



Final Study Project by Jenny Stallones

This book is dedicated to my family, specifically my mom, grandma and sister, who have given me support and encouragement throughout the entire Masters of Architecture program. I couldn't have done it without you!x

"I can do all things through him who gives me strength."
Philippians 4:13

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“Balance is not something you **FIND**,
it is something you **CREATE**.”



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Concepts in architecture that influence wellness:



PROJECT OVERVIEW

On average people spend 90% of their day indoors. This has a deleterious effect on their health and daily life. The built environment plays a huge influence on **health** and **wellness**.

Chronic diseases such as heart disease, diabetes and obesity are now epidemic issues in the United States, and these problems are growing worse rapidly. The increase in obesity is related to the population's poor food choices and lack of physical activity, both of which are shaped by the **built environment**. The built environment give indications through building design as to how to occupy them which has a tremendous effect on our lifestyles. Architecture and urban design play a vital role in healthy day-to-day patterns. We can mitigate the spread of these diseases by applying strategies that prioritize our positive emotional and physical wellness.

Development of cities is rapidly increasing. Urban density is expanding. The population that is predicted to live in urban areas is expected to be 70 percent of the total planets population. This density issue has started to diminish the space for public interaction in an urban

"As architects, we have a responsibility to design environments that have a positive impact on the people who inhabit these

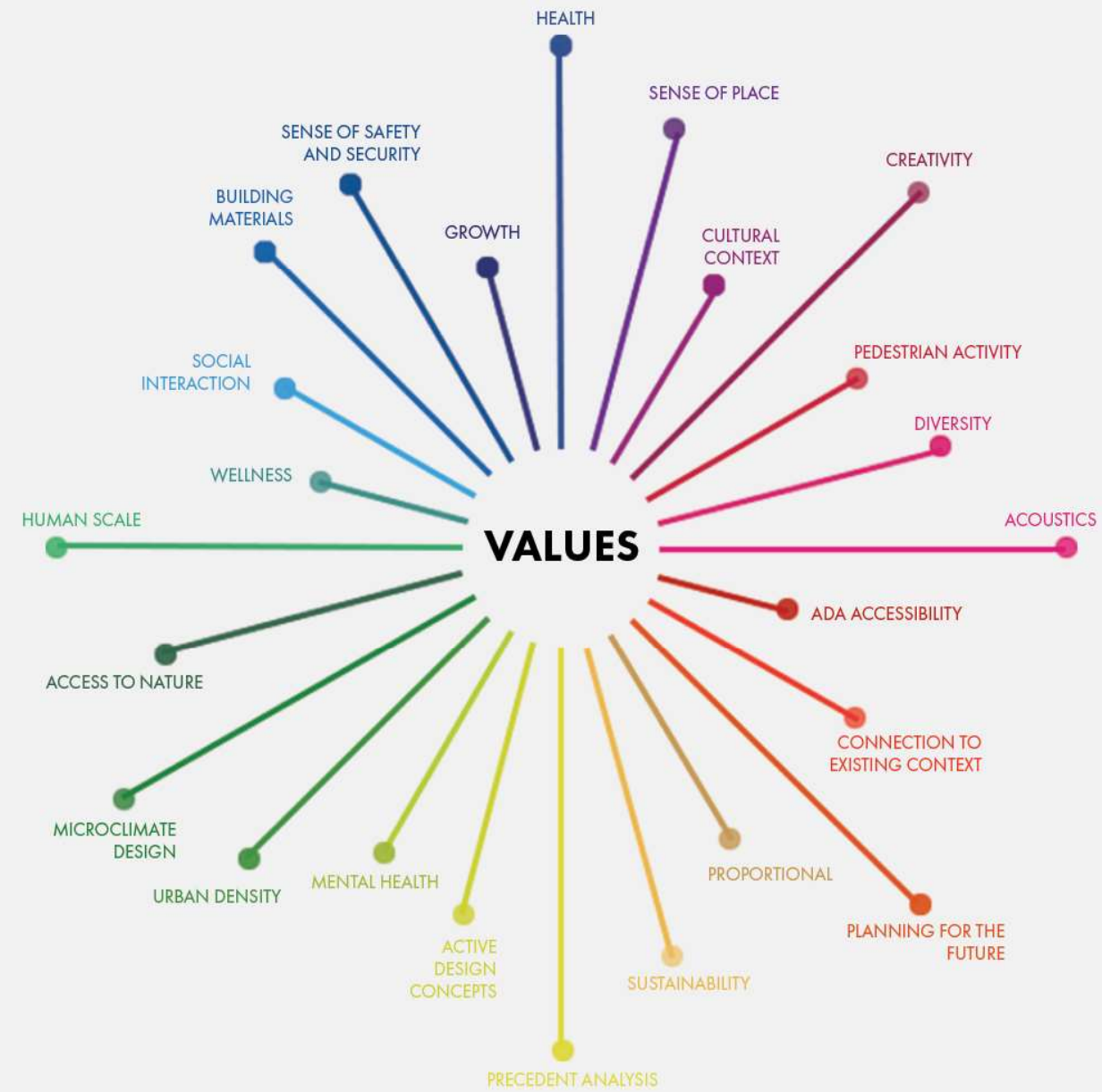
spaces."
- Carol Rickard-Brideau, AIA

environment. These issues are directly related to wellness and quality of life.

Architectural **quality** in an urban environment is important for the design of the future. In preparation of this change, we must ensure that cities remain spaces for **innovation, culture, and well-being**.

The concept of health, wellness and quality of life are the main drivers of this project. Adherence to the current master plan of West Dallas and the proposed growth ensure that the project will remain to have a positive impact for years to come. It aims to create a positive impact in the community of West Dallas by fueling **physical activity, mental wellness** and **social interaction** in the building design.

ARCHITECTURAL VALUES



Social Interaction

allows people to participate or just be exposed to the activity of others. Creating spaces that allow opportunities for interaction deepen the relationship between a person, their space, and the other occupants improves mental health.

Natural light is the healthiest, most ideal type of lighting in a building. However, glare from sitting next to a window can cause sore eyes and reduce cognitive performance, so windows should include appropriate and flexible window shading devices. Natural light has been proven to reduce blood pressure, lower the incidence of headaches, and has also been shown to deliver higher accuracy in work product and test scores.

Active Design concepts involve making physical activity a natural part of the daily routine, which can promote general health and even begin to reverse the obesity epidemic.

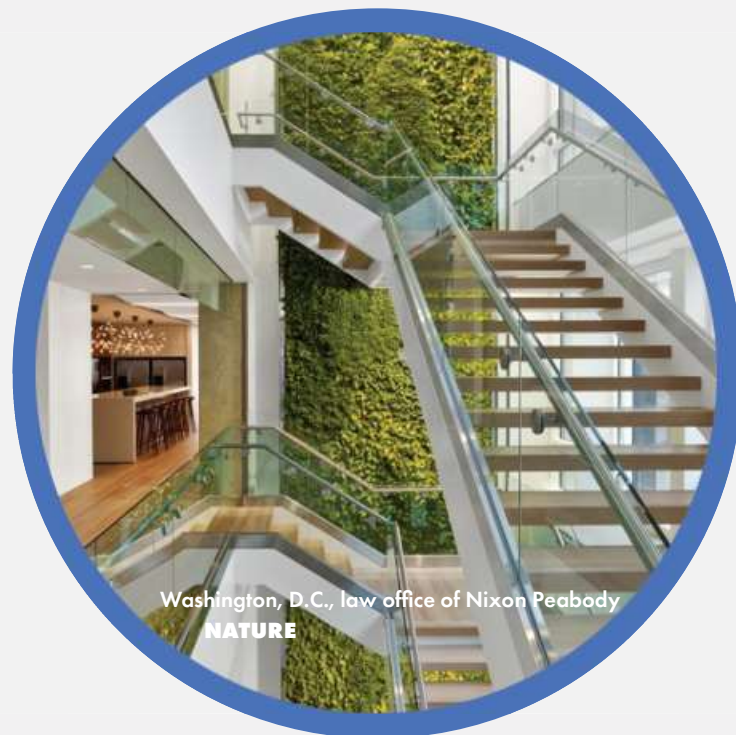
Proportions of space help make the user feel safe. Ensuring **safety** and **security** of the pedestrians will promote more walkable spaces. This can include having streetlights lighting the path of egress around

the building and barriers from busy roads.

Microclimate is a climate that can range from areas as small as a few square feet such as a garden or a landscape or as big as many square miles. Climate has variations of values of parameters that are in a region with statically distinct conditions, which is microclimate. Some of the contributing factors to microclimate is the slope and sun orientation of the area.

Acoustics in buildings involve reducing ambient noise from a building. Ambient noise produced by conversations and movement around a building is a contributing factor in distraction and reduced working performance of employees.

Contextual Diversity refers to the mix of types of building functions in an urban environment. A mixed-use area will have several different uses that include apartments, houses, offices, shopping and entertainment. Having these variety of functions reduces the distance required for transportation making it easier to walk or bike to get to the destination.



Washington, D.C., law office of Nixon Peabody
NATURE

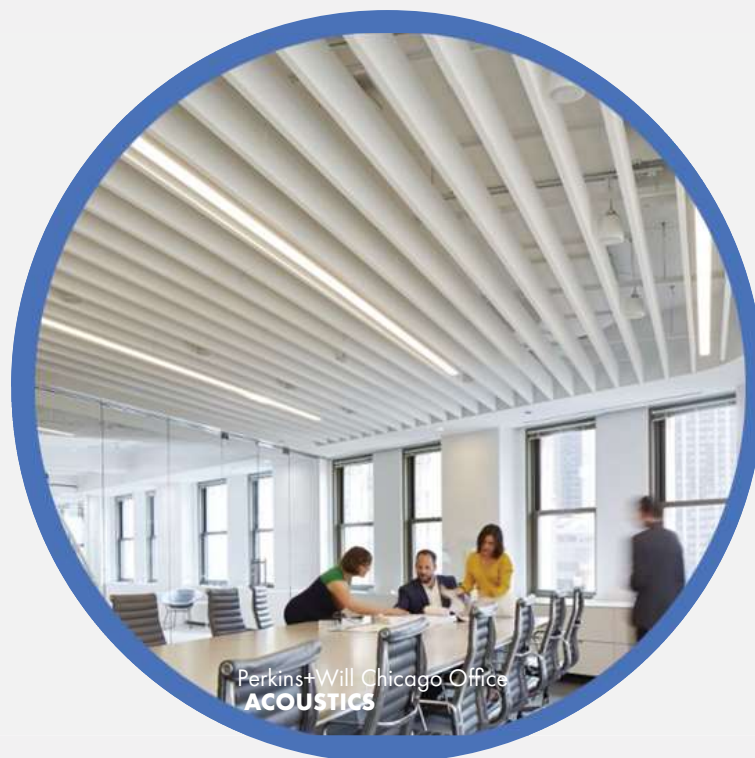
The law office of Nixon Peabody incorporates stairs that are flooded with natural light and face a living wall of plants. The stairwell, located in Washington, D.C. invites the staff to use it. This illustrates a new trend in design that could provide a mental and physical boost. Incorporating elements such as plants and natural materials have a place in our evolutionary memory. Using natural materials can present a sense of scale, texture, color and materiality that can have a naturally calming effect on people that has been proven to reduce stress hormones and physical fatigue.



VIBRANT GROUND FLOOR & STREET SCAPE
Storey Park, Washington D.C.

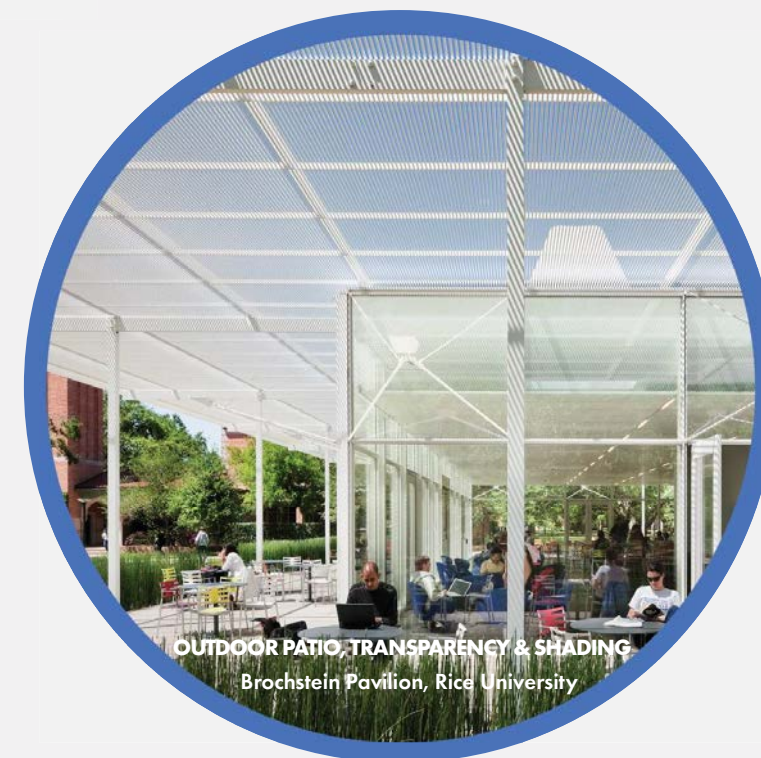
Storey Park is a mixed-use project that is located just blocks from the U.S. Capital in Washington D.C. This area has become one of the most walkable cities with a rating of 89, "Very Walkable," on the **WalkScore** index. Storey Park's design concept is that powerful **public spaces** around and within a building create powerful design and great success for all entities involved. The public park creates a center for the community as well as a front door to Storey Park. The design approach started with the ground floor. Although the ground floor uses are small in comparison to the larger spaces above, the ground floor offers great value to the entire project through **streetscape design**, vibrant storefronts, and leasing strategies.

