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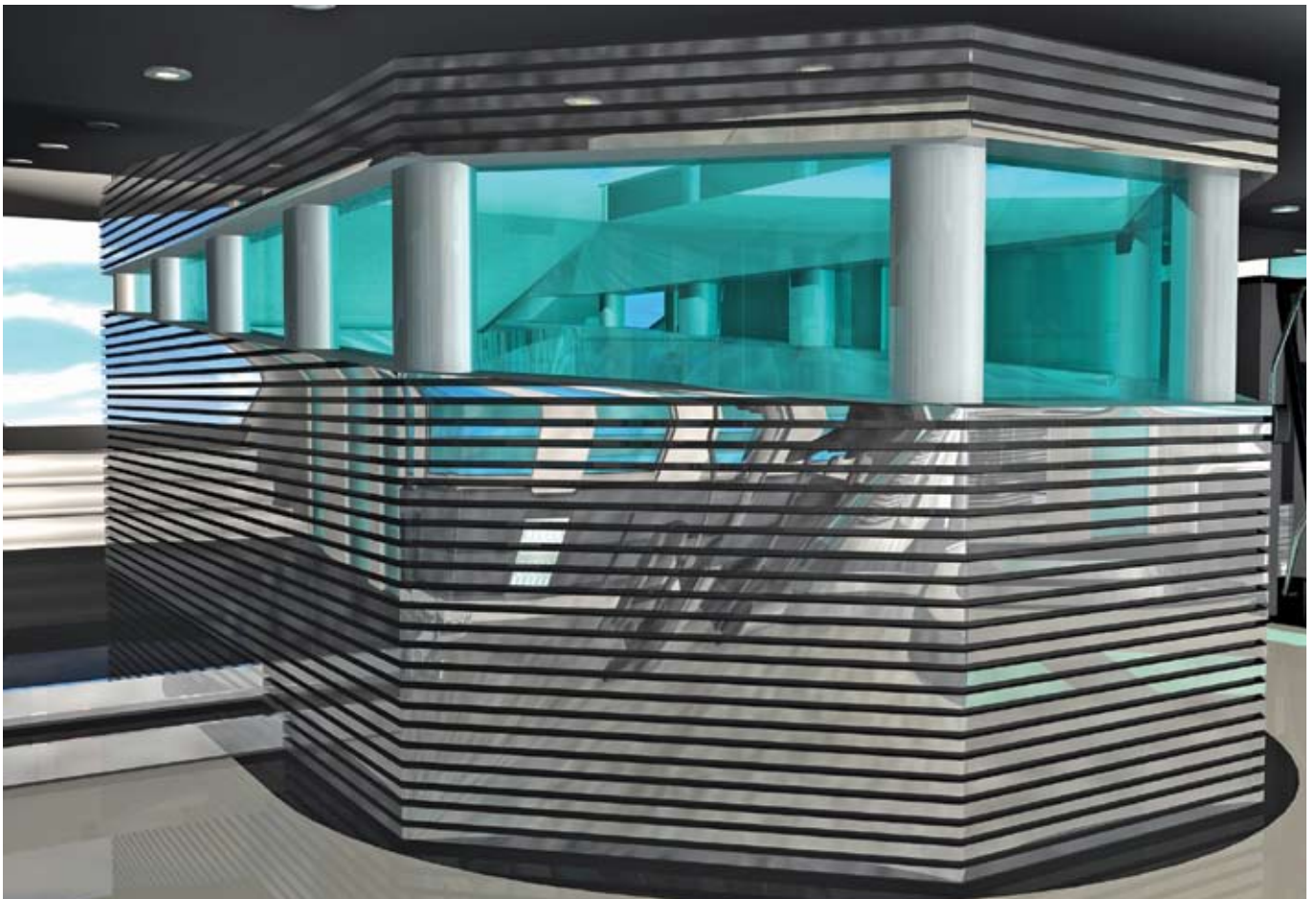
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# Futuristic Fitness Onboard

Once upon a time gym equipment was kept tucked away in the transom, only brought out for the occasional fitness drive of an owner or charter guest and the keen deckhand. Basic weights and the odd bike or rowing machine were about as high-tech as it got. Today large sections of guest areas are being dedicated to fitness suites with the newest gadgets and spa treatments. Mark Healy and David Stammers consider the future of the onboard gym and how it needs to be better adapted to a floating home.

