

Masterthesis

Health Center  
Restructuring of Villa Geno area

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## HEALTH CENTER

### Restructuring of Villa Geno area

The Villa Geno area is situated between the Alps and Lake Como in Northern Italy. This place has always been a favorite recreational and relaxation spot for many people due to its vicinity to Como's city center and its picturesque natural surroundings. At the moment, the area is neglected, poorly planned, and it is not being used to its fullest potential. The aim of this study is to reconstruct the Villa Geno area in order to further popularize it, and to make it more agreeable and appealing to a wide range of visitors. Major focus will be put on the area's natural milieu and the relaxation and vitality of the human body, mind and spirit. The restructuring includes a Health Center, which will provide Fitness, Wellness & Spa, Restaurant, and other facilities, as well as outdoor green areas for a variety of activities. The intention is to create a practical and inviting destination which will promote a healthy lifestyle and allow this beautiful region to realize its full potential.

Die Villa Geno liegt zwischen den italienischen Alpen und dem Como See in Norditalien. Dieses Gebiet ist ein beliebter Ort für Erholung und Entspannung für viele Menschen aufgrund seiner Nähe zum Stadtzentrum Como und seiner umgebenen Natur. Das Areal wurde für eine längere Zeit vernachlässigt, welches auch den aktuellen schlechten Zustand erklärt. Das volle Potential des Komplexes wurde folgedessen nicht komplett ausgeschöpft. Das Ziel dieser Arbeit ist es, das Villa Geno Gebiet neu zu strukturieren und es weiter zu popularisieren. Dieses Gebiet sollte einladend sein und ein breites Spektrum von Besuchern unterhalten. Ein besonderes Augenmerk wird auf die Entspannung und Vitalität des menschlichen Körpers, Geist und Seele geworfen, die mit dem natürlichen Milieu dieser Gegend untrennbar ist. Die Restrukturierung beinhaltet ein Gesundheitszentrum mit Fitness, Wellness, Spa, Restaurant, sowie ein begrünter Außenraum für verschiedene Freizeitaktivitäten. Die Absicht ist es eine funktionelle und einladende Umgebung zu schaffen, die eine gesunde Lebensweise fördern soll.

L'area di Villa Geno si trova nel nord Italia, tra le Alpi italiane e il lago di Como. Questo spazio è da sempre stato meta di svago e relax per molte persone, attratte dalla sua natura pittoresca e dalla sua vicinanza alla città di Como. La sua attuale pianificazione, nonché il suo stato di trascuratezza, tuttavia non rende possibile utilizzarla al massimo del suo potenziale. Lo scopo di questa tesi è riprogettare l'area di Villa Geno cercando di aumentare il benessere del luogo per il suo pubblico. Particolare attenzione verrà data all'ambiente naturale in relazione al corpo umano, sviluppando binomio mente-spirito in funzione del luogo. La ristrutturazione comprenderà un centro benessere, completo di Fitness, Wellness & Spa, ristorante e altri servizi, nonché di attrezzature per le aree verdi esterne. L'intento è quello di progettare uno spazio funzionante ed accogliente che possa promuovere un sano stile di vita in contatto con la natura.











Hunting

Domestication, sedentary lifestyle

Ayurveda origins, India

Yoga origins, India

Massage origins, Egypt

10,000 BC

8,000 BC

5,000 BC

3,000 BC

2,330 BC

## FITNESS & SPA HISTORY

### Paleolithic & Neolithic (10,000 – 8,000 BC)

Primitive people 10,000 years before Christ had a much different lifestyle than we have today. It required continual hunting and gathering food for survival. Tribes commonly went on one or two day hunting journeys for food and water so that the regular physical activity was a principal component of life. Apart from hunting, they had celebration events that included trips of 5 to 10 km to neighboring tribes, where dancing and cultural games often lasted for several hours. The Paleolithic fitness pattern can therefore be described as very high in fitness and physical activity. The neolithic era (10,000 to 8,000 BC) marked the conclusion of primitive lifestyle and the dawn of civilization started. This historic period was defined by animal and plant domestication, making it possible for human to obtain food while remaining in the same area, thus transforming a primitive man into an agrarian. This era in history symbolizes the beginning of a more sedentary lifestyle.

