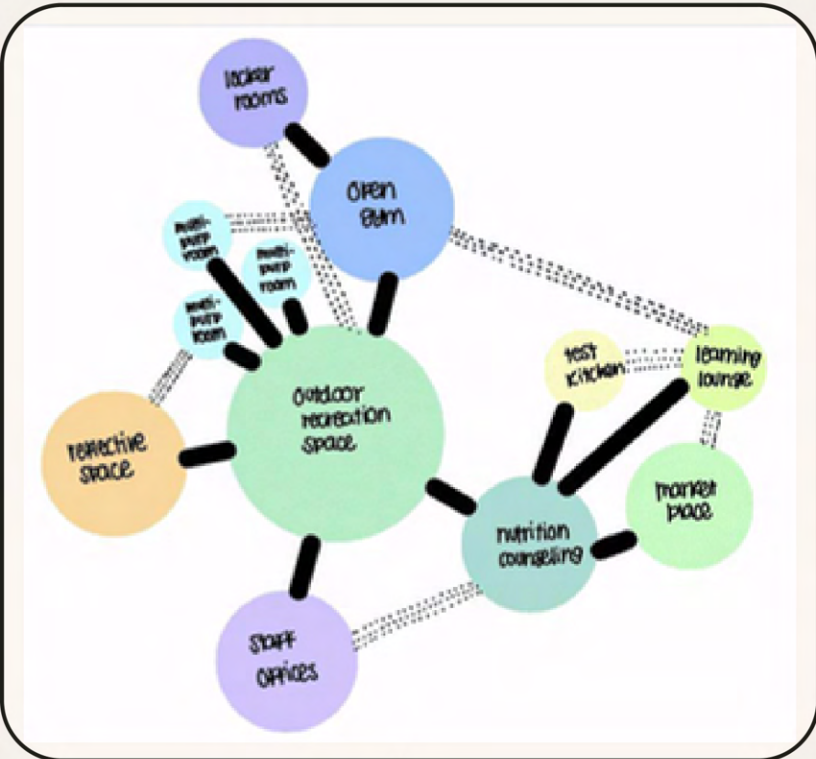
PROGRAMMING MATRIX

| activity | primary or secondary? full time or part-time? | physical, sedentary, guided? | time of day (hours of operation) | frequency per week | done alone, small groups, or large groups? | who's involved? | shared space? | environmental requirements | security requirements? |
|---|---|------------------------------|----------------------------------|---------------------------|--|--|---------------|--|---------------------------------|
| nutrition counseling | primary, full-time | guided sedentary | 9am-7pm | 5 days | small group | nutritionist, pharmacist?, counselors, residents, Frankinton Farms | NO | market space, maybe small demo kitchen | YES: outside of operation hours |
| open gym | primary, full-time | physical | 6am-9pm | all week | mostly alone, small groups | residents, staff | NO | gym equipment, showers, acoustics | KINDA |
| adult recreation sport leagues (basketball, soccer, volleyball, etc.) | secondary, part-time | physical | 5pm-9pm | sport a night on weekdays | large groups | residents, recreation coordinator, referees, staff, families | YES | sports equipment storage, field/ court, seating for viewing | YES: equipment |
| yoga, meditation, mindful movements | secondary, part-time | guided physical, sedentary | 7am-7pm | 3x a week | small groups | residents, instructor | YES | dimmable lighting, equipment (mats, ball, yoga block, etc.), sound system | NO: nothing beyond door |
| dance, zumba, FITT, barre classes | secondary, part-time | guided physical | 7am-7pm | 3x a week | small groups | residents, instructor | YES | sound system, ballet bar, mirrors, non-slip floor | NO: nothing beyond door |
| after school leagues / summer camps | secondary, part-time | physical, sedentary | 3pm-7pm | 5 days a week | small groups | residents, parents, staff, training teachers? | YES | play space, tables and chairs, backpack storage, parent area, sports equipment | KINDA |
| silver sneakers | secondary, part-time | guided physical-ish | 7am-10am | 3x a week | small groups | residents, instructor | YES | sports equipment, non-slip floor, chairs | KINDA |
| one on one training | secondary, part-time | guided physical | 6am-9pm | all week | mostly alone, small groups | residents, certified personal trainers | YES | private space to talk/ consult, circulation space, open gym | NO |



CRITERIA MATRIX

| comments | daylight | peak hours | classes? | shared space? | space/activity |
|----------------------|----------|---------------------|----------|---------------|-------------------------------|
| 10 people at a time | some | all-day | maybe | no | nutrition counseling |
| 25 people at a time | yes | all-day | no | no | open gym |
| 30 people at a time | yes | evening | no | yes | adult rec sports leagues |
| 15 people at a time | minimal | mornings + evenings | yes | yes | yoga, meditation, mindfulness |
| 15 people at a time | some | mornings + evenings | yes | yes | dance, zumba, HIIT, barre |
| 20 people at a time | some | late after-noon | yes | yes | after school / summer camp |
| 10 people at a time | some | mornings | yes | yes | silver sneakers |
| 2-6 people at a time | yes | all-day | kinda | yes | 1-on-1 training |
| 7 people at a time | some | all-day | n/a | no | staff offices |
| | no | all-day | n/a | no | restrooms |
| as many people | yes | mid-day | maybe | yes | outdoor space |