The new Perkins+Will Office in Chicago incorporates 1" Claro Baffles that provide sound absorption. These Baffles are mounted to the ceiling using factory installed clips and supplied ceiling track. Baffles are a great way to add an acoustic treatment with only covering part of the ceiling. They will reduce the noise in an office space from reducing the amount of sound that reflects from one surface to another, creating clearer sound quality. They are used in an open -plan space to create an environment that's comfortable and more productive. Not only does it help with acoustics, but ceiling baffles can help accomplish several different looks for a building.



Perkins+Will Chicago Office
ACOUSTICS

The Brochstein Pavilion was designed in 2007 by Thomas Phifer. It is located on Rice University in Houston, Texas. The design of this building was intended to demonstrate the abilities of **architecture** and **landscape** coming together to create a space that enables **social interaction**. The overhang of the shaded trellis reduces the amount of direct sunlight that enters the building. The foliage surrounding the pavilion acts as a natural buffer to shade the western side of the pavilion.



OUTDOOR PATIO, TRANSPARENCY & SHADING
Brochstein Pavilion, Rice University

CASE STUDY

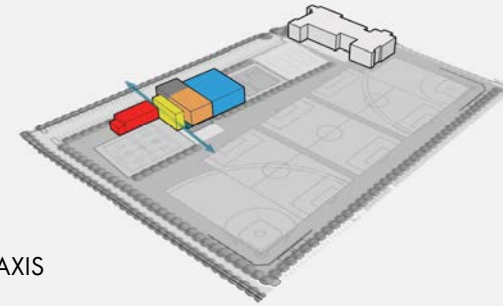
EAST OAKLAND SPORTS CENTER

This was a building analysis study on East Oakland Sports Center located in Oakland, California. I chose to analyse this building because it had **similar program** to my final study. This building serves as a **recreation center** for the community. It is located by other commercial buildings in a close distance from single-family housing units. The design concept shows the programmatic elements with transparent massing volumes.

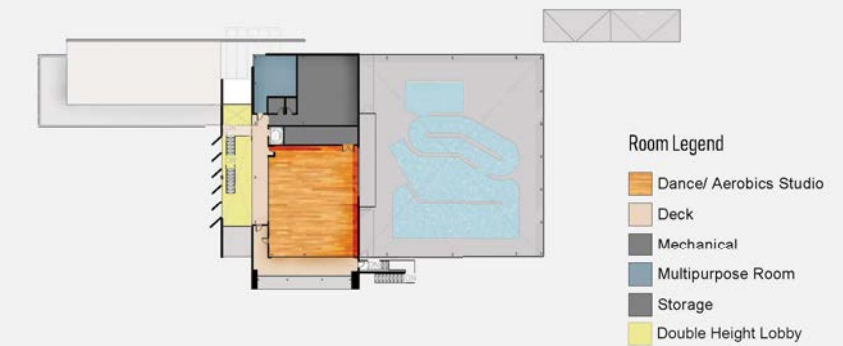
During the night, the natatorium glows and serves as a beacon of the community. This improves security, draws visitors and enables the users entering the lobby to see the variety of activities in the building. The lobby as entrances on both sides so that users can move from one end of the street to the other, creating an axis through the building for circulation.

Location: Oakland, CA, USA
Architects: ELS Architecture and Urban Design
Project Year: 2011
Project Area: 25,000 sf

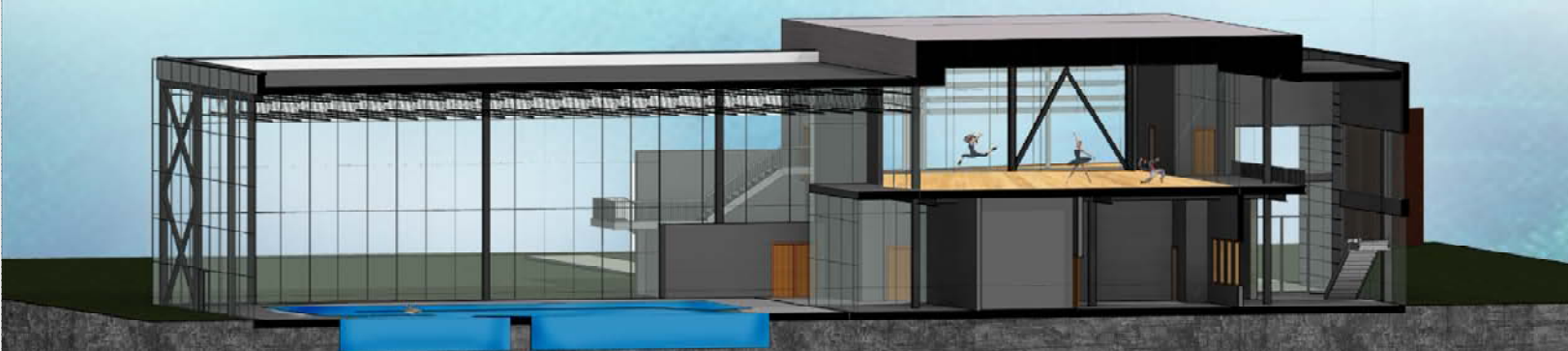
AXIS



HIERARCHY



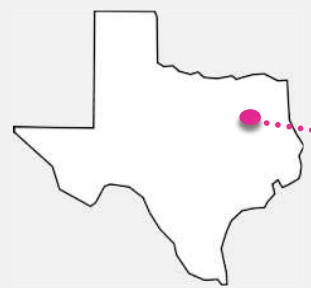
TRANSVERSE SECTION FROM NATATORIUM, LOCKER ROOM, DANCE STUDIO & LOBBY





SITE ANALYSIS

SITE



DALLAS



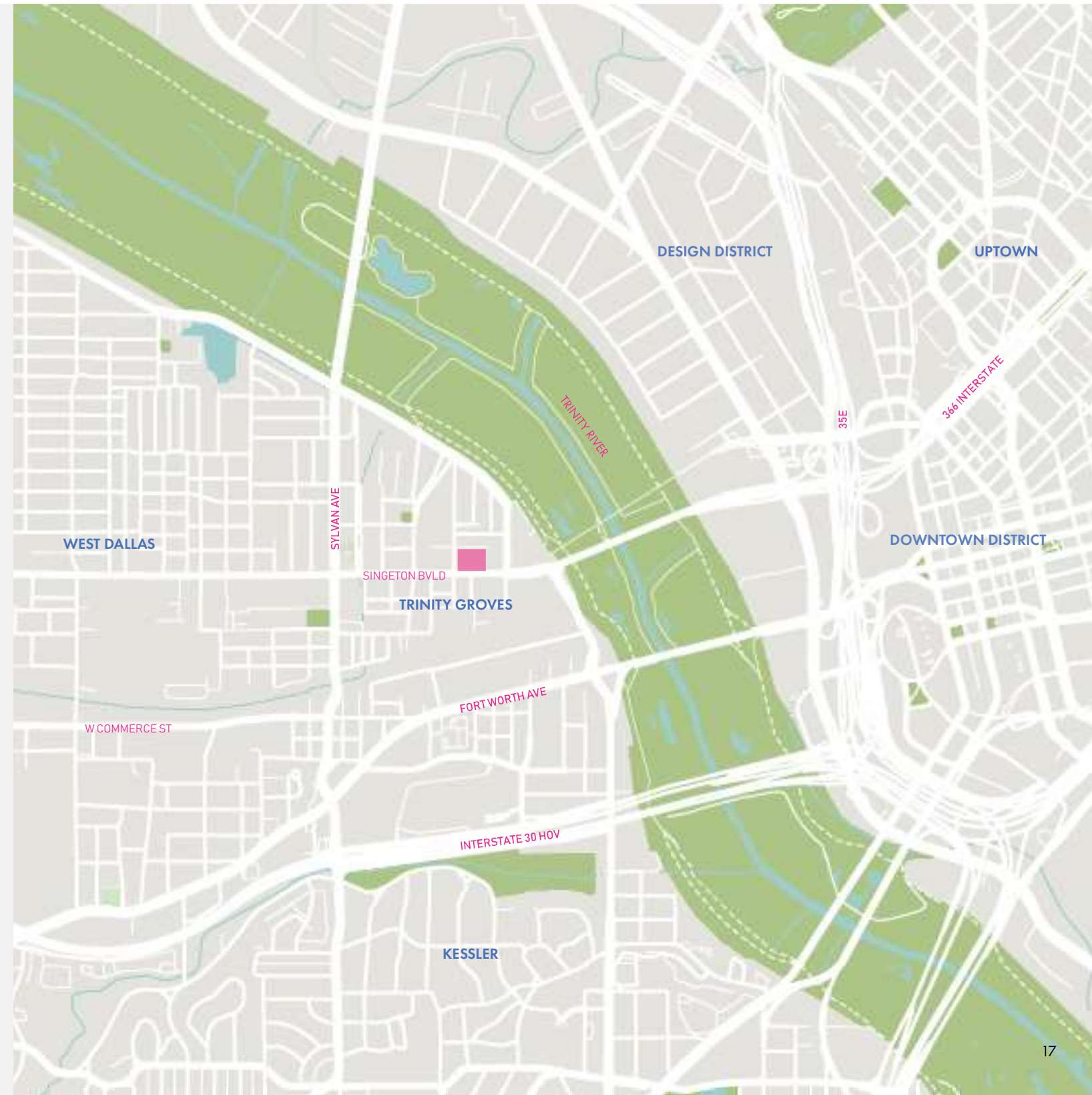
WEST DALLAS



TRINITY GROVES

This site is located in Trinity Groves, an area in the heart of West Dallas. I experienced this area for the first time in the summer of 2018 when I was interning for an architectural firm in downtown Dallas. My coworkers at the time brought the interns to this location to eat. It was only a 5 minute commute from the downtown office. Instantly I knew this was a great hang

out spot simply from the number of people there in the middle of the day. There were plenty of culinary options to choose from. My coworkers even said Trinity Groves had the best food in Dallas. We sat outside and instantly I took in the picturesque view of Margaret Hunt Hill bridge and the skyline of Uptown. I was sold on this place at that moment.

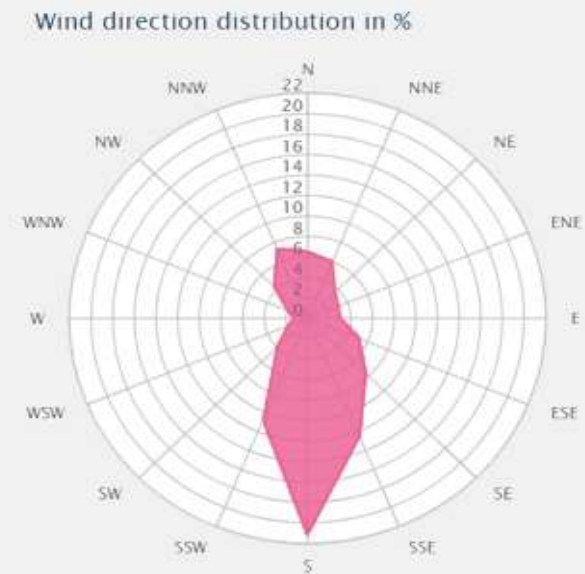
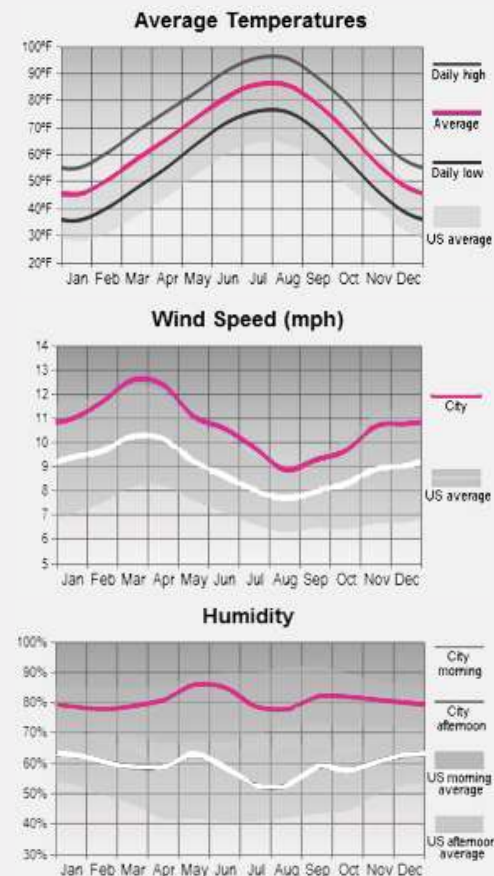