### Greece, Athens (2,500 – 200 BC)

The idealism of physical perfection was one that embodied ancient Greek civilization. They appreciated the beauty of the body, health and fitness, and they believed that development of the

body was as important as development of the mind. Physical well-being was necessary for mental well-being, or as they use to put it: 'Mens sana in corpore sano'. Many medical practitioners such as Hippocrates facilitated the growth of fitness throughout ancient Greece. Gymnastics, along with the music, was considered to be the most important classroom topic. A common saying in ancient Greek times was: 'Exercise for the body and music for the soul'. Gymnastics took place in palaestra, an indoor facility for doing sports, and an outdoor area for running, jumping and wrestling. When young men became around 15 years old, fitness training switched to gymnasiums.

### Roman Thermae

Roman Thermae (bath) is an antecedent to today's Spa. As an example of old Roman baths architecture, we will shortly discuss one of the most preserved thermae today – the one at Pompeii. A public bath was built around three principal rooms: the caldarium (hot bath), the tepidarium (warm bath) and the frigidarium (cold bath). Some thermae also featured steam baths: the sudatorium and the laconium. Entering the therme on the left there was a small chamber that contained a water closet called latrina. Proceeding the hallway (portico) one enters an open courtyard called atrium. Atrium was the

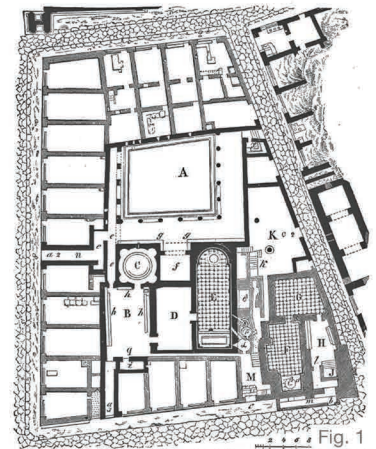


Fig. 1



Fig. 2



Fig. 3

Fig. 1 Roman Thermae

Fig. 2 Central bath

Fig. 3 Caldarium



exercise ground for the young men. A passage called apodyterium led from atrium to the wardrobe, a spacious chamber with stone seats and a sunlight coming in. From here, one could choose to go to the baths or to the swimming pools. Women had a separated section that consisted of the same chambers, but in a smaller scale. The Roman baths often included a palaestra, an outdoor gym where men would engage in various ball games and exercises. Ancient Roman baths were equivalent of community centers because the bathing process took very long. The thermae had many other attributes in addition to the baths. There were libraries, rooms for poetry readings, and places to buy and eat food. The modern equivalent would be a combination of a library, art gallery, mall, restaurant, gym and spa. The Romans believed that good health came from bathing, eating, massages, and exercise. The thermae, therefore, had all of these things in abundance. Since some citizens would be bathing multiple times a week, Roman society was surprisingly clean.<sup>2</sup>

#### China (2,000 BC)

In China, the philosophical teachings of Confucius encouraged participation in regular physical activity. It was recognized that physical inactivity associated with certain diseases. Consequently, Kung Fu gymnastics was developed to keep the body in good, working condition. In addition to

Kung Fu, other forms of physical activity were exercised, such as archery, badminton, dancing, fencing, and wrestling.<sup>3</sup>

#### India (2,000 BC)

In India individual pursuit of fitness was discouraged as the religious beliefs of Buddhism and Hinduism emphasized spirituality and neglected development of the body. The importance of fitness within society in general was relatively low. However, an exercise program developed known as a union of body mind and spirit called Yoga. Yoga is known as a discipline and meditation. Ancient Indian philosophers recognized health benefits of Yoga including proper organ functioning and overall well-being of the body. These health benefits are also acknowledged today, with an estimated 12 million individuals regularly practicing Yoga.