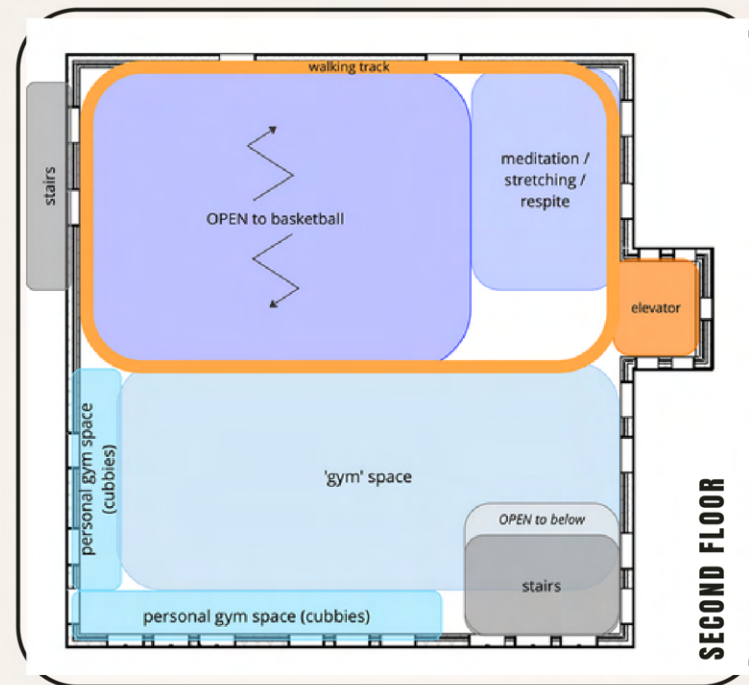
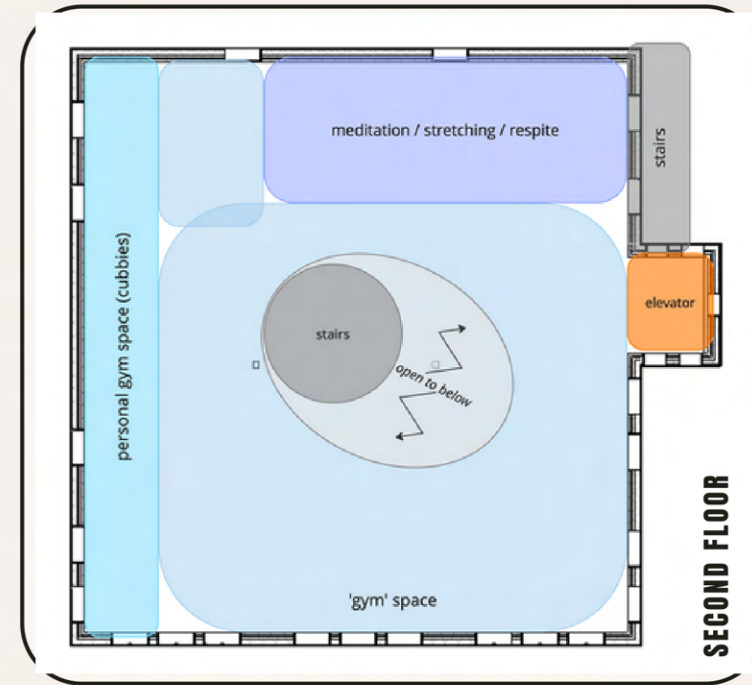
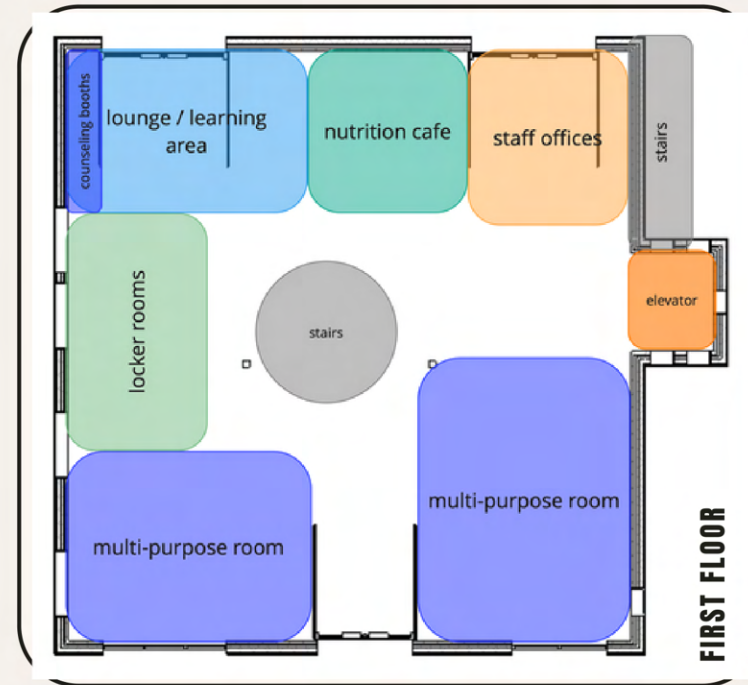
