

# VIZION7: HOLLOWAY, LONDON

Taylor Woodrow PLC

## CASE STUDY

Located just off Holloway Road, Vizion7 was motive8's first project with Taylor Woodrow. We began working on plans at the early stages of development and, as such, played a key role in the design and construction decision-making process.

As with many of our projects, space was a fundamental influence on the design of Vizion7's health and fitness suite. Measuring 88 square metres, the facility is extremely spacious, albeit an irregular shape, with high ceilings and large floor-to-ceiling glass windows facing directly out onto the street. An adjacent room measuring 17 square metres was also available for use.



We provided a high-end equipment spec for this facility, implementing all the latest models of Life Fitness kit including a Summit machine (launched only days before fit out) and two 42-inch flat screen TV's.

The equipment provision features both an express circuit, for those who are short of time, as well as a dual-action pulley for the more thorough workout. The express circuit allows a full-body workout at varying intensities and is very user-friendly.

The layout of the facility enables optimal use by multiple residents at peak times and focuses on the plasma's for motivation whilst working out. The glass windows are frosted to increase security of the premises.

The inclusion of an adjoining meeting/function room allows the facility to cater for every resident requirement. In terms of health & fitness provision, the space can be adapted for personal training, yoga and Pilates.

**“It was great knowing I could rely on motive8 for all aspects of the gym design and fit out. It's a fantastic facility for the scheme's residents.”**

**Kurt Adamson, Project Manager, Taylor Woodrow PLC.**