#### Sweat Lodge

The sweat lodge was a hut, typically dome-shaped and made with natural materials used by indigenous people of America for ceremonial steam baths and prayer. Stones are typically heated and then water is poured over them to create steam. In ceremonial usage, these ritual actions were accompanied by traditional prayers and songs.<sup>4</sup>

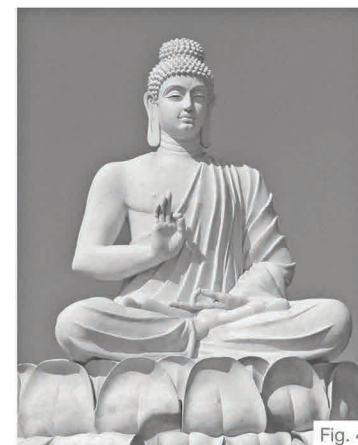


Fig. 4



Fig. 5



Fig. 6

Fig. 4 Statue of Buddha  
Fig. 5 Yoga pose  
Fig. 6 Cong Fu pose



### Finnish Sauna

A Finnish sauna is a small room or building designed as a place where one experiences dry and wet heat sessions. The steam and high heat make the bathers perspire. The Finnish sauna culture is well established: there are built-in-saunas in almost every house in Finland. The sauna featured a fireplace where stones were heated to a high temperature. Water is thrown over the hot stones to produce steam and to give a sensation of increased heat. Air temperatures average is around 70-90 C°, but sometimes it exceeds 100 C°. When the Finns migrated to other areas of the globe, they brought their sauna designs and traditions with them, thus making Finnish Sauna the most known and visited sauna in the world.<sup>5</sup>

### Banya

Banya in Russia refers to a particular local type of sauna. Banya buildings can be quite large with a number of different bathing areas or simple wooden cabins like the traditional Finnish cottage saunas. Russian banyas usually have three rooms: a steam room, a washing room and an entrance room. The washing room has a hot and cold water tap for a comfortable temperature washing. In the steam room temperatures often exceeds 93 C°. people often massage themselves or others with bunches of dried branches and leaves from white birch, oak, and eucalyptus for better circulation.

After the first good sweat is induced, it is customary to cool off in the outdoors or splash around in cold water or in a lake and river: then the banya is re-entered. After each sweat, cooling off is repeated and patrons use the break to drink beer, tea or other beverages, play games or relax in a good company in an antechamber to the steam room.<sup>6</sup>

### The Renaissance (1400 - 1600 AD)

The renaissance gave birth to a renewed interest in the culture and a glorification of the human body. Martin Luther and John Locke espoused the theory that high fitness levels enhanced intellectual learning. The renaissance created an environment that readied people for the widespread development of physical education throughout Europe.<sup>7</sup>

### Hamam / Turkish bath

Hamam or the Turkish bath started evolving in the late 14<sup>th</sup> century, when Byzantine was conquered by the Arabs. Hamam process starts with relaxation in a warm room that is heated by a continuous flow of hot and dry air. Bathers then move to an even hotter room before they wash in a cold water. After a body wash and the massage, bathers finally retire to the cooling room for a period of relaxation. In the hamam the air is often



Fig. 7

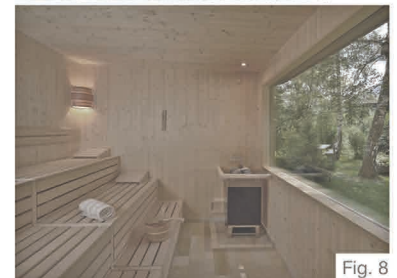


Fig. 8

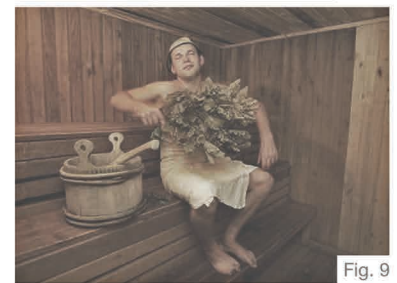


Fig. 9

Fig. 7 Sweat Lodge  
Fig. 8 Finnish Sauna  
Fig. 9 Russish Banya

'Gymnastic principles', G. Muths

1800

First open-air gym, Berlin

1811

First health club, Paris

1847

First Hamam, London

1860

Massage movements by J. G. Mezger

1878

steamy. Hamams are often located close to mosques for those who wish to perform deeper cleansing with a prayer. The main difference between the Roman and the Turkish baths concerned the cooling room. Romans used it as preparation for warm room, and the Ottomans used it for refreshment and recovery after the process of warming up. The warm room was used for washing up with soap and water and the cold room was mainly for rest, dress up, have a refreshing drink, and a nap after the massage. Many times Hamams became places of entertainment and ceremonies, such as before weddings, high-holidays, newborns celebrations, beauty trips, and still are today.<sup>8</sup>

