



## CASE STUDY

# Convent of Sacred Heart's Health & Wellness Center

New York, NY

### Products Installed

- ECOmax & ECOfit Plus — 4,200 SF

### Project Needs

- Sustainable
- Easy to Install
- Easy to Clean

### Product Benefits

- Ergonomic
- Acoustic
- Durable
- Slip Resistant

# Former Parking Garage Transformed into Health and Wellness Center

## About the Project

Convent of the Sacred Heart is a PreK-12 independent private school for girls located on the Upper East Side of Manhattan. The school's mission to combine outstanding academics with an environment that nurtures the heart, mind, and spirit of its young women led them to expand their facilities in the athletic and wellness arena. Previously, the school had been using a small gymnasium in the basement of its current campus and renting spaces off-site for its students to participate in athletics.

Since the school's main buildings, two beautiful, old limestone mansions on the Upper East Side of Manhattan, had limited space for athletic facilities, the school needed to acquire additional space. An old parking garage nearby proved to be the solution. In 2014, the school partnered with BSKS Architects to renovate the parking garage into a 53,000-square-foot, 4-floor, state-of-the-art facility that includes a pool, gymnasium, dance studio, multi-purpose fitness room, and cardio studio.

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Architectural Flooring, the group contracted to install the surfacing, recommended ECOfit Plus, in the 2,300-square-foot multi-purpose fitness room. ECOfit Plus offers dynamic force reduction and energy return that protects the user's joints from impact while adding greater performance and comfort to their workout.

The cardio studio is a 1,900-square-foot strength and conditioning room that features ECOmax tiles. ECOmax is a square, beveled 1-inch molded tile featuring a patented foot system, designed specifically for use in weight rooms. ECOmax is able to withstand the rigors of dropped weights and the wear and tear traditionally associated with fitness rooms. This surface has the added benefit of enhanced acoustical performance by dampening the transmission of noise.

"ECOsurfaces' offers products that perform sustainably without sacrificing the aesthetic excellence of a space," says Julie Nelson, a partner at BSKS Architects located in New York City. "As a building meant to support holistic wellness for PreK-12 students, the space needed to promote healthy living and



provide a soothing atmosphere. The flooring also needed to contribute to a safe, supportive workout space, including being forgiving on bodies." BSKS Architects were familiar with ECOsurfaces' products, having used them before, and knew they could depend on the durability and quality of the flooring. Additionally, the recycled content of this surfacing was a key contributor in working toward the building's LEED Gold certification goal.

"We are very happy with the feel of the place, and the flooring is a big contributor to that," says Nelson. Convent of the Sacred Heart's Athletics and Wellness Center serves all grades and is available to the community for summer camps, gym classes, athletic competitions and more. The facility is proving to be a gem for the young women and surrounding community.