CLIMATE

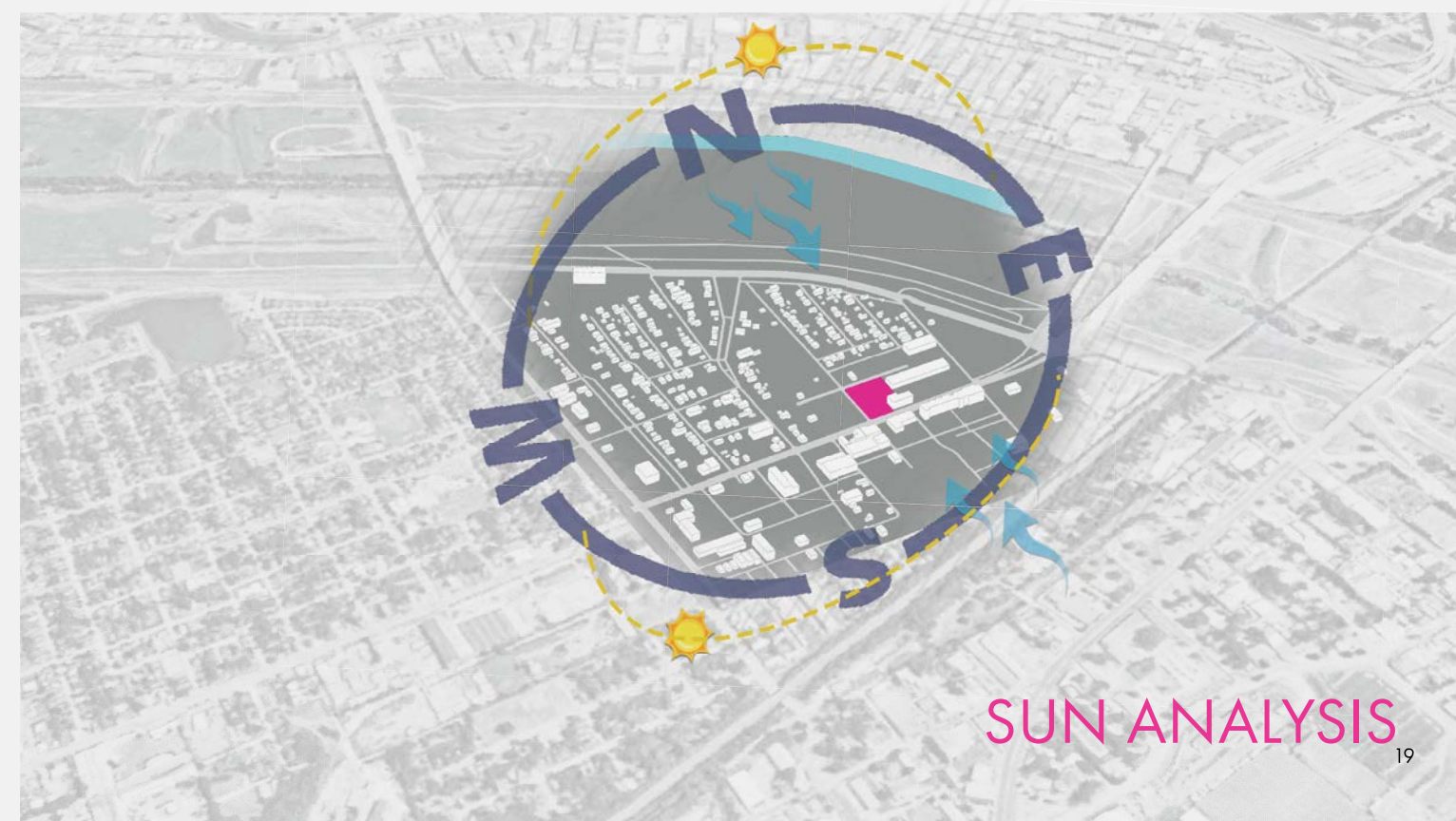
The average temperature in West Dallas is above the US average. It is important to provide shading outdoors in the summer heat. Providing a program that promotes indoor physical activities that are air conditioned away from the heat.

West Dallas has higher wind speed than the U.S. Average. Design should enhance the summer winds and protect from the winter winds. Providing design to embrace summer winds will enhance the microclimate and enrich user experience.

About average for the U.S. average humidity. Comfortable humidity ranges from 68-75 degrees.



In conclusion, design should allow sun Nov-March and block sun April-October by providing adequate shade. The building design should protect from erratic wind patterns from the North & South during November- March. The design should enhance the southern wind from the months April through October.



SUN ANALYSIS

MASTER PLAN

West Dallas is currently transitioning from **single-family housing** to becoming more **urbanized** with the new restaurant development of Trinity Groves. This growth of urban development is to take place in two phases: Phase 1 and Phase 2. In Phase 1 the urban growth will take place down Herbert street, creating an “**urban spine**” of development. In Phase 2 the development will organically spread horizontally as well, creating an area that is densely urbanized. These phases are based on the city’s adopted Master Plan for future development. The urban development that is to be developed will include mixed-use, restaurants, recreation and hospitality. With these new mixed-use developments this will bring new people to West Dallas not just for the amenities but also to live.

Designing and planning for the future is important in urbanism. Making sure that the architecture is respecting the city’s master plan of the **future development** and **urban growth**. Some of the questions that need answering before designing for the future “What is going to be the main gathering spaces and pedestrian pathways?”



PHASE 1



PHASE 2

NOLI PLAN

This diagram shows the current density of Trinity Groves area. Development is bound by Canada Dr. that runs parallel to Trinity River.

VEGETATION

The surrounding vegetation is located primarily along Trinity River and the Trinity River Bike Path. The biggest green space within Trinity Groves is Bataan Playground. Through the project preserving and enhance the existing green space while finding opportunity to create more green spaces throughout West Dallas.

PROGRAM

Currently, the program in the surrounding conditions is mostly single-family housing. Urban growth has begun along Singleton Blvd and will continue on Sylvan Avenue.

- Single Family Housing
- Commercial
- Industrial
- Apartment Complex

MAIN ROADS

- Singleton Blvd: Connects Uptown to West Dallas Main Commercial Development along this road as well as mixed use
- Sylvan Avenue: Connects West Dallas to Design District along this road Some Commercial and mixed used Development along this road Serves as a community collector road
- Canada Dr: Along the perimeter of West Dallas, parallel with Trinity River Moderate traffic



CONTEXT

Off Site Kitchen is located flush to the building footprint. It is a burger joint that compliments the culture of Trinity Groves. The interior is a **industrial aesthetic**, one big room of brick, metal and very highceilings with exposed duckwork. The walls are covered with vintage posters, antique beer signs and pop culture kitsch. There is a huge outdoor patio area with game tables that include ping pong, bumper bool & patio seating.

Trinity Groves is a 15-acre **restaurant incubator** that started in 2011. It has brought urbanization into West Dallas with restaurants, retail, artist and entertainment. Trinity Groves was a main influence throughout the project. For more information on Trinity Groves visit page 22.

Cypress & Trinity Groves Apartments is a mixed-use development located across Singleton Blvd. These upscale apartments include commercial space on the ground floor and 4 floors of residential. This **mixed-use development** is the first of several mixed-use buildings that are planned in the near future in West Dallas. This will attract more people to the Trinity Groves development not just to grab a bite to eat, but also bringing a **younger community** to the area to live.

Margaret Hunt Hill Bridge to Uptown is an iconic bridge that connects West Dallas to Uptown. This site offers the **views** to the bridge and Uptown that is important to maintain for the user's experience throughout the project.



Margaret Hunt Hill Bridge to Uptown

Cyprus and Trinity Groves Apartments

CULTURE

Trinity Groves is a 15-acre restaurant, retail, artist and entertainment incubator that has revitalized an ailing neighborhood in West Dallas. This development has played a huge part in West Dallas's transformation. West Dallas was a desert without much to do, but it has always had some of the best views of downtown. The Margaret Hunt Hill bridge or what used to be nicknamed "Bridge to Nowhere" connects Wet Dallas to Uptown. With this dozen new restaurants nowhere has become somewhere. Trinity Groves fosters the growth of startup concepts and businesses, and capitalize on Dallas culture of innovation and entrepreneurship. Having a variety of culinary options that vary from tapas from a modern twist to street mexican food. Although this is mainly restaurants, it is becoming a place for shopping as well. They offer night time entertainment with live music and outdoor seating that comes to life.



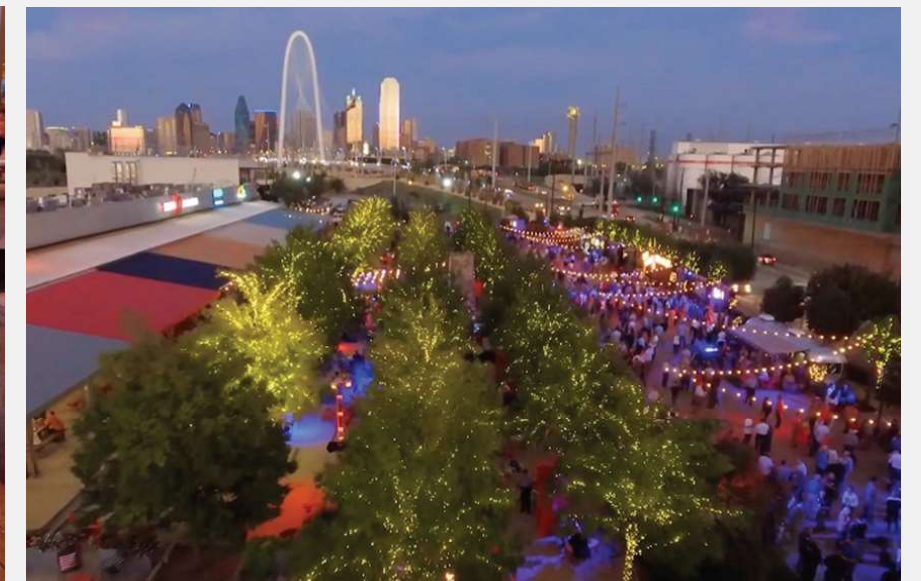
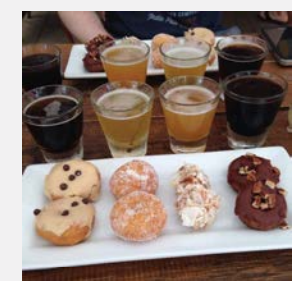
EATS