#### Europe (1700 - 1850)

Fitness remained important, so the physical education expanded within the emerging European nations. Johann Guts Muths invented numerous exercise programs and the equipment on which they were performed. Exercise facilities were built throughout Germany to house fitness apparatuses designed for running, jumping, balancing, climbing, and vaulting. In Sweden, Per Henrik Ling developed exercise programs for different individuals and advocated that physical educators be schooled in science and physiology in order to understand the effect of the exercise on the human body. Denmark's Frank Nachteggall created a program called 'Training Teachers of Gymnastics' for future fitness instructors.

Meanwhile, Archibald Maclaren was developing a 'Great Britain's national Systems of Bodily Exercise and Training in Theory and Practice'. Remarkably similar to present day, Maclaren's ideas included reducing stress through physical activity and gradually progressing activity levels.<sup>9</sup>

#### America (1700 - 1900)

The colonial life ensured that the early settlers regularly engaged in physical activities in order to survive. Colonial America remained an undeveloped country, and its people spent a great deal of their time and energy hunting for food and herding cattle. With this lifestyle providing plenty of physical activity, settlers had no need for organized exercise programs. Immigrants who arrived in the United States during this period brought with them many aspects of their heritage, including German and Swedish gymnastic programs, but these programs failed to attain popularity, since America was less vulnerable to foreign invasion than European countries were, and therefore keeping fit seemed a less urgent requirement. However, leaders such as Benjamin Franklin recommended regular physical activity with resistance training for health purposes. President Thomas Jefferson recommended more extreme measures saying that not less than two hours a day should be



Fig. 10



Fig. 11

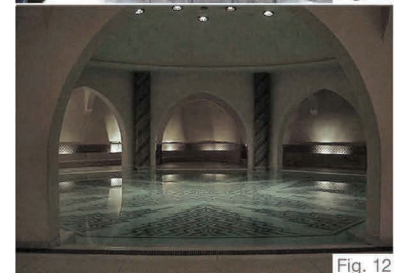


Fig. 12



Fig. 13

Fig. 10 Hamam, relaxation room  
Fig. 11 Hamam, steam room  
Fig. 12 Hamam bath  
Fig. 13 Hamam cold room



devoted to the physical exercise. American Industrial Revolution resulted in wide spreading of technological progress that replaced labor-intensive jobs and consequently led to less movement. This events gave birth to Dioclesian Lewis's 'The New Gymnastics' book, and the launch of the first scientific studies on fitness instruction and the creation of organized fitness teaching methodologies<sup>10</sup>

#### America in the 20<sup>th</sup> century

The 20<sup>th</sup> century was the beginning of a new perspective in fitness. President Theodore Roosevelt, perhaps the most physically fit president ever to occupy the Oval Office, used his power and own example to encourage U.S. Citizens to be physically active. As a result, the government passed legislation dictating that physical education program within the public schools be improved. After the war, people wanted to relax more and exercise less so the priorities were centered on eating, drinking, partying and other forms of entertainment. Despite the lack of interest in physical activity, it was during this period that Jack LaLanne first began to develop the programming and equipment that became the foundation of the modern fitness movement<sup>11</sup>.

After the World War 2., Dr. Ken H. Cooper, widely recognized as the 'father of the modern fitness movement' started a new philosophy that focused on disease philosophy that focused on disease

prevention instead of disease treatment. Data from thousands of individuals became the foundation for his 'Aerobics' concept.

#### 21<sup>st</sup> century

From the 70's on, fitness industry enormously developed. Today a total of 144,68 million people worldwide are members of a health club. The number of health clubs rose from 128,500 in 2009 to 183,920 in 2014. North America is the leading world region within the Health Club industry. In the year 2000, American health clubs had 32 million members, and today this number doubled to almost 60 million members. We can follow the same increase in Europe. The worldwide prevalence of obesity nearly doubled between 1980 and 2008. over 50% of both men and women in Europe is overweight, and roughly 23% of women and 20% of men were obese. Based on the latest estimates in European Union countries, overweight affects 30-70% and obesity affects 10-30% adults<sup>12</sup>.

