



GOLD'S GYM JENA

OVERCOME YOUR LIMITS

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The iconic gym studio brand Gold's Gym has opened another studio in Jena. In addition to Berlin, Milan, Herne, Krefeld and Munich, the new location in Jena is now the sixth Gold's Gym operated by the RSG Group in Europe. The global community is expected to continue to grow. Gold's Gym has grown into a global brand with more than 700 locations in 29 countries.

With adjacent offices and shopping facilities below the gym, this project represents a prime example of the successful integration of a gym into a mixed-use building.

The new gym features a free weight area with dumbbells up to 100 kilograms, a large cardio area as well as a functional area. The training opportunities are enhanced by courses and group workouts. After the workout, the sauna area offers a perfect place for regeneration.

Recovery facilities within the gym must provide adequate opportunities for rest and relaxation for athletes. Conflict-free work must be made possible in the adjacent office. And all this with intensive training à la Arnold Schwarzenegger and Lou Ferrigno. Challenge accepted!

The **REGUPOL sonusfit c-series** has been installed as decoupling for the floating screed. This allows low-frequency tuning of the screed with approved building materials. The system floor is complemented with **REGUPOL sonusfit t 110**, whereby energy absorption is already achieved above the screed.

The athlete is thus offered optimal sports functional properties. The combination of the floating screed with the flooring system provides an excellent isolation effect over a wide frequency range.

An application-related measurement with the steel ball, with a mass of 30 kg and a drop height of 400 mm, proves the outstanding acoustic performance of the system floor.

