

2025 Recreation/Wellness Center Trends

- Indoor walking
- Pickleball
- Group fitness classes
- Cricket (regional; based on Southeast Asian population groups)
- Family engagement nights
- Seasonal festivals
- Fitness programming
- Holiday karaoke
- Family-oriented and intergenerational programming
- Skateboarding (following skateboarding's Olympic debut, structured skateboarding workshops and classes teaching fundamentals to beginners have multiplied)
- Recovery in youth team sport participation (2025: flag football +21%, basketball +12%, tackle football +12%)
- Adult fitness & wellness:
 - Active adult programming like "Weekend Warriors" sports leagues
 - Fitness classes designed for various ages and abilities, such as "Senior Fit" programs
 - "Eldertainment" games and activities for "kidults"; for adults who enjoy stereotypically youth-style recreation, such as adult kickball leagues, giant yard games tournaments, and adult field days
- Arts programming
- Technology centers; AI/IT programming
- Strength & Conditioning/Fitness Centers:
 - Considerable change in the gym/fitness space
 - Free weight benches and strength machines continuing to grow
 - There are only ever about 20-30% of the treads, ellipticals, Stairmasters, etc. in use
- Holistic health amenities:
 - Acupuncture
 - Foam rolling classes
 - Instruction focusing on guiding clients on diet, nutrition and recovery
- Teaching kitchens & cooking/nutrition classes

Proposed Griffiss Hanger Sports/Recreation Center & Field Complex

The adaptive reuse of the three hangers and support space @ Building 101 And the surrounding site into a comprehensive sports & recreation complex yields a significant amount of ideally suited space. The diagram breaks the space primarily into 6 components:

1. Lobby & Circulation
2. Administration
3. Program Spaces
4. Court/Gymnasium Spaces
5. Field Spaces
6. Support Spaces

Lobby & Circulation:

The primary circulation route connects all the various spaces in a 'T' configuration. The proposed diagram suggests a new 5,000 – 7,000 square foot one story addition to create a bold and inviting façade for the new sports center. This could also be reduced and the spaces internalized with a new branded façade.

The lobby would include:

- Vestibule & control desk
- Information
- Lounge space
- Possible snack/food venue & vending

Administration:

Immediately adjacent to the lobby is an existing three-story wing that is approximately 5,000 square feet per level, totaling 15,000 square feet.

Program Spaces:

The program spaces surround the main circulation spine. There are three main areas; 14,000 square feet, 25,420 square feet and 12,775 square feet, totaling 52,195 square feet. These spaces could include:

- Multipurpose rooms
- Strength & Conditioning/Fitness Center
- Group Fitness Class spaces
- Classrooms
- Game room(s)
- Instructional kitchen space

- Art studios
- Childcare
- Technology center & instructional space
- Senior center/intergenerational lounge space
- Spa/Holistic health amenities
- Sports medicine & training rooms
- Locker rooms & restrooms

Court/Gymnasium Spaces:

The main circulation spine terminates at the high-bay gymnasium court space. This 73,145 square foot double high bay space has a line of columns down the center.

The courts include:

- (6) basketball courts; 84' x 50'
- (6) volleyball courts
- (12) recreational basketball courts; 68' x 45'
- (24) pickleball courts

Field Spaces:

The field spaces are created in the existing large volume hanger spaces. There are three field spaces 74,450 square feet, 72,350 square feet and 56,375 square feet.

Field spaces description:

- Each has a flush concrete apron for spectator & team gatherings, seating is anticipated to be movable tilt & roll style
- The largest has a 3-lane wall jog track and (1) U-11 soccer sized field or (2) U-8 sized fields and a large drills area
- The other large hanger could house a full-sized softball field or a U-11 sized soccer field
- The smaller hanger can fit (1) U-11 soccer sized field or (2) U-8 sized fields

Support Spaces:

There are three bars of support spaces adjacent to the field & court spaces. The three areas total approximately 20,280 square feet.

These spaces include:

- Ample field & court storage
- Remote restrooms
- Team rooms
- Mechanical, electrical, plumbing & IT rooms