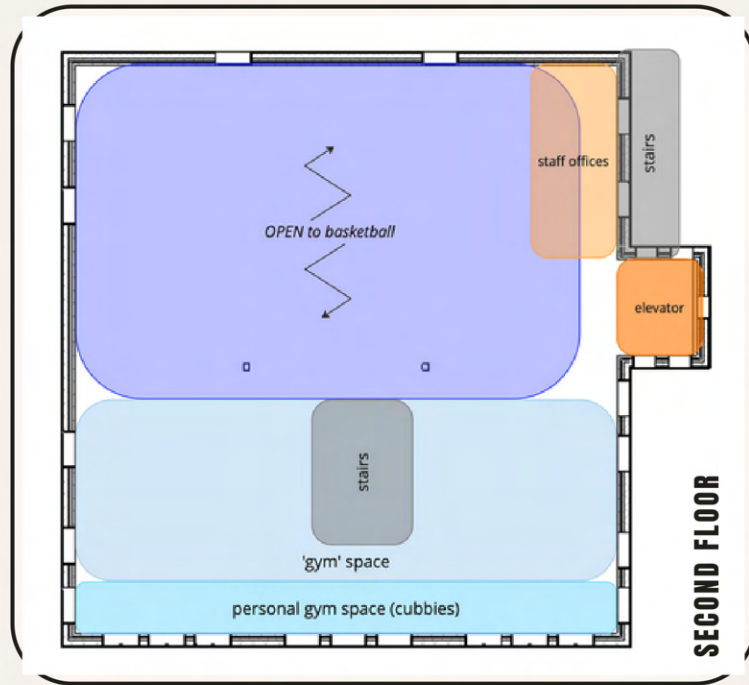
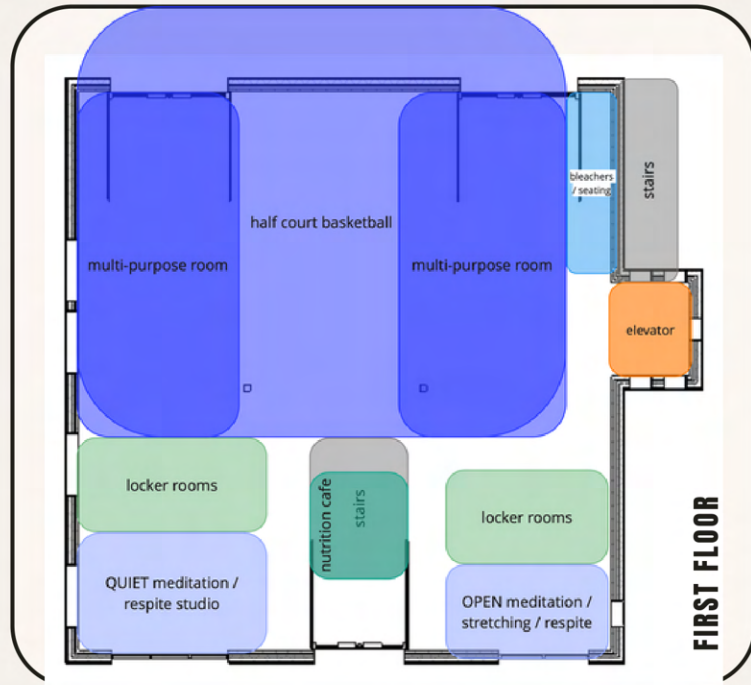