In European Union (EU) countries and Switzerland: 27% of the adult population (aged 18-65) had experienced at least one of a series of mental disorders in the past year, such as psychoses, depression, anxiety, and eating disorders. The figures on the right represent an enormous human toll of ill health, with an estimated 83 million people being affected. Yet even this figures are likely to underestimate the



Fig. 14

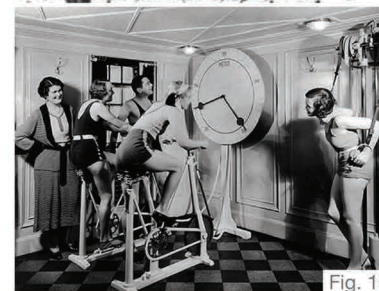


Fig. 15

Fig. 14 J. aLanne, modern fitness  
Fig. 15 First fitness equipment



scale of the problem, as only a limited number of disorders were included and it did not collect data on those aged over 65, a group that is at particular risk.<sup>12</sup>

Obesity, cancers, diabetes, anxiety, stress and depression are at their high peak, being the diseases of the 21<sup>st</sup> century. 21% of mortality make obese people. 34% of all Americans suffer from mental diseases such as anxiety disorder, panic disorder and depression. What ancient Greeks and Indian knew, we somehow forgot. We are still trying to connect our body to our mind in spirit, trying to find new ways, but we have not gone further than the ancient Greeks. But because of the technology era we live in, 80% of people around the globe has a sedentary job. Obesity, sedentary lifestyle and stress are on their peak and increasing, and so are health and fitness centers. It is a high time for all of us to step back, take a deep breath in, do something worthwhile, and stop this restless statistics.<sup>13</sup>

### Sport at Como

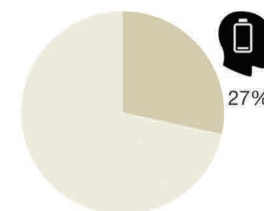
In Como city, there are some archeological ancient thermal findings of Roman Thermae. They spread through the area of 1,500mq, near the lake. This Roman complex built 1000 BC reveals

approximately ten chambers, well preserved.

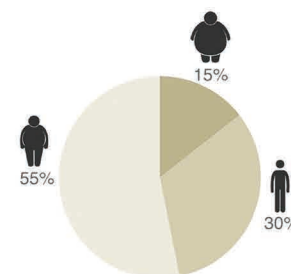
1907 was the year of the Como football Foundation. Como football is still a very good football club. 1891 kayaking club Lario was founded. It is one of the most important Italian kayaking clubs that even participated on the Olympic games.

Cycling is another frequent sport in Como. Many cyclists use the lake shores for cycling and enjoying the view. Como even has its own basketball and water polo team. Fencing is another sport where young Como people continue to prove to be good in; they won an Olympic medal.

Aside from well established sport teams, Como is heavenly situated between the pre-Alps and the lake, so it offers a variety of possibilities for sporting under the open sky. The whole lake is a large open-air gym. The diversity of the area of Como Lake, from the water to the mountains, from the city to the hills of Brianza, from the wild and uncontaminated places to mysterious valleys, allows the sportsmen of all ages to enjoy their favorite sport. During the winter the picturesque peaks of the Alps are covered with a soft white blanked of snow that makes them ideal for winter sports such as skiing. The summer season is a paradise for those who love water sports. One



People with mental disease in Europe



People with overweight problem, Europe



Fig. 16 Como lake surfers  
 Fig. 17 Paragliding on Como lake  
 Fig. 18 Biking, Alps, Como lake  
 Fig. 18 Therme Romane, Como



Fig. 16



Fig. 17



Fig. 18



Fig. 19

may spend days going sailing or kayaking, windsurfing, kitesurfing, motor boating and water-skiing. Those who prefer to float in the air can have fun with a hang-glider, paraglider and the like. Mountain lovers can try mountain climbing or trekking, mountain biking or horseback riding. Golf enthusiasts have 7 available fields in the green for enjoying their sport. Como offers natural potential for outdoor

sporting. Nevertheless, it does not offer a good indoor fitness or spa. There are 8 fitness clubs in Como, but only 4 of them are worthy of that recognition. There are two big sport centers at the city of Erba and San Fermo della Bataglia, which are privately sponsored by a famous football player. However, this sport centers are out of reach for many people without private transport, especially for tourists.



