

Case Study

Convent of Sacred Heart's Athletics & Wellness Center



Details

Location: New York, NY

Description: 4,200 square-feet of

ECOsurfaces

Flooring Choice:

ECOmax and ECOrx various
color patterns

Project Needs

Sustainability

Project Benefits

Force Reduction

Energy Restitution

Sound Absorption

Durability

Ease of Installation

Easy to Maintain

Slip Resistant

Former Parking Garage Transformed Into Athletics and Wellness Center

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.

Architectural Flooring, the group contracted to install the surfacing, put ECO[®]rx, an Ecore Commercial Flooring (ECF) product, in the

2,300-square-foot multi-purpose fitness room. ECO[®]rx is manufactured by Ecore, a company that transforms reclaimed waste into unique surfaces that makes people's lives better. Ecore's patented itstru technology fusion bonds a 3.2 mm performance rubber surface to a 12 mm performance rubber backing. The resulting product 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 ECF's ECO[®]max tiles. ECO[®]max is a square, beveled 1-inch molded tile featuring a patented foot system, designed specifically for use in weight rooms. ECO[®]max 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.

"Ecore offers products that perform sustainably without sacrificing the aesthetic excellence of a space," says Julie Nelson, a partner at

BKSK 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." BKSK Architects was familiar with Ecore 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.