ADJACENCY

Fleshing out ideas, these diagrams related activities to one another, testing out circulation, size, and of course adjacency within the proposed community space. Most diagrams came to the conclusion that the **spatial relationship** between **activities** was vital to planning schematics of how the space works both in **concept** and **logic**.



SCHEMATIC FLOOR PLANS



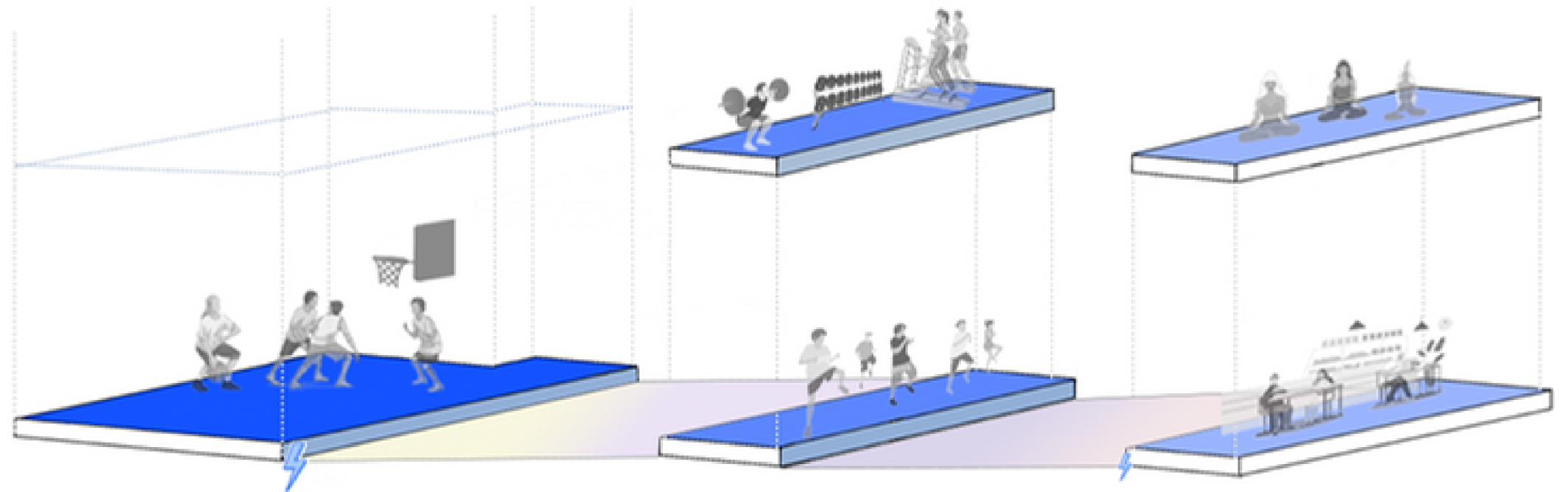
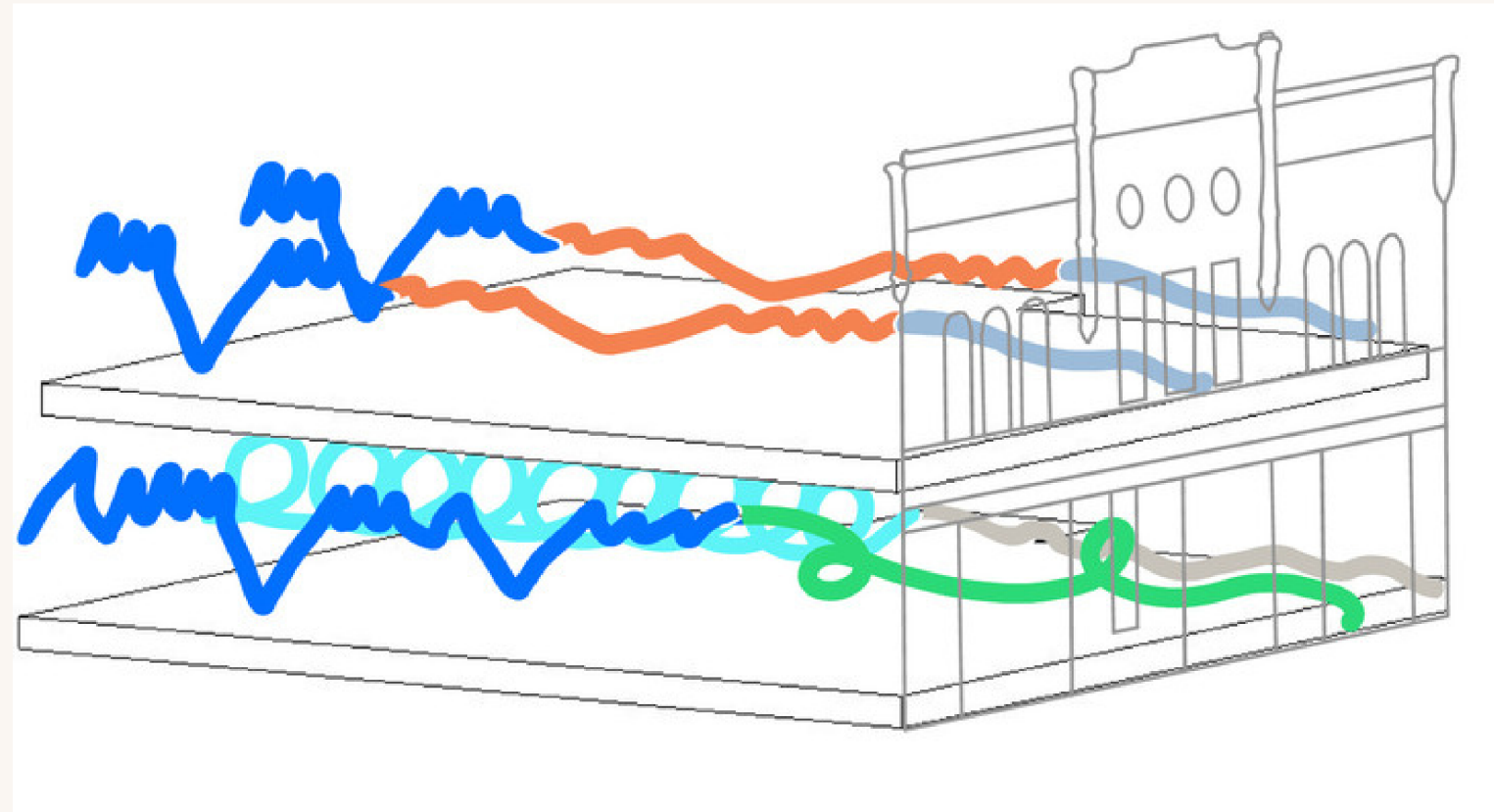


DIAGRAMS

Using the driving **concept** of **waves of energy**, the diagrams use the floor plane to drive schematic layouts and circulation, building energy as the user moves further into the space.

The top diagram uses **sketched** waves of energy per each activity to **progressively** build to the back of the building and into the outdoor space.

The lower diagram takes the floor plate and uses activity to **separate** space. Beginning with **restorative energy** and progressing to **high intensity**, the separation of space and levels is vital to success of the recreation center.