150 000 health clubs worldwide

2014

140 000 000 people is a member of a fitness club

2015

2016

To this day we are still trying to deal with the problems technology brought. Health clubs are constantly evolving and multiplying, but so are obesity and depression. Our lives became more sedentary then ever, our food more processed... It seems to me that the concept of health have gotten pretty confused, our lives too hastily... If we do not find the necessary creativity and adequate solutions to change this concepts soon, this harsh statistics will actually take us to more diseases then health.





## VITA Fitness & Spa

Zagreb, Croatia  
4658 m<sup>2</sup>

Vita fitness & Spa is the biggest and most equipped fitness center in Croatia. It is situated near the river Sava in a beautiful natural environment, not far from the city center. It is situated on the second floor, so that one can admire the view over the river and the sunset in the west. This fitness center can be reached by car or by bus. VITA Fitness extends through an entire floor, thus making it easier to cross from one room to another. The fitness area is very good equipped with the latest machines of the Precor brand. Sport halls, hallways, foyer and the bar are very spacious and have high ceilings, reaching a height of five meters. All sport rooms are very good illuminated due to the long window-strip openings, facing northwest and northeast.

Fitness section occupies 2,539 m<sup>2</sup>. Room for group fitness is spacious enough for 40 people. The second room for group fitness is planned for yoga and pilates courses and is therefore reasonably smaller, for approximately 20 people. This room is situated on a half level above the second floor and has lower ceilings providing a comfortable atmosphere. The main hall can host approximately 90 people at the same time. The whole fitness section is designed to host approximately 200 people/hour.

Spa area consists of a 17 x 5 m long swimming pool and a much smaller hydromassage pool, two Finnish saunas, rest area, and the showers. For a comfortable Spa experience, Spa section can host up to 35 people/hour. VITA Fitness also offers some programs for people over the age of 50, and a child care.



Above:  
1 Main fitness hall  
2 Rest area, heated easy chairs  
3 Group fitness area  
4 Spa area

## SPACE PLAN



Main fitness hall	894 m <sup>2</sup>
Group fitness 1	400 m <sup>2</sup>
Group fitness 2	180 m <sup>2</sup>
Rest room	70 m <sup>2</sup>
Cycling Studio	80 m <sup>2</sup>
Basketball courtyard	487 m <sup>2</sup>
Table Tennis	141 m <sup>2</sup>
Squash	109 m <sup>2</sup>
Multifunctional room	178 m <sup>2</sup>
Beauty	156 m <sup>2</sup>
Spa	563 m <sup>2</sup>
Wardrobe	550 m <sup>2</sup>
Bar/Restaurant	130 m <sup>2</sup>
Terace	220 m <sup>2</sup>
Waiting area / Foyer	95 m <sup>2</sup>
Hallways	406 m <sup>2</sup>

4658 m<sup>2</sup>



HOLMES PLACE, Fitness Club  
Hamburg, Germany  
4835 m<sup>2</sup>

Since the year 1980, Holmes Place is a premium wellness brand that has been operating Health Clubs in over 9 countries and serves over 250,000 members. Holmes Place Club in Hamburg is situated right on 'Hamburger Meile', a shopping center and offers optimum transport connections by car as well as with the public transport. Moreover, the club has its own access to the garage. The main characteristic of this fitness brand are first-class equipment, excellent trainers and unique service. The Holmes Place Club in Hamburg spreads over three levels with a total floor space of approximately 5,500m<sup>2</sup>. The building is 108 m long and 25 m wide, with a north-west orientation.

Entrance to the club is a two level high lobby that opens a view to the gym on the first floor and to the pool on the floor beneath. Women have the opportunity to train in a special 'Ladies Gym' near their wardrobe. Parents can follow their club

activities undisturbed, because the staircase near the entrance leads to the first floor in a children's zone. From the entrance, one can access a beauty sector, which has a separate reception. Behind the reception there are wardrobes and the utility room.

