

## Fitness First

---

|                             |                             |
|-----------------------------|-----------------------------|
| <b>Location:</b>            | Fitness First, High Wycombe |
| <b>Approximate area:</b>    | 232m <sup>2</sup>           |
| <b>Acoustic consultant:</b> | Hann Tucker Associates      |
| <b>Completion date:</b>     | October 2009                |

---

### Background

This Fitness First gym is located on the first floor of a building housing multiple commercial activities with a health and beauty salon, a KFC outlet and a pharmacy below. TVS was selected to control noise issues resulting from general gym work and from the impact of free weights, treadmills and other equipment, which was affecting businesses on the ground floor of the premises.

### Solution

TVS was contracted to install its very successful timber acoustic floating floor system. The company worked alongside Fitness First and its team of architects and refurbishment contractors to supply and install the specialist flooring solution. To limit disruption to the gym's activities, its members and other businesses, the new acoustic flooring was installed in just 72 hours, including overnight work. The floor build-up comprised: 50mm cubed acoustic isolators laid on predetermined centres across the concrete sub-floor and separated by low-density glass wool; a covering layer of 18mm plywood; two layers of 12.5mm plasterboard; and another layer of 18mm plywood. TVS also supplied and installed a vibration-absorbing underlay, which was inserted between the top layer of plywood and the Regupol Everoll final floor covering.

The finished acoustic floors resembled low level stages that proved effective in controlling the impacts and vibration to a level that was deemed wholly acceptable by all parties concerned.



### Total Vibration Solutions Ltd

Unit 9, The Courtyard, Grane Road, Haslingden, Rossendale, Lancashire BB4 4QN United Kingdom

Tel: +44(0)1706 260 220 Fax: +44(0)1706 260 240

Email: [sales@totalvibrationsolutions.com](mailto:sales@totalvibrationsolutions.com) [www.totalvibrationsolutions.com](http://www.totalvibrationsolutions.com)