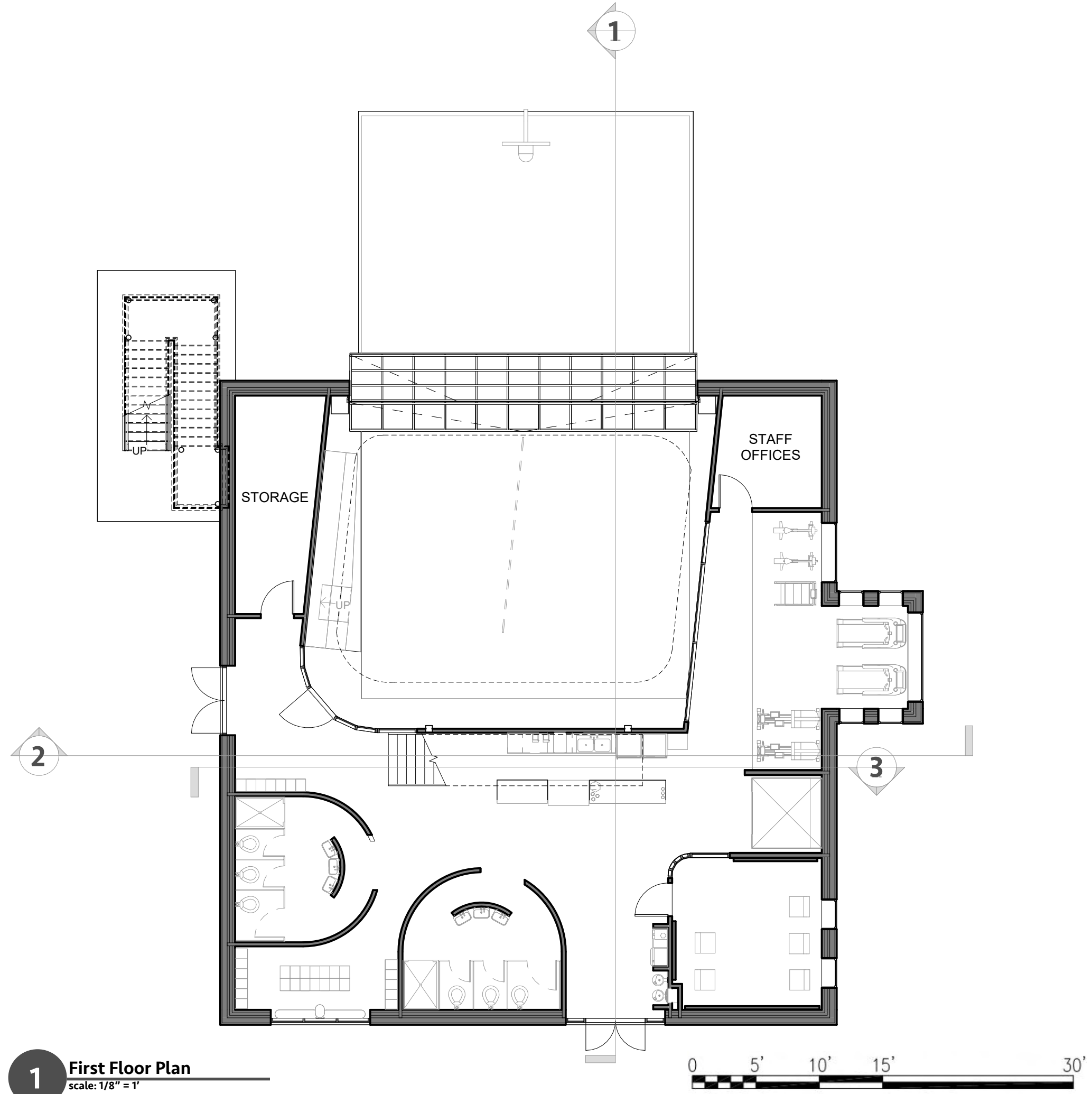
NO THANKS I'LL WALK

FRANKLINTON
EST. 1797

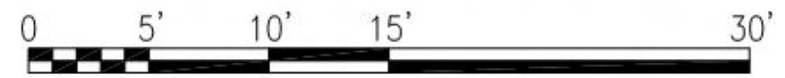
The Science of Nutrition

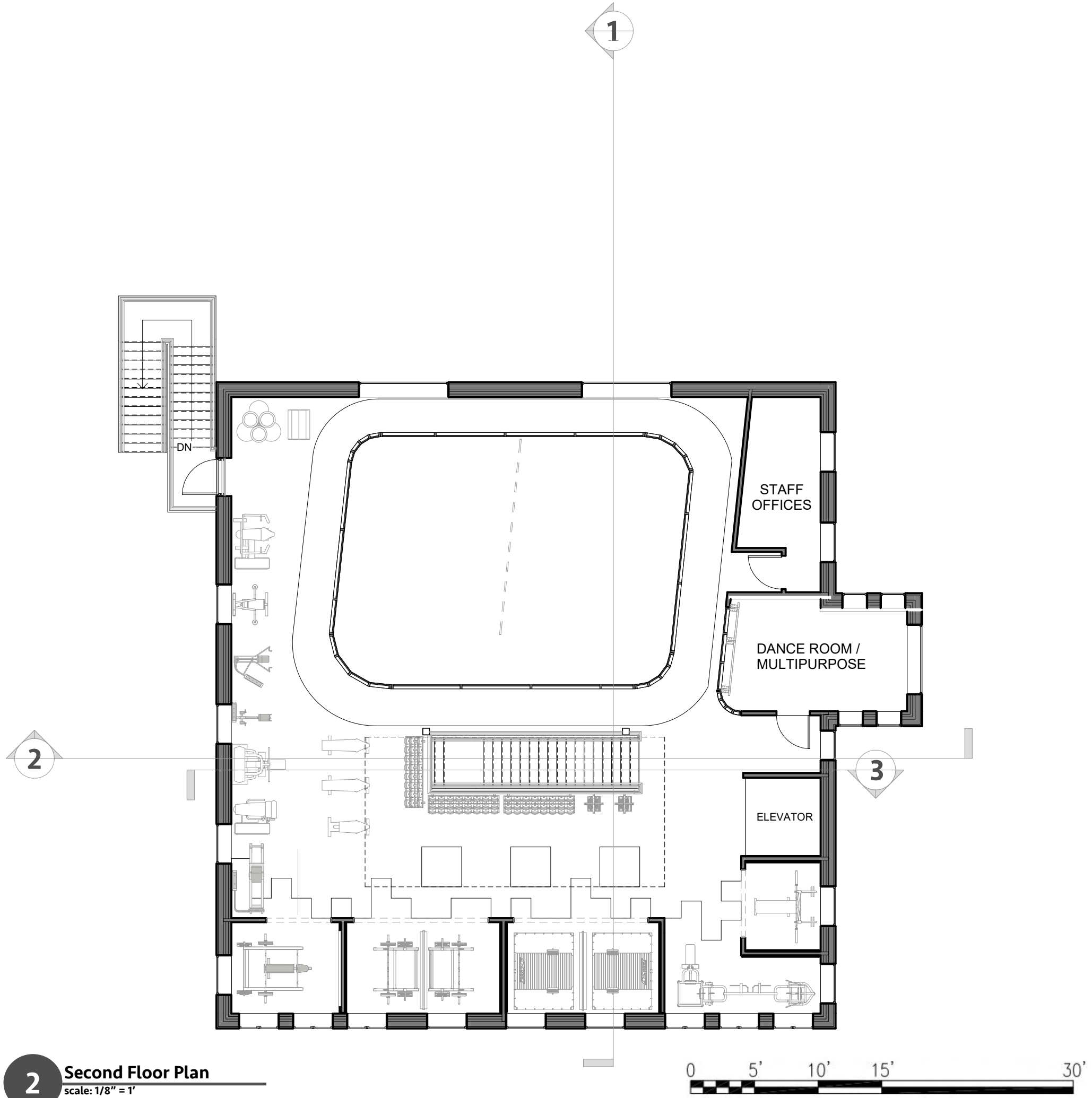
FIND YOUR GREATNESS.

