

# PHYSICAL

## 舒適堡

設計者」 PANORAMA 香港泛納設計事務所 / 潘鴻彬  
設計團隊」 陳凱雯 陳穎芯 曾嘉敏  
攝影者」 吳濤峰  
空間性質」 健身空間  
坐落位置」 中國上海  
主要材料」 木材、玻璃、噴漆  
面積」 605 坪  
完工時間」 2017 年 1 月

Designer」 PANORAMA / Horace Pan  
Design Team」 Vivian Chan, Wing Chan, Kamen Tsang  
Photographer」 Ng Siu Fung  
Category」 Physical Ltd.  
Location」 Shanghai, China  
Materials」 wood, glass, paint  
Size」 2000m<sup>2</sup>  
Completion period」 Jan 2017

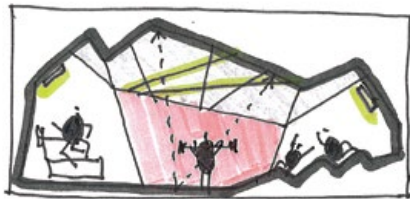




香港泛納設計事務所創始人·香港理工大學設計學院助理教授·香港室內設計協會副會長·IFI 國際室內建築 / 設計師聯盟 2011-14 執委  
潘鴻彬畢業於香港理工大學設計學院，分別取得室內設計學榮譽學士及設計學碩士，2003 年創立 PANORAMA 泛納設計事務所。業務包括室內設計及品牌策劃，作品在世界各地設計大賽中榮獲超過 100 個獎項。他在 2008 及 2010 年分別獲頒香港十大傑出設計師大獎及中國優秀創新企業家，中國室內設計 2015-16 年度封面人物殊榮。2011 年台灣國際室內設計大展被邀參展的 10 位國際設計師中唯一華人。2014 年獲頒香港傑出成就設計師大獎以表揚其為室內設計行業過去十年發展所付出之貢獻。

Founder, PANORAMA · Assistant Professor, School of Design, HK PolyU · Vice Chairman, Hong Kong Interior Design Association · 2011-14 Executive Board Member, International Federation of Interior Architects/Designers (IFI)  
Horace Pan, obtained his Bachelor of Arts degree in Interior Design and Master of Arts degree in Design from School of Design, The Hong Kong Polytechnic University. He established his award-winning design practice PANORAMA in 2003. The company provides consultancy services in Interior Architecture & Branding Solution and receives over 100 international awards. Pan received Hong Kong Ten Outstanding Designers Award and China Entrepreneur Award in 2008 & 2010 respectively, 2015-16 Designer of the Year in China. Pan was the only Chinese among the 10 invited international designers in 2011 Taiwan International Interior Design Exhibition. In 2014 Pan received Hong Kong & Shenzhen Outstanding Achievement Designer Award in recognition of his contribution to the interior industry development over the past decade.

強健的體格呈現出人體的健康和狀況，  
這種體現來自經常和正確的體育鍛煉。



- GYM SCAPE -

2

一種經常性的、正確的身體鍛煉，正是設計師潘鴻彬對此健身空間的靈感發想。細微處在於不同的空間區域以一系列動感和抽象景緻作為鋪陳，企圖為廣大的使用者創造全新的運動體驗。室內只見多用途的起伏結構由地板、牆身，一直往天花板處延伸，經過精心計算的每個角度，其必須完全符合人體工學、投影、暗

藏電視屏幕的各種功能性需求。

此外，富含動感的天花光管，加上與背景音樂同步的投影，為主入口及休閒區域創造了如心跳頻率的節奏感。而炭灰色噴漆和木質飾面的處理，為健身及更衣室區域分別提供了精神凝注和心情舒放所需的氛圍。螢光紅色配合動感字體的玻璃包覆空間（體操房），為騎單車、跳舞和瑜珈等活動，營造了私密性，而且具備隔音功能。場內整體律動的影音效果，正是為每位來此運動的男仕淑女們，塑造明日健美動人體型的前奏。文字整理 | 編輯部

A series of dynamic & abstract landscape was created in this gym space to provoke the definition of this high-level exercise performance for all the users. Architectural tectonics were playfully manipulated in achieving the goal.

Multi-functional undulated floor-wall-ceiling structures set at strategic angles shaped the whole space to suit human ergonomics, video projections, set-in TV monitors at warm up and leisure zones. Dynamic ceiling florescent light and juxtaposition of audio-synchronized patterns, rhythms, info-graphics depicting BPM rate further enhanced the visual excitement.

Charcoal gray spray paint and timber veneer respectively wrapping the open gym area and private changing rooms generated opposite moods to suit the psychological needs for concentration and relaxation. Transparent glass boxes in funky colors and bold typographies gave privacy, acoustic control yet strong identities to spinning, dance and yoga activities. text by PANORAMA

1. 主入口區，由黃色和藍色光影營造氛圍。2. 概念圖。

1. Main entrance is illuminated by blue and yellow lighting 2. Concept drawing



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3. 體操房彷彿一個螢光紅的玻璃盒，創造既隱私卻又透明的效果。4. 公共廊道。5. 螢光紅配合動感字體的玻璃房，男仕淑女正在使勁踩單車。6. 多用途的起伏結構，由地板、牆身，一路延伸至天花板，上方的光帶與隱約可見玻璃盒內的男女們，有著互相窺視的趣味。7. 平面配置圖。

3. Aerobic room is a glass box illuminated under red light 4. Gallery 5. Bodies are padded on bikes in silhouette profiles 6. Multiple purpose space as a spatial nexus that links several glass boxes together 7. Plan





### 建材分析 Material Analysis

每位使用者主要是來此強身，鍛煉體魄，故在材料選用上，符合人體工學、安全、隔音等，皆是必要的考量。此外，背景音樂的旋律，空間採用的色彩、投影燈光、健身設備、瑜珈墊等，也必須合乎標準。更重要的，擺脫一般傳統健身中心的空間模式而以「燈帶」作為設計焦點，引領時尚。

This interior design is for a gym where people can shape their bodies. The furnishings had to meet the demands of safety, sound-proofing, and stain-resistance.

Different from other fitness centers, this gym has a unique lighting design layout that helps to create visual focus like lighting features in stage design.

### 溝通重點 Communication Note

開門見山提點出一個健身空間最切題的設計理念：「強健的體格呈現出人體的健康和狀況，這種體現來自經常和正確的體育鍛煉。」一個體育鍛煉的場所，如何迥異於坊間林林立立的俗套，脫穎而出。

The statement for this gymnastic center proclaims that only a strong physical body can tell the truth about health. The shaping of the body relies on regular and correct physical exercise. The center's spatial quality significantly differs from other body sculpting centers.



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8. 光帶、投影、音樂等，構成了活力十足的運動節奏。9. 地面以黃色和白色圓形符號作為引導。10.11. 開放型態的健身區域。12. 化妝間，延續起伏結構，由地板、牆面，到天花板。13. 收納衣物區。

8. Lighting band, projected images and music give the gym a proper spatial ambience 9. Yellow and white round shape patterns on floor as orientation mark 10.11. Large non-partitioned exercise space 12. Lavatory and its internal layout is like a squeezable sponge 13. Lockers





14. 女化妝間。15. 男化妝間。16. 休憩區，延續螢光紅色的氛圍。17. 瑜珈區域，螢光綠與藍，特意製造的活潑氣息。

14. Lady's room 15. Man's room 16. Rest spot under fluorescent red light 17. Yoga room is enlightened by green and blue illumination