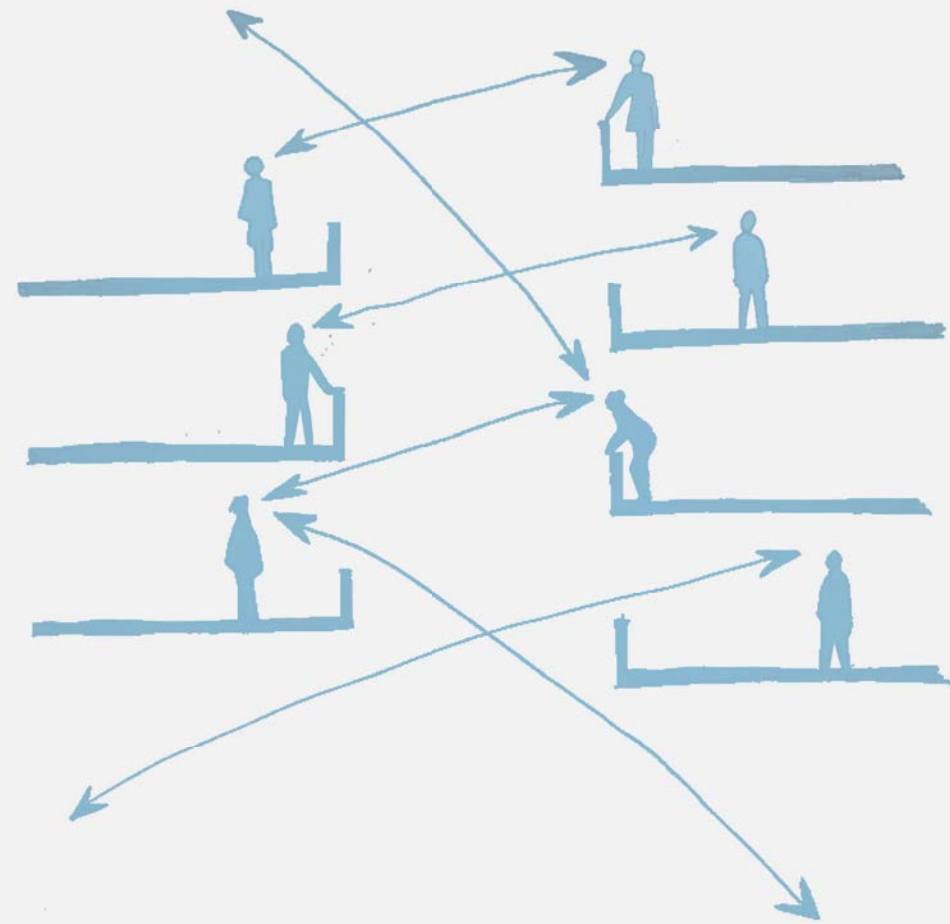
DRINKS

ARTS

SOCIAL

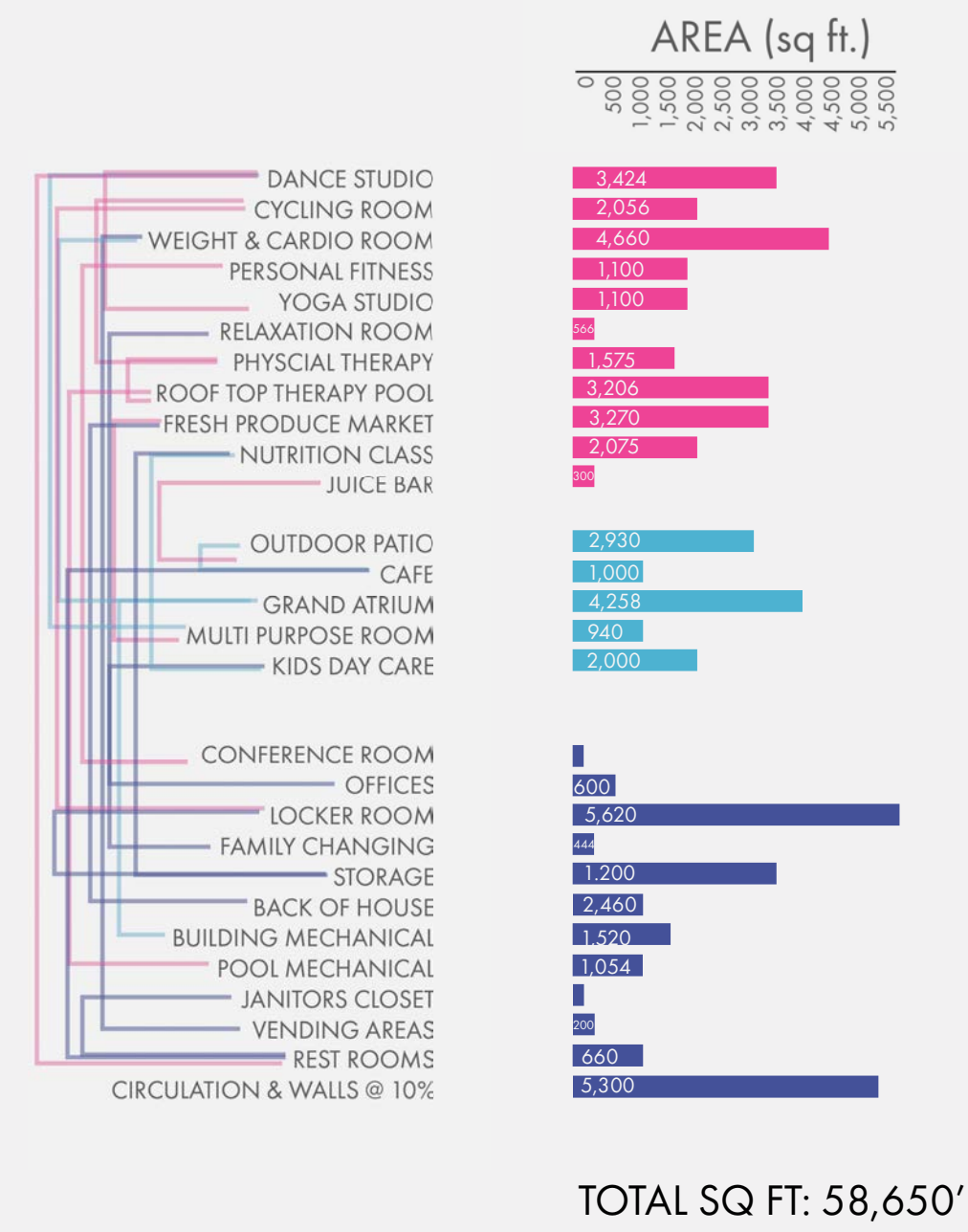
TUNES





PROGRAM

This Wellness facility takes a different approach to an average fitness gym by incorporating other important elements to help create a balanced lifestyle while improving the wellness of the user. This modern approach incorporates social aspects, dietary habits, creative studio rooms and therapy. This creates an environment where going to get a workout is **no longer a chore** but **a highlight of your day.**



WELLNESS

This part of the program focuses on health and wellness by facilitating physical activity through a variety of core work out rooms, physical and mental healing through therapy and relaxation, and promoting positive nutrition habits with nutrition classes and healthy food alternatives.

SOCIAL INTERACTION

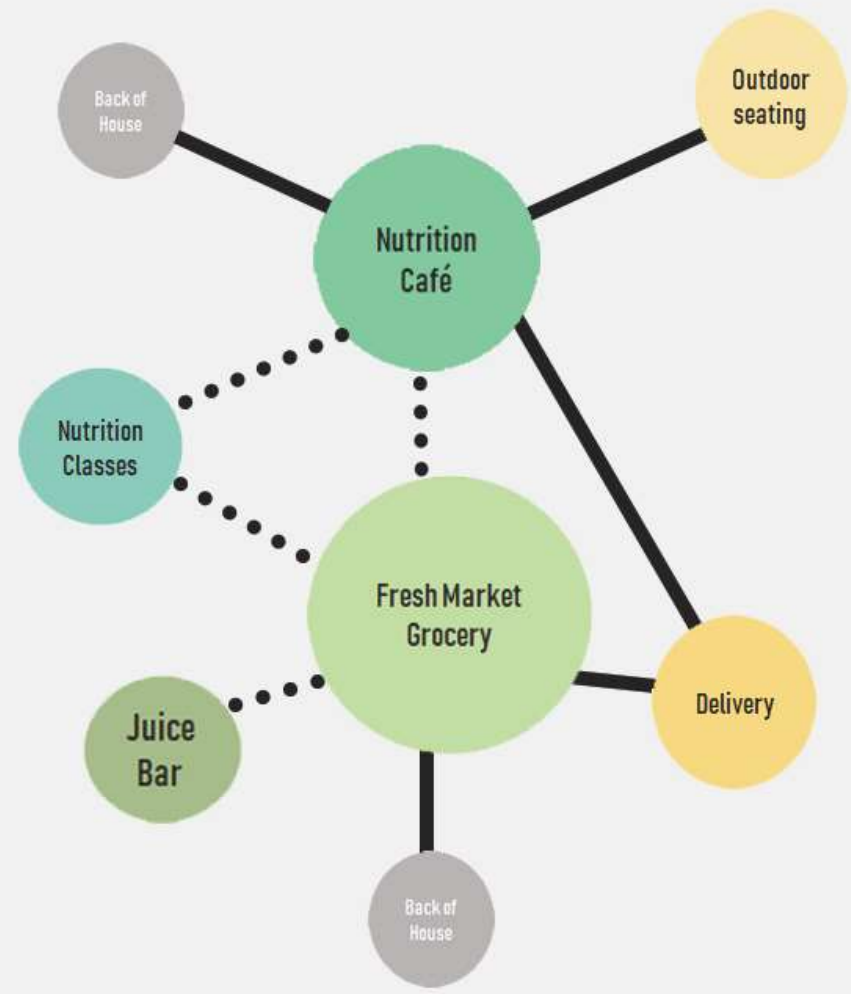
Creating opportunities for conversation and collaboration has a direct correlation with wellbeing. This includes open floor plan, flexible common areas in and around the building.

SERVICE

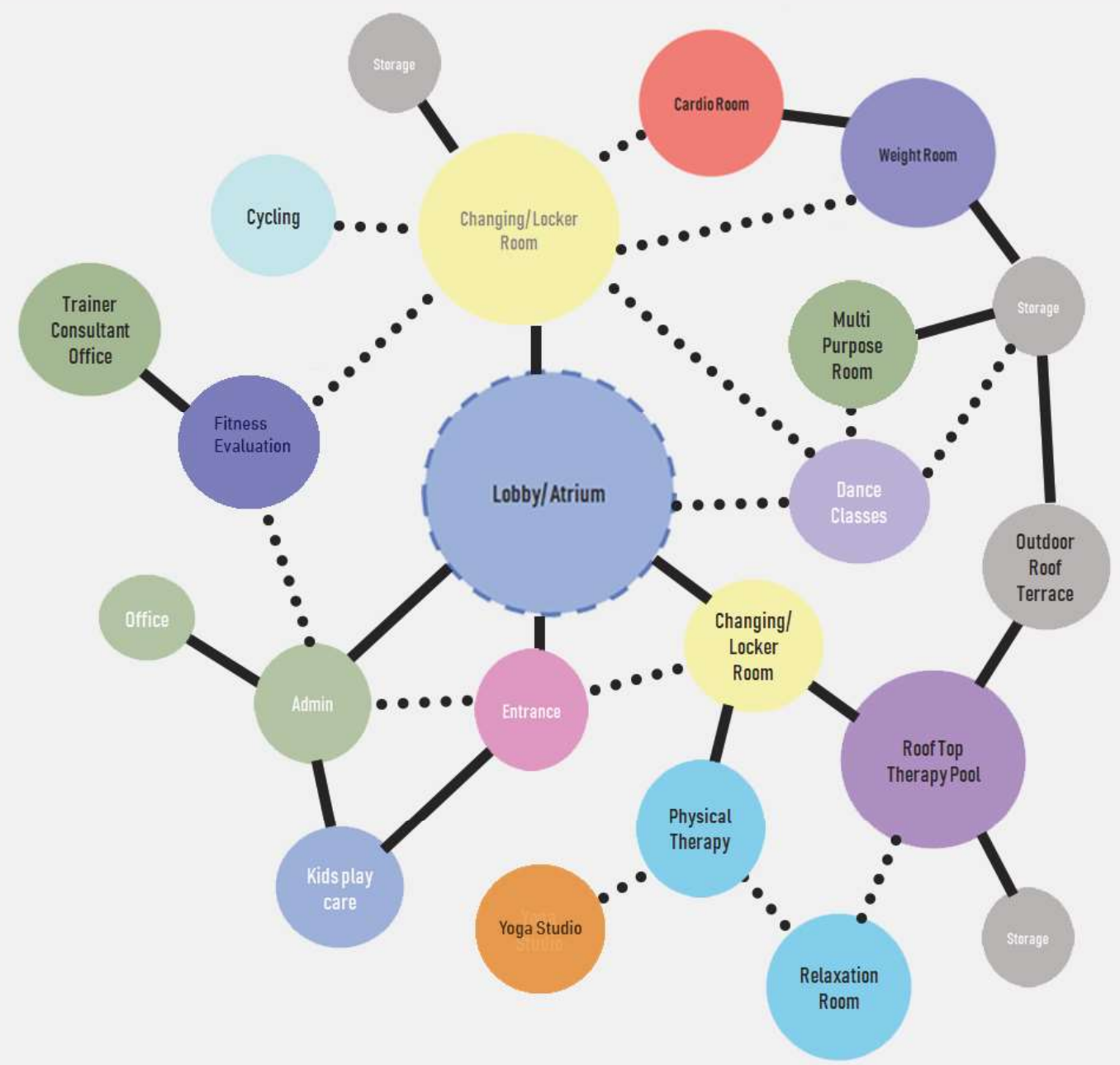
This includes administration spaces that are needed to run the facility along with necessary rooms to make the building operable.



ADJACENCIES

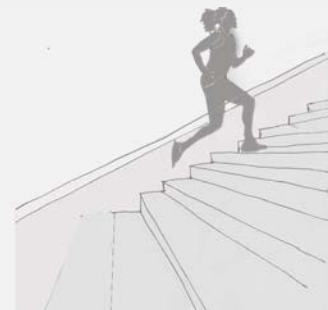
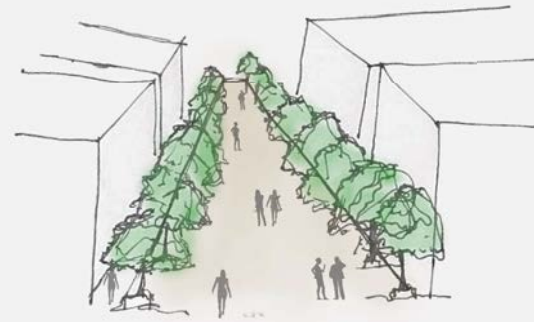
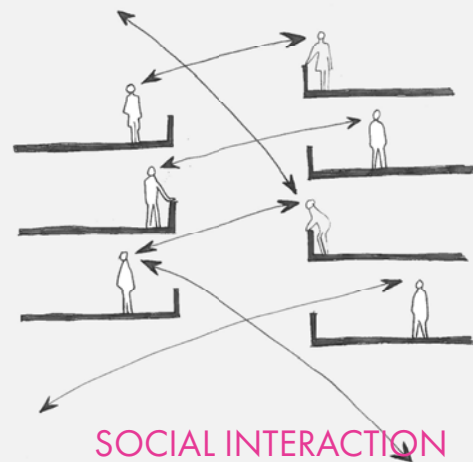


URBAN



WELLNESS

PROJECT GOALS



Encourage **pedestrian walkability** by continuing the existing pedestrian path from Trinity Groves.

Promote a **social environment** by designing indoor and outdoor gathering spaces and common areas.

Revitalize West Dallas and continue the Urban Growth by designing to respect the current **master plan** and future growth of West Dallas.