FEEL LIKE
YOU
DOING MORE
EVERYTHING YOU

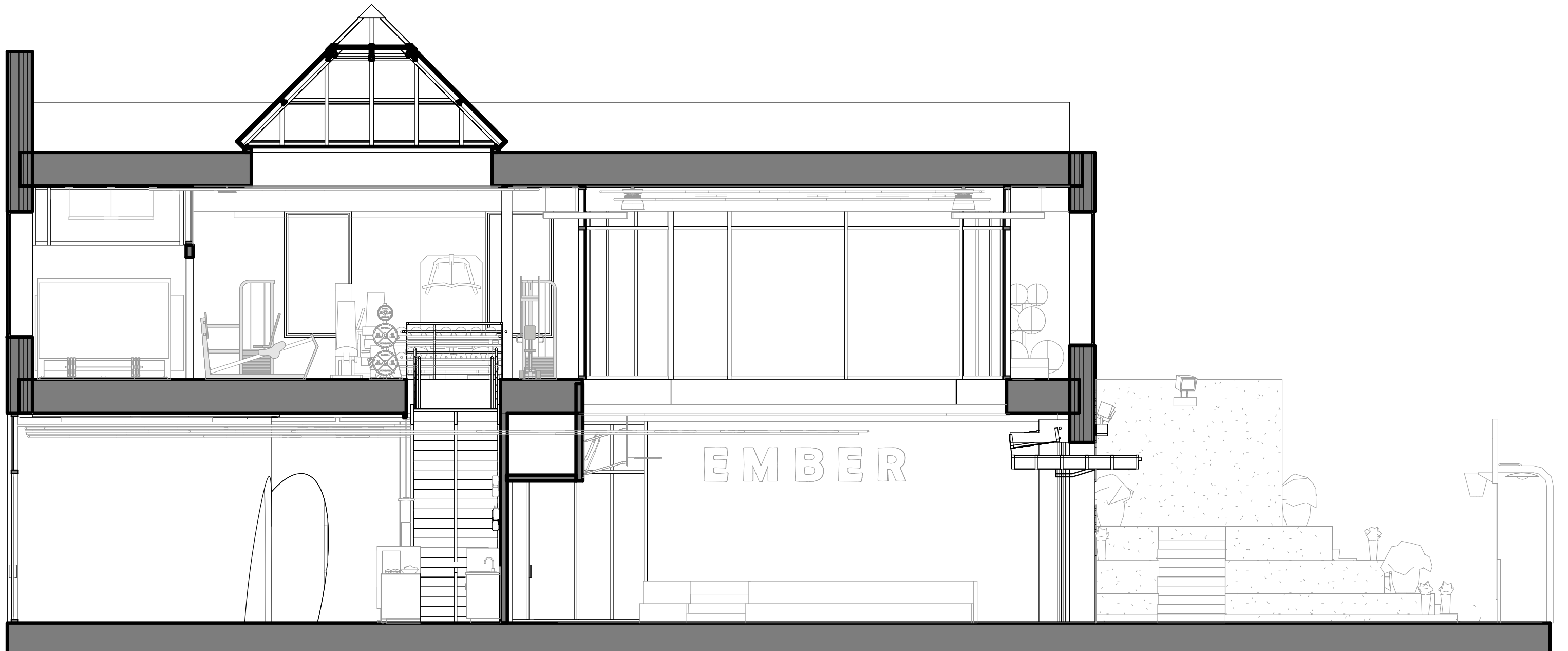


1 First Floor Plan
 scale: 1/8" = 1'



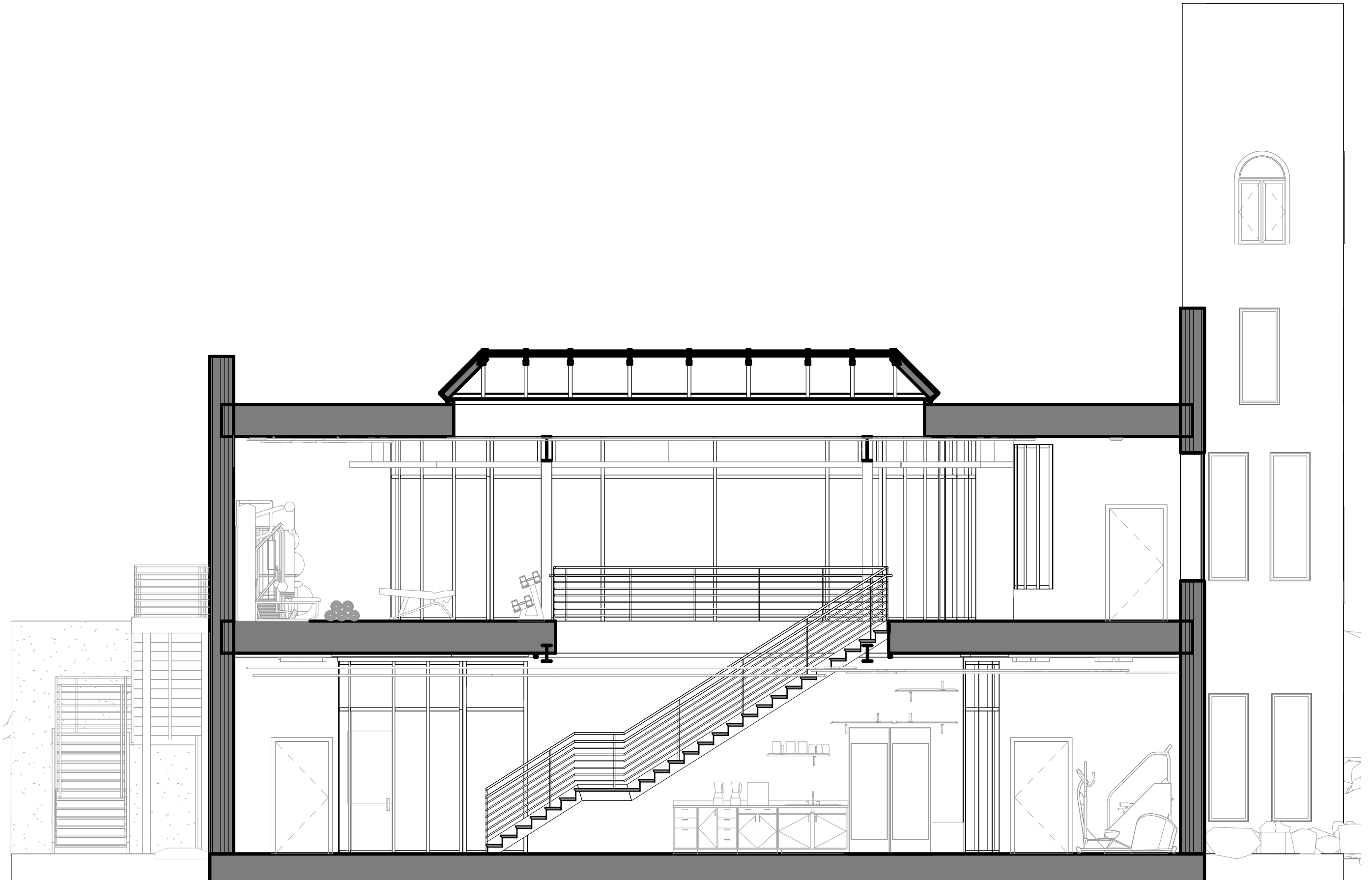


