

# Designing High-Performance Wellness Facilities.

WELL-DESIGNED SPACES. HEALTHIER PEOPLE. STRONGER RESULTS.

Exceptional wellness facilities are more than places to work out—they inspire healthier lifestyles, enhance member experiences, and drive long-term business success. We design spaces that balance performance, aesthetics, and operational efficiency.



**MEMBER EXPERIENCE FIRST.**  
Spaces that motivate, engage, and keep members coming back.



**DESIGN THAT PERFORMS.**  
Optimized layouts, acoustics, lighting, and flow for peak function and safety.



**BUILT FOR RESULTS.**  
Strategic design that supports operations, drives retention, and grows your bottom line.



“Great wellness facilities don’t happen by chance—they happen by design, planning, and purpose.”

ECO-ARCH CONSULTANTS INC.

## PRINCIPLES OF HIGH-PERFORMANCE WELLNESS DESIGN



### PURPOSE-DRIVEN PLANNING

Align design with your brand, members, and business goals.



### OPTIMIZED FUNCTIONALITY

Efficient layouts that enhance flow, accessibility, and safety.



### ATMOSPHERE THAT INSPIRES

Lighting, materials, and finishes that energize and motivate.



### SUSTAINABLE BY DESIGN

Healthier spaces with eco-friendly materials and energy efficiency.



### DURABLE & EASY TO MAINTAIN

Long-lasting materials and systems built for heavy daily use and easy upkeep.



### FUTURE-READY FLEXIBILITY

Spaces that adapt to evolving programs, technology, and member needs.

## OUR WELLNESS DESIGN FRAMEWORK

- 01 **DISCOVER & ALIGN**  
Understand your vision, member demographics, brand, and operational objectives.
- 02 **ASSESS & RESEARCH**  
Evaluate site conditions, member journeys, market trends, and competitive benchmarks.
- 03 **PLAN & DESIGN**  
Create intelligent layouts, compelling design concepts, and optimize member experiences.
- 04 **APPROVE & COORDINATE**  
Manage approvals and collaborate with consultants, vendors, and contractors.
- 05 **BUILD & DELIVER**  
Oversee construction with quality control, timely delivery, and seamless execution.
- 06 **SUPPORT & EVOLVE**  
Post-occupancy support and ongoing optimization for long-term success.

## MEASURABLE IMPACT

- 10–30%**  
 Increase in member retention
- 15–25%**  
 Improvement in space utilization
- 12–20%**  
 Boost in operational efficiency
- Higher**  
 Member satisfaction & engagement
- Lower**  
 Maintenance costs & downtime
- Stronger**  
 Brand perception & loyalty

## WHAT WE DELIVER

- ✓ Space programming & planning
- ✓ Acoustics & fitness equipment planning
- ✓ Functional & optimized layouts
- ✓ Construction documentation
- ✓ Concept design & 3D visualization
- ✓ Vendor & equipment coordination
- ✓ Interior design & material selection
- ✓ Project management & site supervision
- ✓ MEP & lighting coordination
- ✓ Post-occupancy evaluation & support



## OUR EXPERTISE. YOUR ADVANTAGE.

We combine wellness design expertise with operational insight to create facilities that are functional, inspiring, and built to deliver measurable results.

**20+**  
Years of Experience

**Numerous**  
Projects Across Ontario

**Cross-Border Perspective**  
Local expertise. International standards.

**Proven Success**  
Delivering wellness spaces that drive results.

## REAL PROJECTS. REAL RESULTS.



### 1) RETAIL FLAGSHIP GYM, TORONTO

Interior Design | Fitness

Created a high-end fitness facility with premium finishes, functional zones, and a motivating atmosphere that elevates the member experience.

- PREMIUM FINISHES
- OPTIMIZED LAYOUT
- ENHANCED EXPERIENCE
- BRAND-CENTRIC DESIGN



### 2) MULTIPLE ANYTIME FITNESS LOCATIONS ACROSS ONTARIO

Design & Rollout | Fitness

Standardized planning and design for multiple locations—ensuring brand consistency, cost efficiency, and seamless member experience across Ontario.

- STANDARDIZED DESIGN
- COST & TIME EFFICIENT
- SCALABLE SOLUTION
- CONSISTENT BRAND EXPERIENCE

DOWNLOAD OUR FREE RESOURCE

### Wellness Facility Design Checklist

A practical guide to help fitness operators and owners plan, design, and build exceptional wellness facilities.

GET YOUR COPY

Complete the form to download.

Full Name  Company

Email Address  Project Type

[DOWNLOAD NOW →](#)

LET'S DESIGN SPACES THAT PERFORM

Well-designed wellness facilities lead to healthier members, stronger communities, and better business outcomes. Let's build spaces that perform.

[DISCUSS YOUR PROJECT →](#)