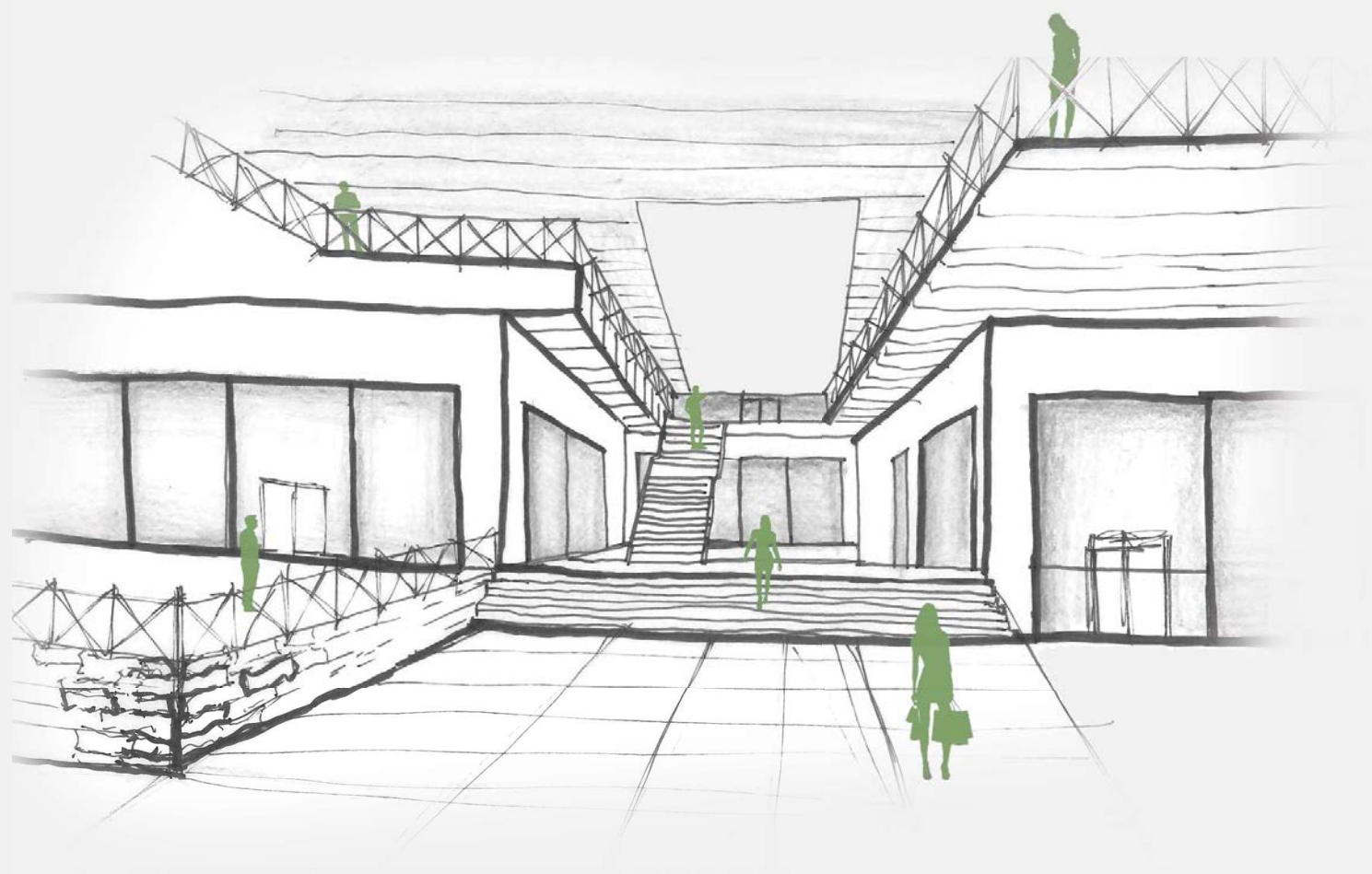
Create a ground floor that **invites** the public of West Dallas from Trinity Groves path and the urban front on Singleton Blvd.

Promote a **healthy** alternative by incorporating an inviting fresh food market and cafe that is accessible to the public.

Promote **physical activity** with a monumental stair that encourages users to use as well as exercise facilities that promote cardio and weights.

Provide a place for **relaxation** after a long day of work where one can meditate, stretch and mentally unwind.

Connect the building by providing **views** to Uptown, Calatrava Bridge and Bataan Play Ground.



PART I

DESIGN DEVELOPMENT

COMPLIMENT

The site is at a highly visible intersection . The building foot print is located on the edge of the intersection. Due to the urban context, we started the project with 13,000 square feet per floor with 5 total floors, making it a total of 65,000 total square ft.

BREAK

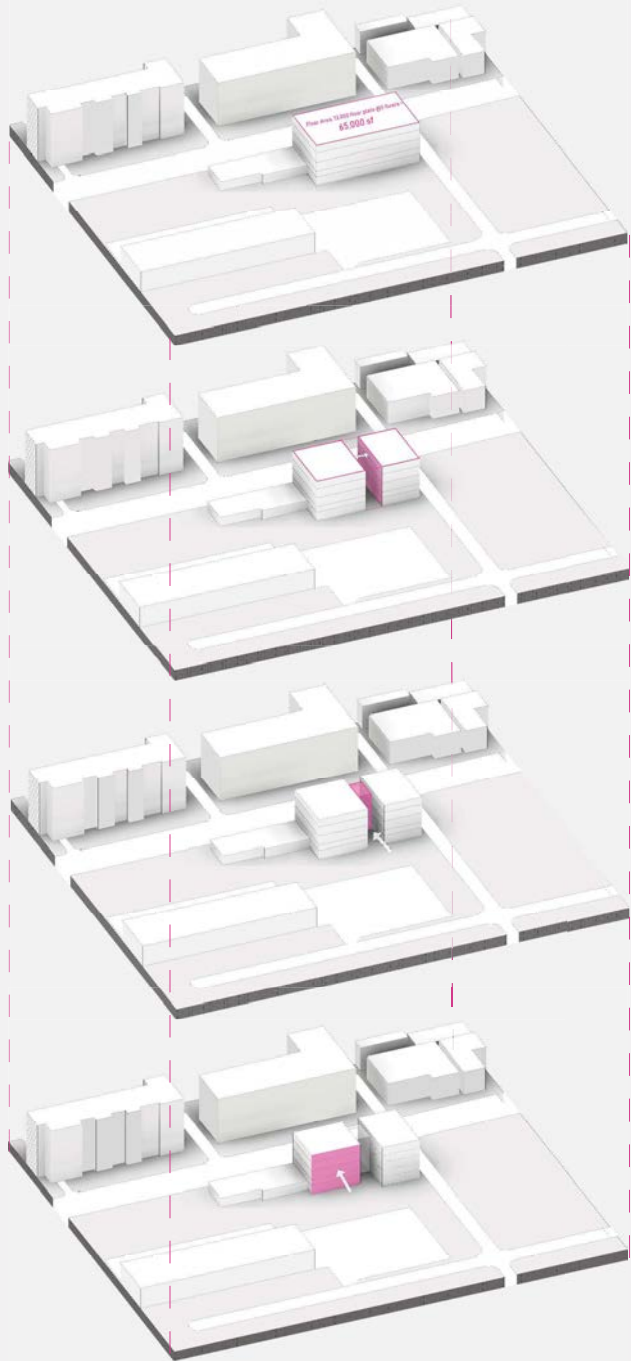
The design emphasizes different programmatic elements in the building with 2 separate cubes

CONNECTION

Connecting these cubes with a common space that connects programmatic elements horizontally and vertically through a grand atrium space .

PUSH

To relate to Off Site Kitchen, the left cube is pushed back to align with the exterior of the restaurant flush with the building footprint, complimenting the surrounding context.



INVITE

Recessed in the bottom floor to provide a transparent sense of entry for pedestrians with transparency to the public functions in the building.

LIGHT

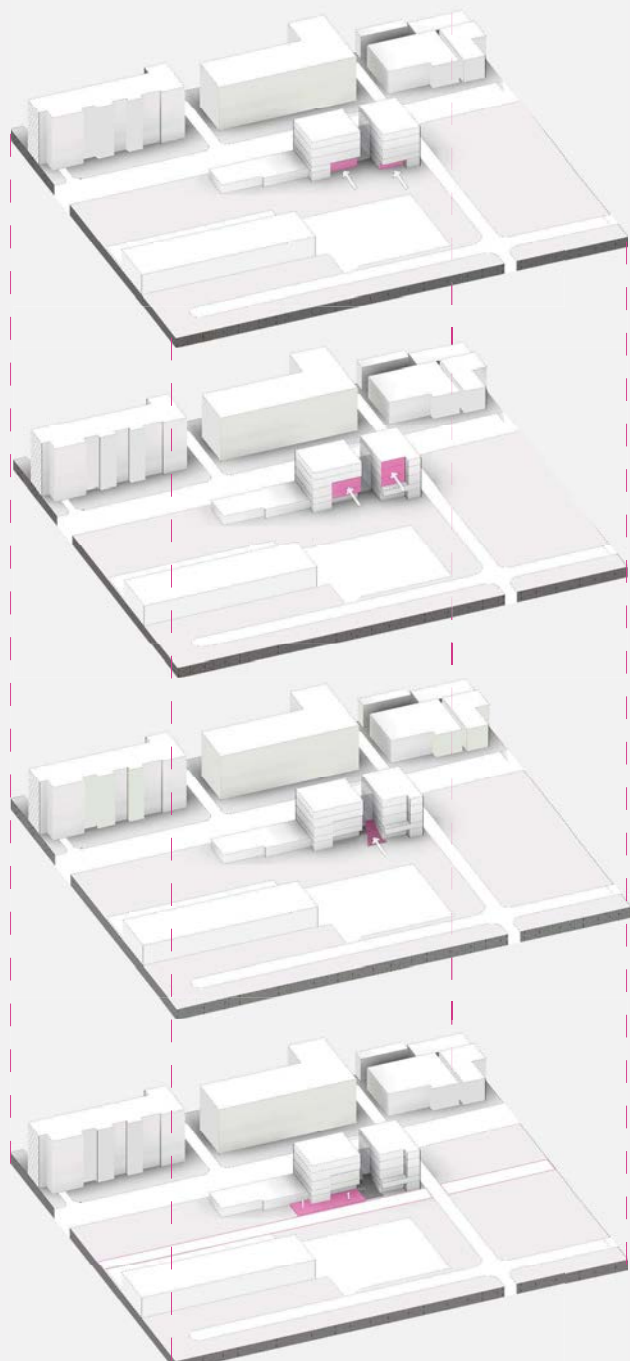
Transparency on the facade to bring in light from the north and give access to views. These windows are covered with louvers to reduce glare.

ORGANIZE

Creating an inviting staircase that leads the user up to the second floor, where they would enter the Wellness facility's lobby. This staircase breaks up the program from the public program to the Wellness facility.

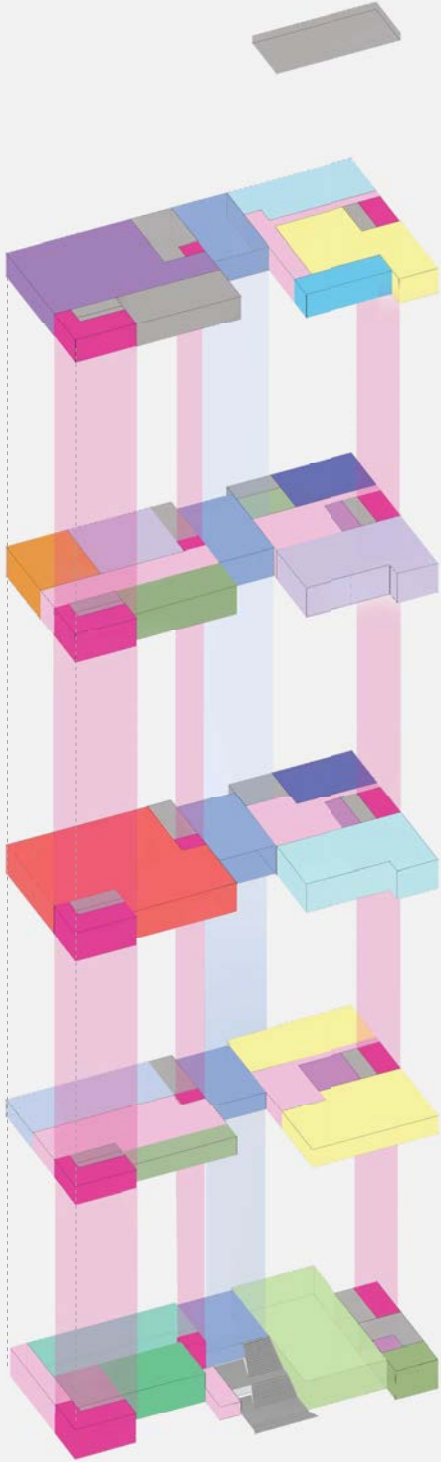
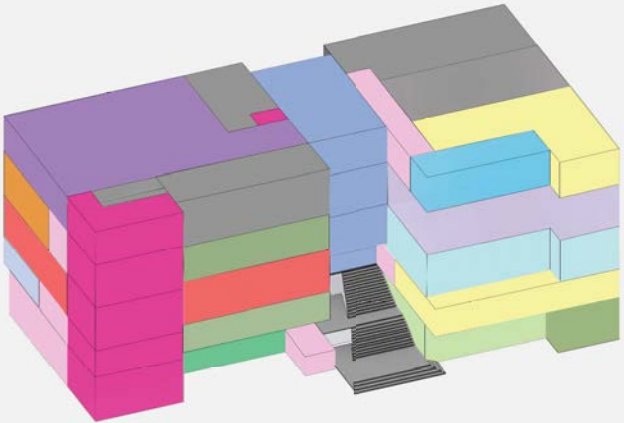
ACTIVATE

Create a social environment by extending the pedestrian path from Trinity Groves and creating an outdoor patio that compliments the patio across the pedestrian path at Trinity Groves.