2 Second Floor Plan
 scale: 1/8" = 1'

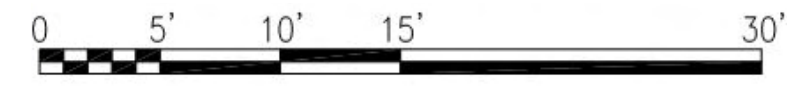


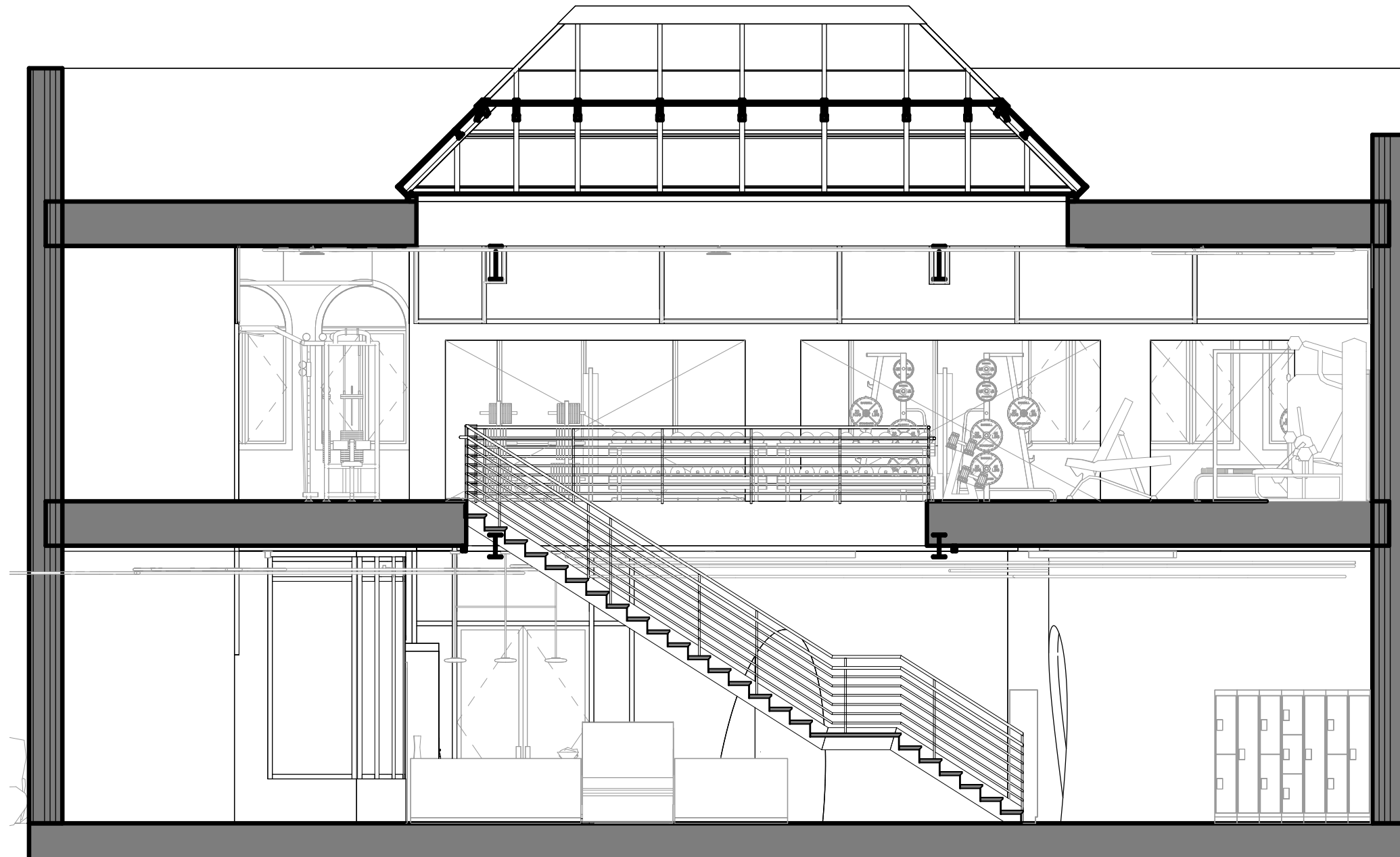
3 Longitudinal Section 1
scale: 1/8" = 1'