**T**here's so much more to a well-thought-out, well-designed gym and spa than simply plonking a bunch of equipment in a given room. Onboard gyms and spas are becoming an ever-increasing must-have in the superyacht industry, for owners and charter guests alike. However, it is fairly unusual to find one that has had much in the way of interior design input or personalised equipment selection. Too often these are furnished with as much equipment as possible, or alternatively they comprise the standard bike, treadmill and multi-gym trio. This is obviously not good practice, as an ill-thought-out area can have a negative impact on a user's willingness and ability to exercise regularly. »



### Tailor your equipment

With the well-known suppliers furnishing gyms in their single brand, equipment selection can be limited. Our clients more often than not allow us to cherry-pick the most suitable pieces of equipment from all the leading and lesser-known brands, for their specific training needs. To overcome the difference in design, colour and form of these pieces, the equipment can be adapted so that it appears to come from the same “stable”. This is carried out through reupholstering, respraying, fabricating metal frameworks and carbon fibre moulds.

### Set the right mood

It is our observation that onboard gyms often comprise a blonde wood floor, cream walls and harsh downlighting. This does not lend itself to an environment that one would actively choose to spend time in, nor is it up to the exceptionally high standard of the rest of the interior. It is important to inspire owners and guests to use the facilities; the transition from one piece of equipment to another or from one area to another should be fluid and intuitive. Through use of contemporary and innovative manufacturing processes, textures and materials, and modern lighting and

audiovisual installations, gyms can be an inspiring environment to be in, whether training, relaxing or being pampered. It is important to take into consideration the overall yacht interior, as a gym has to have an aesthetic relationship with the rest of the yacht, but it needs to be different. It needs to be harder edged, opulent maybe, but it has to take you out of your comfort zone.

### Combining style with function

Some of the keys to successful gym design, in our opinion, are innovation and good old-fashioned functional design. As square-metage is obviously at a premium, making the most of the available space by incorporating double uses into various aspects of the interior is a great way to do this. For instance, a Swiss ball holder that doubles as an armchair (pictured left); a raised, padded floorwork area that doubles as a kids' Wii™ Rock Band stage, with plasma screen and disco lights; a folding exercise bench that doubles as a nail-bar seat and hairdressing station (pictured opposite) are some of the ideas that we have incorporated into past projects. These clever twists can also extend to land-based projects. For instance, in Moscow Space designed a boxing ring that transforms into a dance floor for private parties. Although these innovative designs make the best use of the space, there are other important reasons for them, such as safety as sea, ease of set up and pack-down, and hygiene.