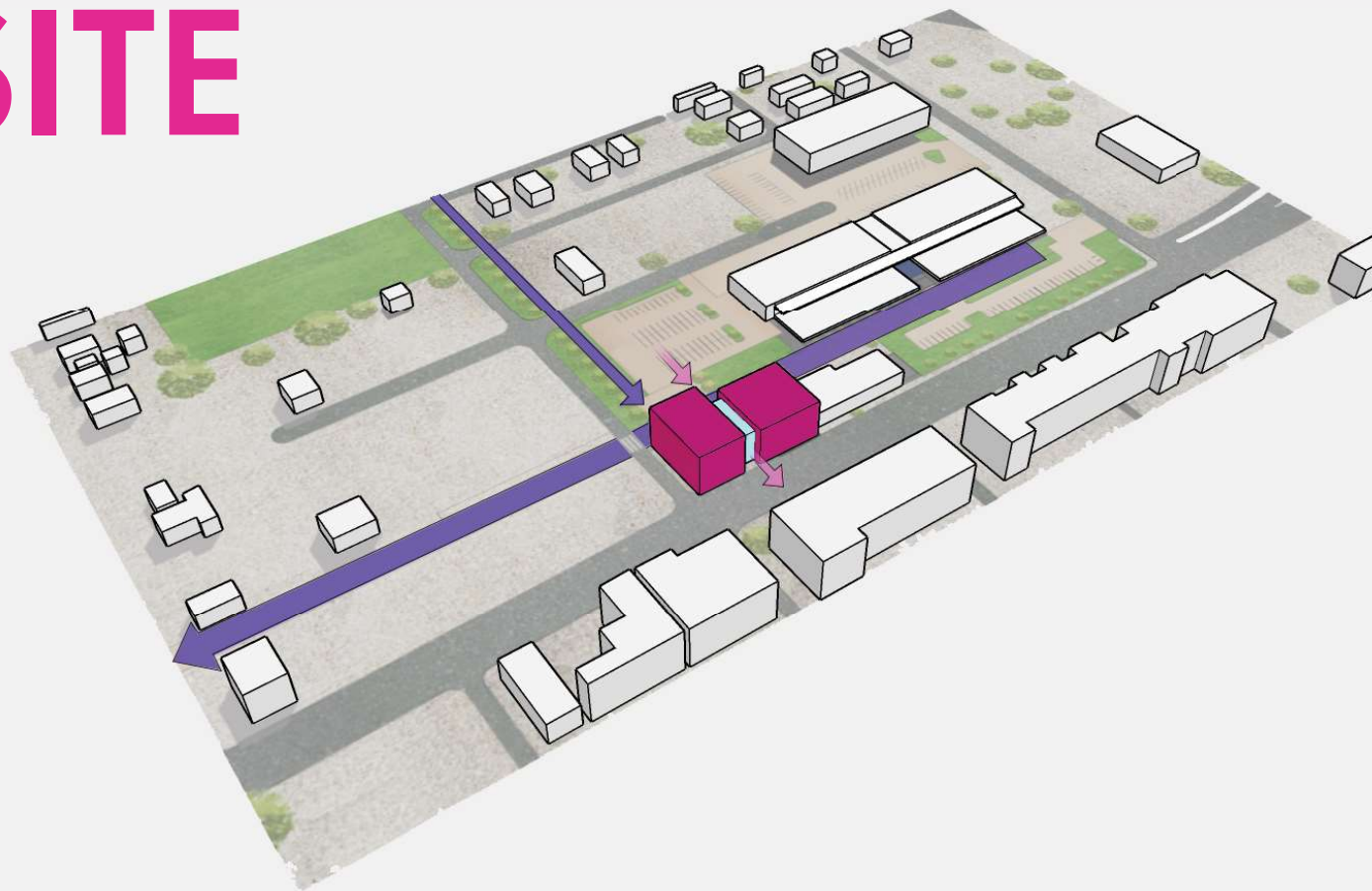
VERTICAL ZONING

This building is divided into two different programs types. One is program for the **public**,this includes a fresh market cafe, nutrition class, and a fresh grocery market. The rest of the program includes the **wellness facility** that is comprised of program to fuel physical activity such as cardio, weights, dance, yoga and pool and physical therapy. The design intent of this function is to create architecure thatpromotes wellness through programmatic function and building design intent.



- Rooftop Pool Therapy
- Relaxation Room
- Yoga Studio
- Dance Studio
- Multipurpose Room
- Cardio & Weight Room
- Atrium & Stair
- Cycling Studio
- Restroom
- Vertical Circulation
- Locker Room
- Mechanical & Storage
- Horizontal Circulation
- Fresh Market
- Nutrition Class
- Juice Bar
- Cafe

SITE



SITE PARTI: AXIS CREATING PUBLIC SPACES AND PATHWAYS

Of the several definitions of the word "axis" given in the Oxford English Dictionary, the most literal is "a main line of direction, motion, growth, or extension. Axis is mainly used to align elements, creating organization. When elements are arranged around an axis, the design feels ordered. As with most elements in life, we appreciate things that are well-organized because they feel more constant, comfortable and approachable.

While analyzing West Dallas' Master Plan I looked for the current Axis in the city development that were successful and how to respect those axis with the placement of the building foot print. Additionally, where to find opportunity for further organization in the future development.

The current axis was a pedestrian pathway that started from the restaurant development and stopped at the end of that development.

ATRIUM AXIS THROUGH BUILDING FROM PARKING

The building functions are a direct response from the surrounding conditions such as the pedestrian path and the parking. The pathway from the parking leads to the exterior monumental staircase that leads the user up to the wellness facility. The axis in the building is where the open atrium space is located with the monumental stair. This is the common space in the building and organizes the other building functions. This center atrium space is very transparent to let light in, provide views and a dynamic environment.





PROPOSAL





INTERIOR CAFE



The ground floor encompasses the public functions of the building such as a fresh market, cafe, and nutrition classes. The transparent facade of this floor reduces the barrier between interior and exterior inviting people in from the public into the building. The cafe creates a dynamic social environment by the double height proportion that faces the vibrant urban walkway. The outside porch from the cafe directly compliments Trinity Groves' elevated exterior porch by facing the same pedestrian path at the same elevation. The Nutrition

classes are located on the urban sidewalk by Singleton Blvd to attract customers traveling from vehicle and along the landscaped sidewalk. The main programmatic functions are connected through a central open atrium space that connects vertical circulation through a monumental stair. To get to the wellness facility an exterior seating/staircase invites the user up the stairs to the entrance lobby.



LEGEND

- | | |
|-------------------|---------------------|
| 1 Locker Room | 6 Conference Room |
| 2 Kids Day Care | 7 Fire Stairs |
| 3 Admin Office | 8 Mechanical |
| 4 Family Changing | 9 Rest Room |
| 5 Storage | 10 Common Rest Area |

2ND FLOOR PLAN

48

The second floor marks the first floor of the wellness facility. As the user enters the building through the monumental exterior staircase they arrive at the receptionist lobby to the wellness facility. After the member has checked in, they can go to the locker room to get ready for their workout or if they have a kid they can drop them off at the kids play room. Administration for the staff is located in front of the kids room to ensure the kids room will be highly monitored by staff. The locker rooms don't require windows because they are a private space. As a result, the locker rooms are oriented to the western sun so that less heat enters the building. To fuel efficiency for staff and employees, natural light is incorporated into the offices and conference rooms. The kids play room includes views to Cypress Apartments and Uptown.

The section perspective primarily shows the vertical circulation from the pedestrian pathway up to the grand atrium stairs. This vertical circulation was how the building was organized. It is located by the urban front of the building to provide views of Singleton Blvd and Cypress Apartments while traveling up these stairs. This glazing does not require louvers to block from the southern sun because it is recessed in providing shade from the sun at different angles. The atrium space is not only vertical circulation, but it is a common space for the user. It is located centrally to help with way finding through out the building. It also is used to break up the program functions, being the main organizational element throughout the design process.



SHORT SECTION PERSPECTIVE
THROUGH ATRIUM STAIRS

3RD FLOOR PLAN

LEGEND

- | | |
|----------------------|-----------------------|
| 1 Fitness Evaluation | 6 Atrium Common Space |
| 2 Cycling Class | 7 Fire Stairs |
| 3 Cardio Area | 8 Mechanical |
| 4 Weight Room Area | 9 Rest Room |
| 5 Storage | |

INTERIOR CARDIO & WEIGHT ROOM

The third floor houses the various physical activities such as Fitness Evaluation (personal training), cycling room, and cardio and weight room. The left cube of the center atrium encompasses the activities that require individual rooms and the right side is flexible open space where cardio and weights merge into one common area.

SUN PROTECTION

Vertical shading that mimics the acoustic ceiling provides shading in the West and East direction where building is exposed to sun.

ACOUSTICS

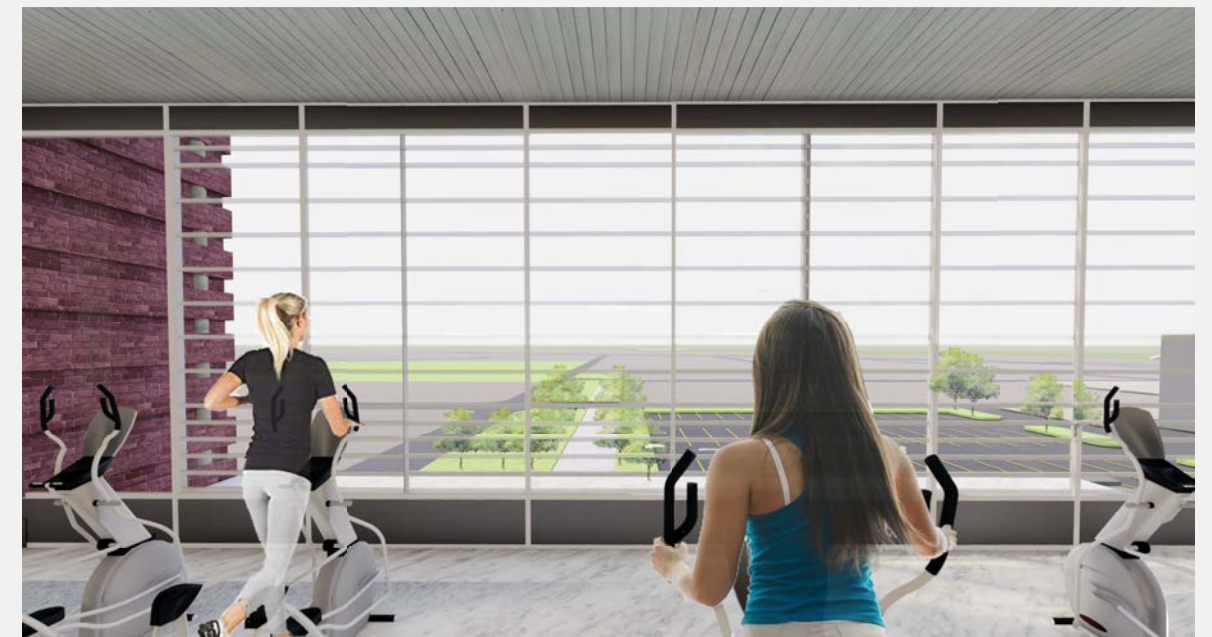
Sound absorption in Cardio and Weight room 1" Claro Baffles

VIEWS

Each physical activity room on this floor offers a different view. The cycling class has a view to the plaza and pedestrian walkway that leads to Bataan Playground. The Treadmills in the open Cardio and Weight room overlook the views to Margaret Hunt Hill Bridge and Uptown. This creates an environment that is stimulating, making the user more motivated in their workouts.



INTERIOR CYCLING ROOM





LEGEND

- | | |
|----------------------|-----------------------|
| 1 Fitness Evaluation | 6 Atrium Common Space |
| 2 Dance Studio | 7 Fire Stairs |
| 3 Yoga Studio | 8 Mechanical |
| 4 Multi Purpose Room | 9 Rest Room |
| 5 Storage | |

4TH FLOOR PLAN

INTERIOR ATRIUM STAIR



The fourth floor incorporates the physical private activity rooms such as fitness evaluation, dance classes and a yoga studio. These include individual rooms that each have exposure to natural light. Some people that I have talked to about their experience with having a personal trainer is that "they don't want to be judged by others" being in an open room where everyone else that is a regular at the gym works out. So, it was important to offer a private room for people just starting out, which would be the Fitness

Evaluation room. The user is more likely to travel up the stairs instead of taking the elevator because of the natural light and views to Singleton Blvd and the New Cypress Apartments across the street. The yoga studio is located farthest from the open staircase, offering a more private room for meditation. As the yoga participants stretch and meditate they see a great view to Uptown. The multipurpose room offers the opportunity to provide a room for various activities that the dance studio offers to their dancers.