4 Section 2
scale: 1/8" = 1'





5 Section 3
scale: 1/8" = 1'























Personal Cubbies



Walking Track



Dance Studio



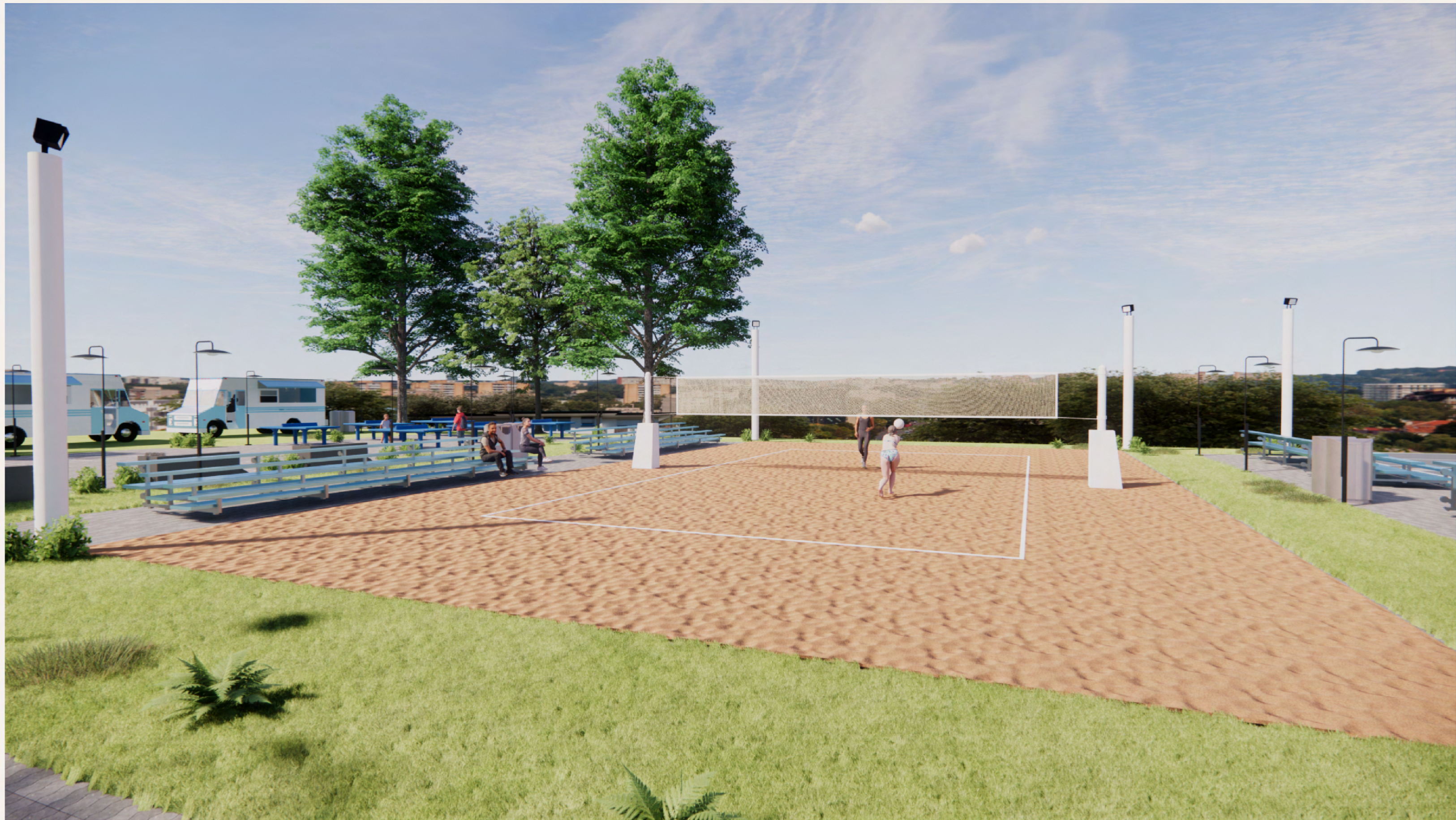


Social Seating









Volleyball Court