### The yachting difference

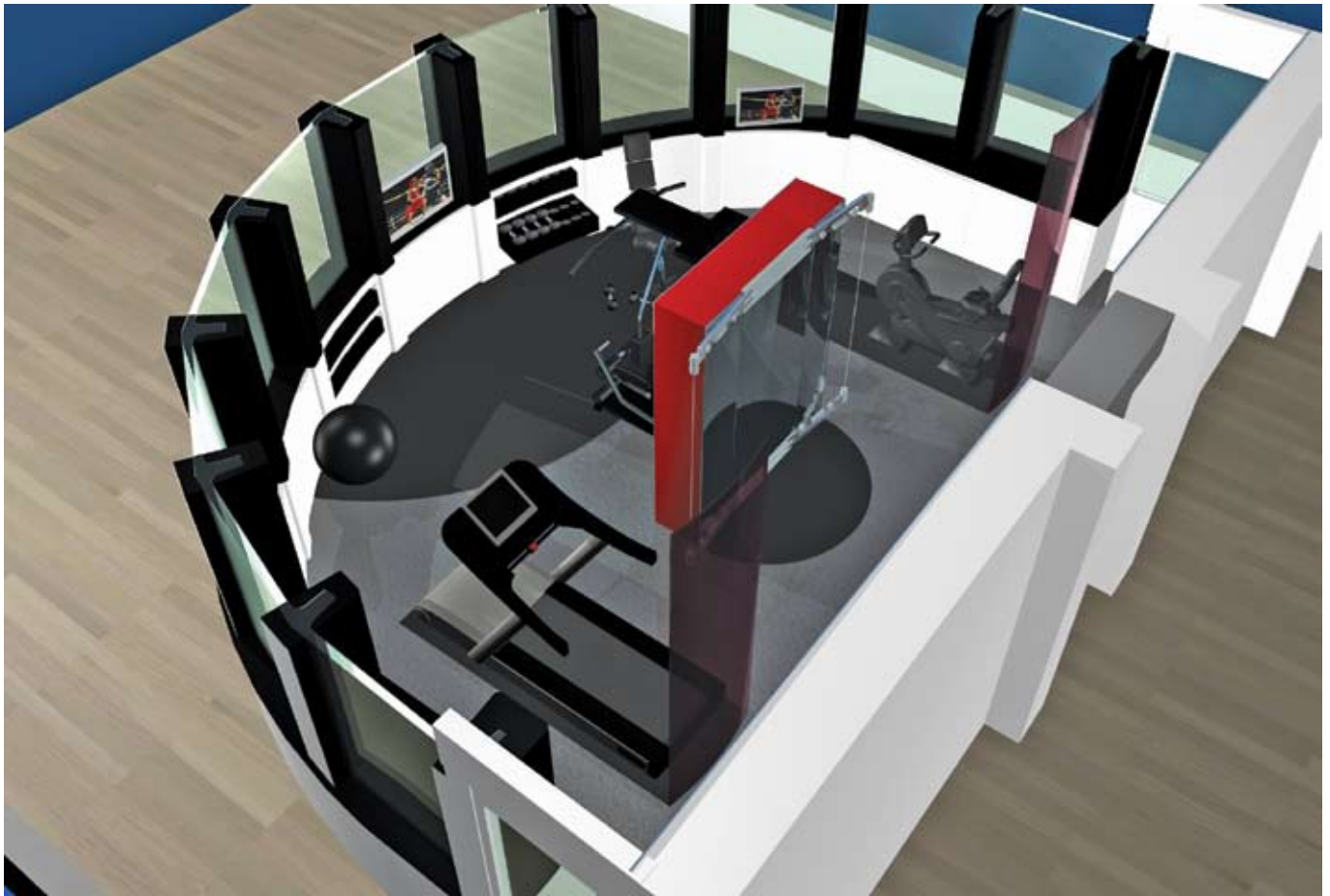
With over three years under my belt as Personal Trainer on *The Maltese Falcon*, I [Mark] am well versed in the importance of securing equipment for a 20-degree angle. Designers must have knowledge of this kind of problem typical to the yachting world when creating fitness areas onboard. Obviously larger pieces of equipment need to be fixed to the floor but in a non-permanent manner. We design clever but practical bespoke fittings to allow easy removal for servicing or maintenance in the surrounding areas. For smaller items of equipment such as free-weights, bespoke housings are incorporated into furniture or work surfaces. This allows the interior crew peace of >>





1. A hidden bench and a nail bar are incorporated into an exercise area to maximise use of space
2. High-tech equipment like the PowerPlate can be incorporated onboard to match shoreside gym standards
3. Natural light enters the gym via the swimming pool – also giving a unique view
4. Saunas can also be incorporated onboard





mind that the kit will not move in day-to-day seas; yet for ocean passages or adverse weather, cunning additional securing methods are provided that can be installed rapidly if needs be.

### Ease of care

When creating a gym or spa interior, acknowledgement must be made of the level of detailing that goes into preparing the whole interior prior to an owner or charter guests arrival. As such, Space tends to veer towards the more minimalist in our aesthetic and materials choices, so that designs are less ornate and therefore easier for the crew to detail. This is of great importance with regards to hygiene, due to perspiration issues on the equipment and surrounding surfaces. Because of the high-gloss finishes often used in yacht furnishings – specifically those created by Space – the use of cleaning products such as OneDrywash is recommended because of its non-scratch and speedy-cleaning qualities.

### The human element

During the consultation part of the process, it is vital to gauge the training needs of the client, pinpointing specific muscle groups that may need attention. In the case of Space, we like to write a personalised training regime for them, based around the equipment supplied. Personalised gyms not only benefit the client's health but also add to the potential charter appeal of the boat. Increasingly, charter guests expect onboard gym and spa environments to be furnished and staffed to the highest level, or to provide an accommodating work environment to their staff.

Owners and charter guests are highly successful individuals, the majority of whom have a keen interest in their fitness levels



and their overall appearance. Therefore they quite rightly expect every aspect of the boat, whether for private use or chartering, to have had the necessary expert guidance in the design and equipment choice. The level of detail involved in creating these modern-day superyachts is second to none, from choosing the submarine to a galley refit. So there is no reason why the gym or exercise area should be treated any differently. ■

*Space Concepts designs gym and spa areas for luxury yachts and private residences. Mark Healy is Personal Trainer onboard The Maltese Falcon and Founding Partner of Space Concepts. David Stammers is Head Designer at Space Concepts. [space-concepts.co.uk](http://space-concepts.co.uk)*

*Images by Space Concepts.*