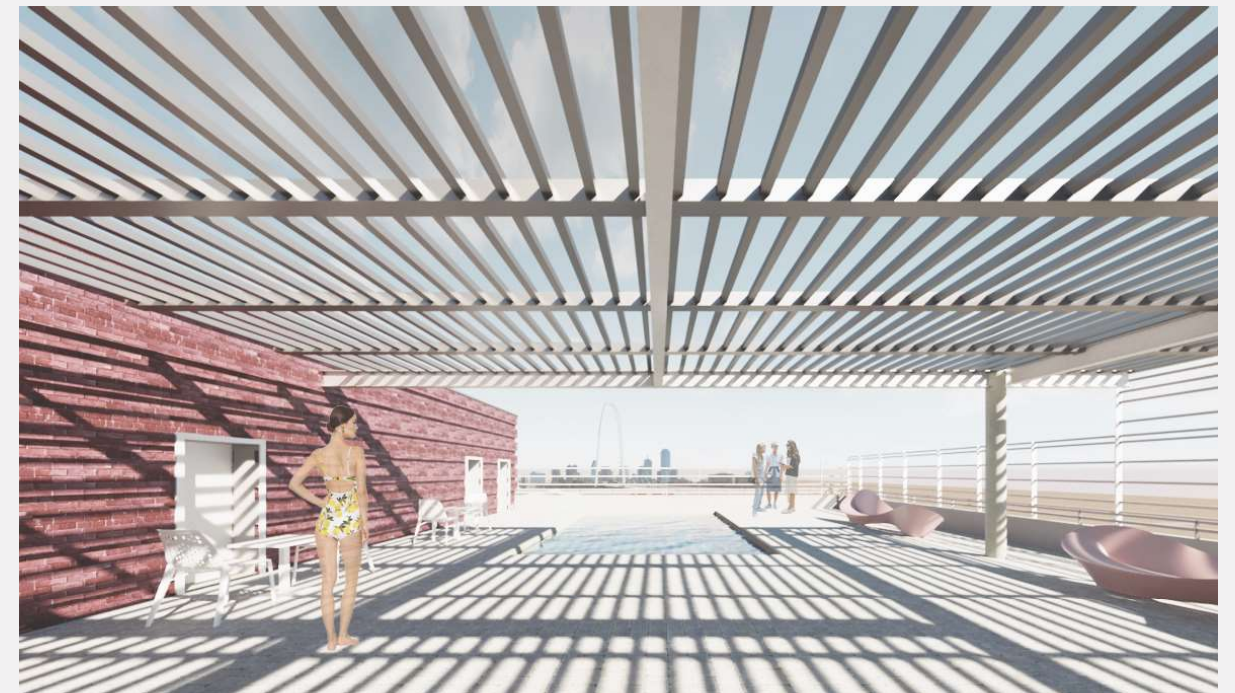


LEGEND

- | | |
|--------------------|-----------------------|
| 1 Locker Room | 6 Atrium Common Space |
| 2 Relaxation Room | 7 Fire Stairs |
| 3 Physical Therapy | 8 Mechanical |
| 4 Pool Mechanical | 9 Pool Therapy |
| 5 Storage | |

5TH FLOOR PLAN

ROOF TOP POOL THERAPY



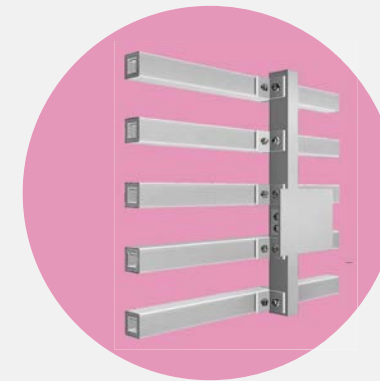
The fifth floor is focused around the idea of “healing” in wellness. This being the most private of the floors, this incorporates an outdoor rooftop therapy pool, indoor physical therapy room, locker rooms for the pool and adequate mechanical space to support pool and building functions. Just like on the second floor, the locker rooms are located on the western side of the building with no windows to help with cooling of the building. A relaxation room is

provided to mentally heal the patient and provide a quiet space for relaxation and meditation. The roof terrace is located towards the view to Margaret Hunt Hill Bridge and Uptown to provide a vibrant view during water therapy. The roof terrace is shaded with a terra cotta pergula that lies adjacent with the building structure. The pergula provides comfort while being outside and is a continuation from the horizontal louvers on the south side of the building facade.

MATERIALS

The materials chosen for this building directly relate with the surrounding context. The restaurant that is flesh with the building foot print, Off Site Kitchen, has brick on the exterior with murals. Trinity Groves restaurant incorporates aluminum paneling on the building facade. The materials express the programmatic elements beneath them. The big vertical elements in the facade represent fire stairs, building mechanical, storage and electrical. The terra cotta louvers reduce glare

from the interior and help cool the building while permitting natural light and views of the city. Aluminum paneling is seen in horizontal elements that span over transparent areas to give a lighter approach in building material as apposed to heav brick. The brick and aluminum both have relief lines in the material. Not only does this add another layer to the facade, but it mimics the louver design that relates to the curtain wall. This creates a harmony of building materials despite their contrasting elements.



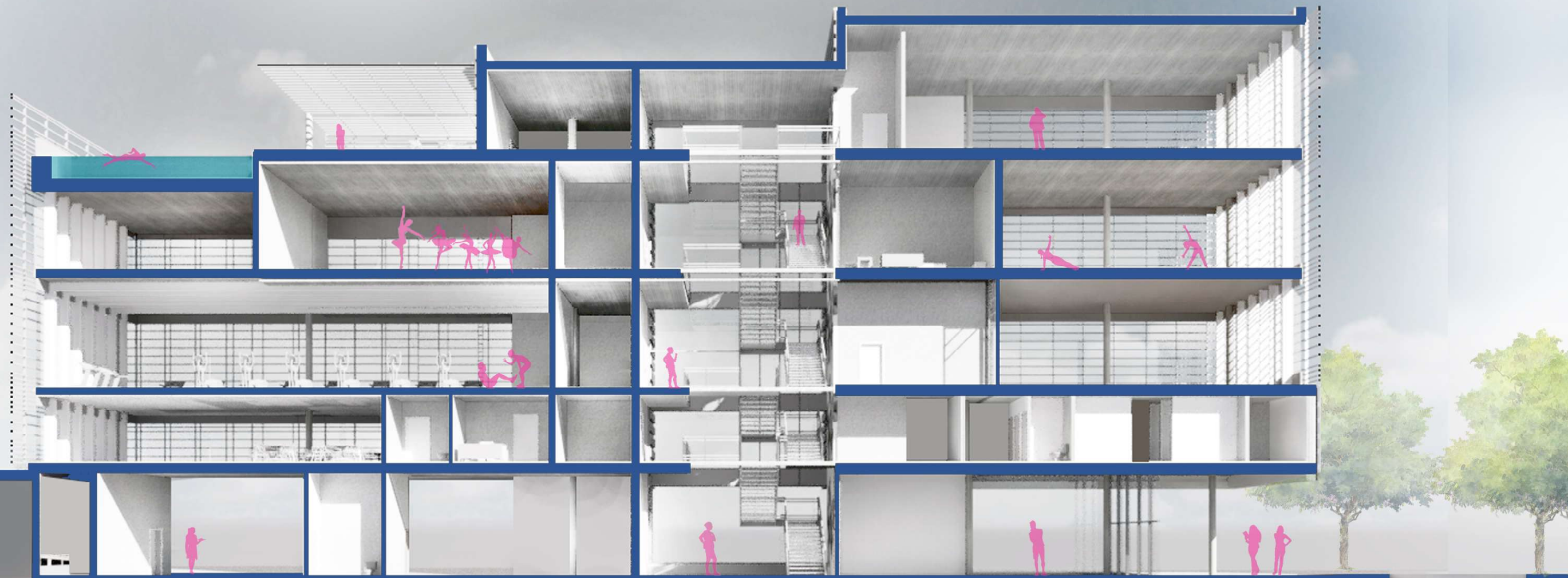
Baguette Screens help with sun exposure, add texture to a building, and create a work of art. Both energy efficient and aesthetically pleasing, terracotta screens are composed of extruded material in a wide variety of profiles, colors, and finishes. Supported internally by a metal reinforced bar and the baguette can be installed horizontally or vertically. It is important to leave at least 3' between the glazing and the sunscreen so that the glazing can be properly cleaned.



Aluminum paneling used in the extruded element of the facade. This material relates directly to the metal use of Trinity Groves. The reliefs create another layer of dimension and imitate the sunscreen.



The brick is used as a grounding material. It is located on the ground floor and vertical elements. The bricks have 1/2" reveal lines in them that add dimension and cast shadows on the facade. The brick it encompasses 8" of relief every 24" of brick. This creates a module for 3 bricks of relief every 8 bricks.



LONGITUDINAL SECTION

WELLNESS

Materials: Rockwool (Mineral Based insulation) and sustainable materials that don't emit toxic fumes include stone,brick and aluminum.

Exterior Louvers: Providing window glazing that incorporates views which shade from the west, south and east. Direct access to daylight and views reduces blood pressure and lowers headaches.

Acoustics: Claro Baffles that absorb sound in high intensity areas such as cardio and weight zone.

Program: Healthy life choices incorporated into building design such as healthy diet options, physical activity areas, physical therapy and relaxation zones.

Atrium: Used as a central gathering space for the users, this acts as a common social gathering space which is proven to improve mental wellness.

Exterior Stair/ Seating: Inviting staircase to promote physical activity while encouraging people to grab healthy lunch from the cafe and take a seat besides the stairs.

Pedestrian Pathway Plaza: A wide pathway that invites the community from Trinity Groves in a shaded outdoor plaza to take a pleasant stroll or sit and enjoy a relaxing break.

Landscape: Extending a walkable pedestrian pathway that continues from the preexisting Trinity Groves restaurant development, while creating a new pedestrian pathway that leads to Bataan Playground. This path is landscaped and shaded along the promenade to provide comfort against harsh temperatures of Dallas.

WELLNESS FEATURES:

