

June, 2009

## New Canaan YMCA Opens Doors to Renovated Mind/Body Studio



The New Canaan YMCA opened the doors to its transformed Mind/Body Studio in May. Originally a free weight center, the YMCA discovered that the space was not being used to its full potential. Growing demand for additional courses motivated the YMCA to provide a center that responded to the desires of the community. In line with the YMCA's vision for the studio, JGRA designed the facility with a view to increasing the use and appeal of the space.

The design of the new 5000 square foot studio links elements of the natural environment with program activities. Of particular note is a sloped 6-foot high waterfall marking the entrance to the studio. Intended to run continuously, this water feature adds an element of calmness and serenity to the space. Bamboo trim and a bamboo spring floor reflect our commitment to using renewable and sustainable building products wherever possible. Other notable architectural features include sloping walls, a "floating ceiling," and soft lighting to create a calm, soothing, and warm environment appropriate to its proposed use.

As complete, the Mind/Body Studio will accommodate increasingly popular classes, such as yoga and Pilates. The YMCA expects the center to be a key ingredient in its continuing effort to satisfy evolving program needs.