MATERIALS

ATRIUM

EXTERIOR LOUVERS

PROGRAM

ACOUSTICS

EXTERIOR STAIR/
SEATING

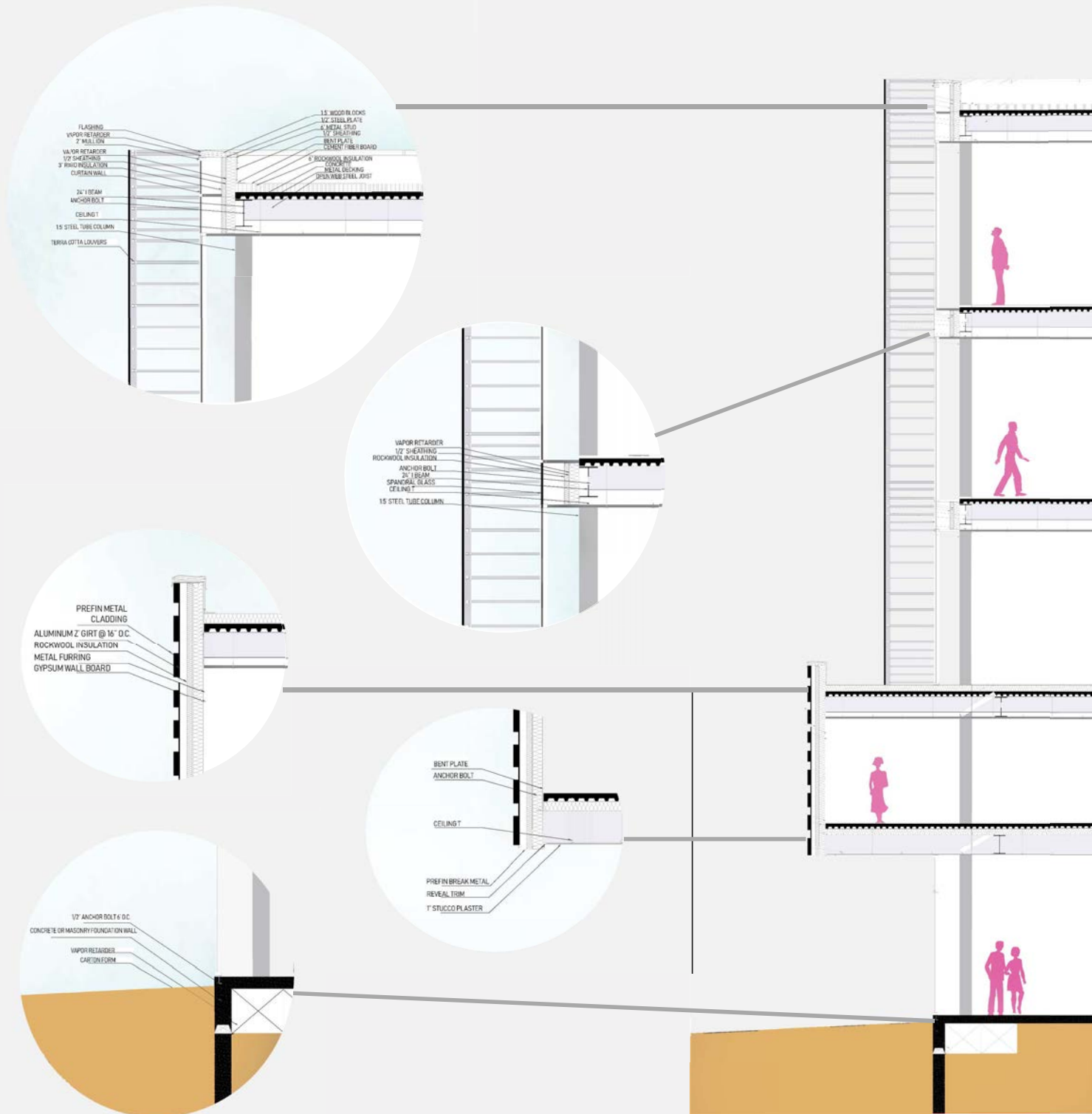
PEDESTRIAN
PATHWAY PLAZA

LANDSCAPE

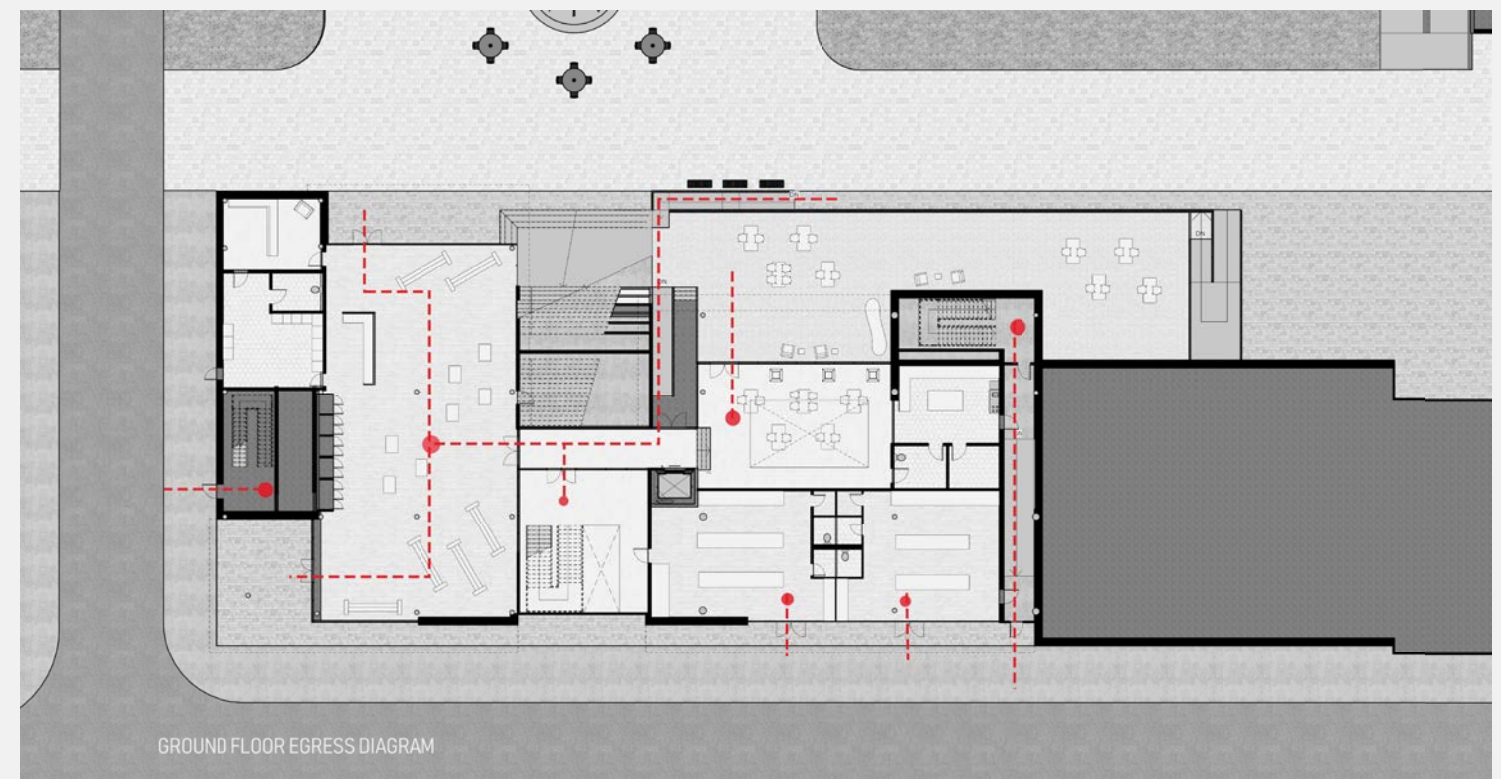


The design is a direct response to the context and future development. As a result, the placement of the building creates a shaded, comfortable microclimate that acts as a catalyst for pedestrian activity. This gesture to extend the pedestrian path is a small gesture in hopes that future development will respond and enhance the path. The path gives a human scale experience for the pedestrian that is interactive, creating a sense of place. This positively impacts both physical and mental wellbeing. The building design is a response to this urban activity and need for wellness facilities in the community that promote social gatherings.

APPENDIX



Egress Diagram ensures the life safety of the user in the building. The central monumental stairs do not meet fire regulations so 2 other fire stairs were required in order to meet building code. The fire stairs are located on opposite ends of the perimeter of the building to ensure a short route in case of a fire. The diagram below shows the many egress paths to exit the building on the ground floor in case of a fire.



PROGRAM ANALYSIS

Cafe

Includes:

- Seating
- Preparation
- Trash
- P.O.S. Station (register)
- Restrooms
- Mechanical
- Storage

Location:

- Accessible
- Provide indoor and outdoor seating
- Shaded outdoor seating
- Ground Floor

Users: Wellness members and public

Considerations: Delivery and Waste management

Single restrooms

Considerations: ADA accessible

Locations:

- Café
- Fresh Market
- Gym

Locker Room

Includes:

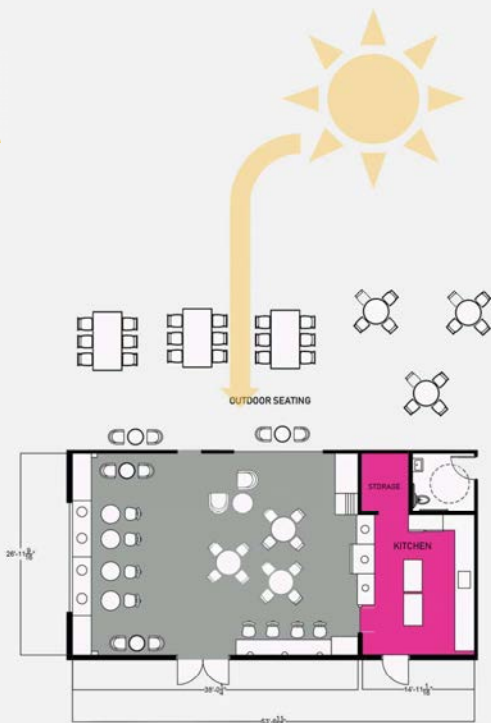
- Lockers- Dry Area
- Restrooms
- Changing room
- Sauna
- Family Changing Room
- Changing Room
- Showers
- Storage

TOTAL: 4: 2 male& 2 female

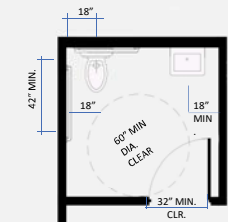
Location: 2nd floor and 5th floor by pool

Considerations:

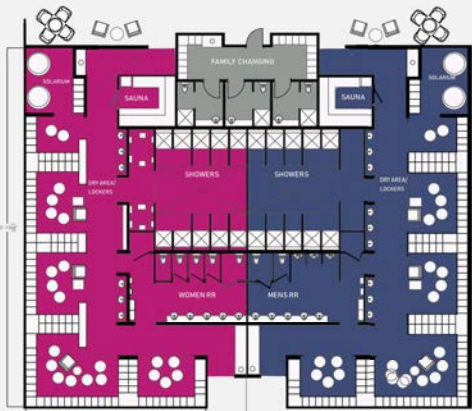
- Wet rooms
- Windows not needed



Typical Cafe Layout



Typical Restroom Layout



Typical Locker room Layout

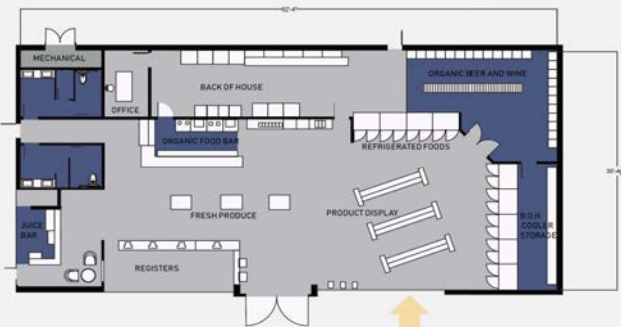
Fresh Market

Includes:

- P.O.S. Station (Registers)
- Fresh produce
- Juice/Smoothie Bar
- Cooler Storage
- Back of house
- Restrooms
- Mechanical
- Storage

Location:

- Ground floor
- Transparent store front
- Users: Accessible to Wellness users and public
- Considerations: Possible Farmers market that is on the weekends. Orientation- Transparent store front: Sun Exposure Deliveries and Waste management

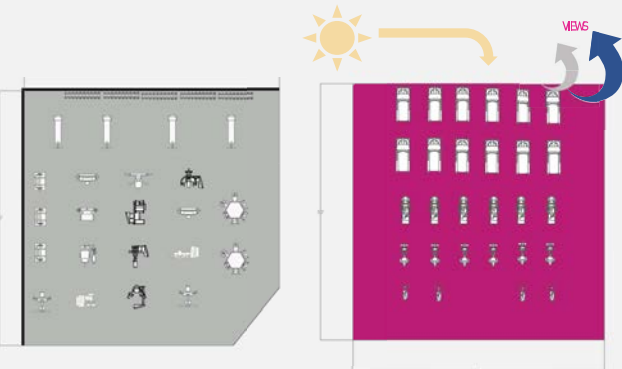


Typical Small Grocery Store Layout

Weight station & Cardio

Bench

- Weight machines
- High Ceiling height: Minimum: 12'
- Open area
- Considerations: Cardio and weight one open room Higher HVAC because of high physical activity Acoustics to block ambient noise Large Spans Consider every cardio or sectorized strength piece to have a live area of 50 square feet

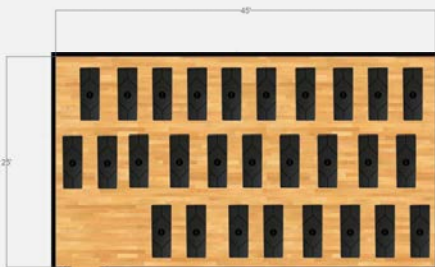


Typical Weight and Cardio Layout

Yoga Studio

Yoga mat- 2' * 6'

- Approximately 21 square feet per yoga practitioner.
- Transparent-indoor and outdoor
- ~30 people per class
- Location: 4th floor with view
- Considerations: Higher HVAC because of high physical activity Retractable wall



Typical Yoga Studio Layout

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ABOUT

I am a Masters of Architecture student with a passion for all things design. Throughout my academic career I have absorbed knowledge that can strive to solve contemporary needs and future issues. I believe a great design involves collaboration and innovative solutions. I am self-driven, curious, passionate, hard working and willing to go the extra mile to achieve a successful design solution.

PROFICIENCY

Revit	●●●●○
AutoCAD	●●●●○
Sketchup Pro	●●●●○
Adobe Photoshop	●●●●○
Microsoft Publisher	●●●●○
PowerPoint	●●●●○
Word	●●●●●
Excel	●●●●○
Adobe InDesign	●●●●○
3d Printing	●●●●○
Laser Cutting	●●●●○

EDUCATION

Texas A&M University, Bachelor of Science in the College of Architecture, 2016

Minor in Business

Minor in Art and Architecture History

Study Abroad in Rome,

Richmond University, Italy,

Summer 2015

Texas A&M University, Masters of Architecture

Graduate May 2019

DESIGN EXPERIENCE

Architectural Intern at Corgan

Summer 2018

Interned in the Commercial Department for 3 months assisting with various project groups in schematic design and construction documents using Revit, Sketch up Pro and Photoshop.

Consulted with FKP & Cannon Firm on Pediatric Children's Hospital

Fall 2017

ACSA/AISC Steel Design Competition, 2018

Designing a steel building that is innovative and sustainable

PAA Consultants, Design Assistant

San Antonio, TX, November 2011- July 2012

INVOLVEMENT

Tau Sigma Delta National Honors Society of Architecture and the Applied Arts, 2016- current

Vice President

TxA Convetion, Fort Worth, Fall 2018

Architecture-for -Health Lecture Series, Fall 2018

Hunger Busters, Summer 2018

Texas Food Bank, Summer 2018

Sigma Alpha Lambda, College Station, Texas

Texas A&M Vet School Event Volunteer

Big Event, 2016

AIAS Member, 2015

Aggieland Camp Humane, College Station, Texas, 2014

Camp Counselor

Wounded Warriors, Oak Hills Church, San Antonio, Texas, 2014

SKILLS

CNC Laser cutter
Welding
3D Modeling
Model Building
Sketching

Creative Problem Solving
Photography
Graphic Design
Drafting
Communication

Photography
Social Networking
Woodshop Tools
Time Management
Acrylic Painting