The lower level is dedicated to the Spa area of approximately 1085m<sup>2</sup>. There is a big swimming pool (24 x 12 m), and a second one, smaller pool, for children's program and aqua aerobic classes. The rest of this section is dedicated to the saunas, steam rooms, Kneipp circuit, massage and relaxation zone. Because it is situated under the ground, this Spa section has no natural daylight coming in.

A linear staircase takes you to the first floor, to the gym holmes place gym disposes with 250 modern fitness devices in the main hall. There is a spinning studio and one group fitness studio. A total of 1130m<sup>2</sup> is dedicated to the whole gym area.



Fig. 20 Entrance to the club  
Fig 21, 22 North facade



Fig. 21

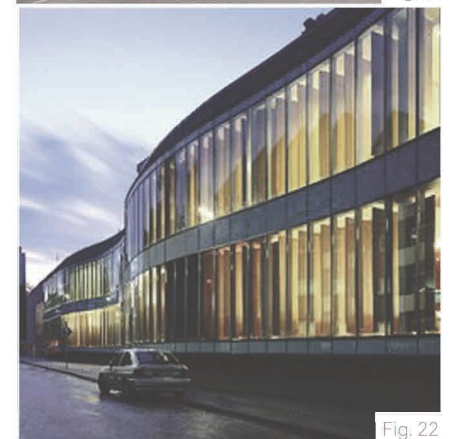
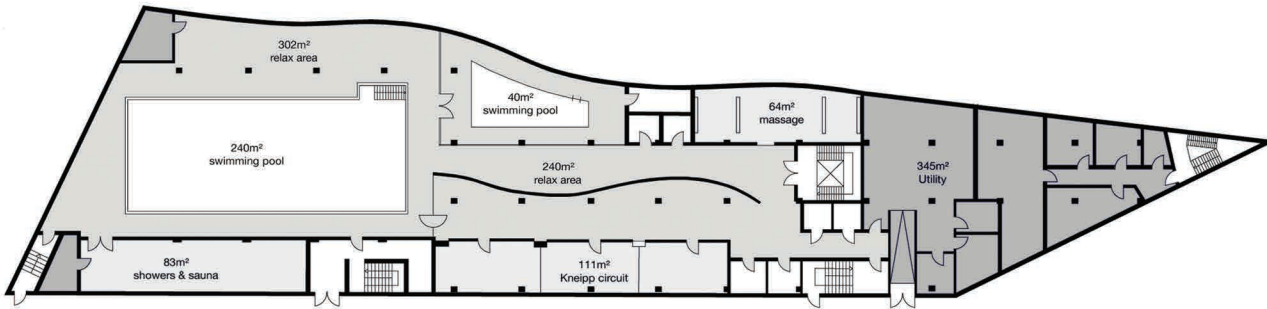
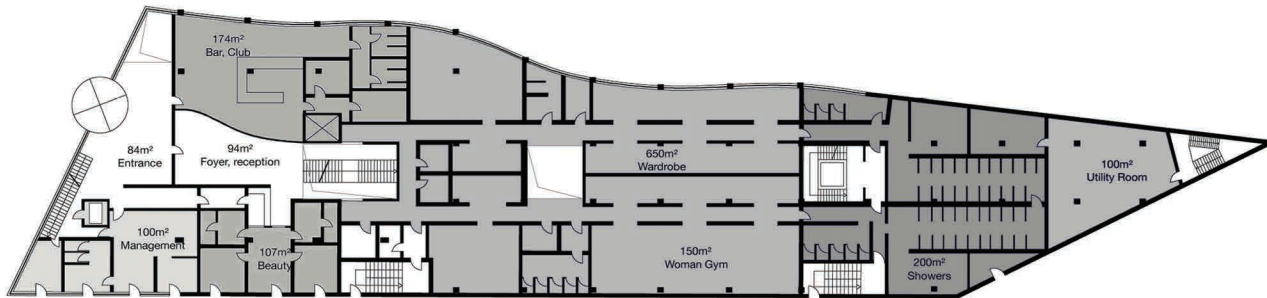


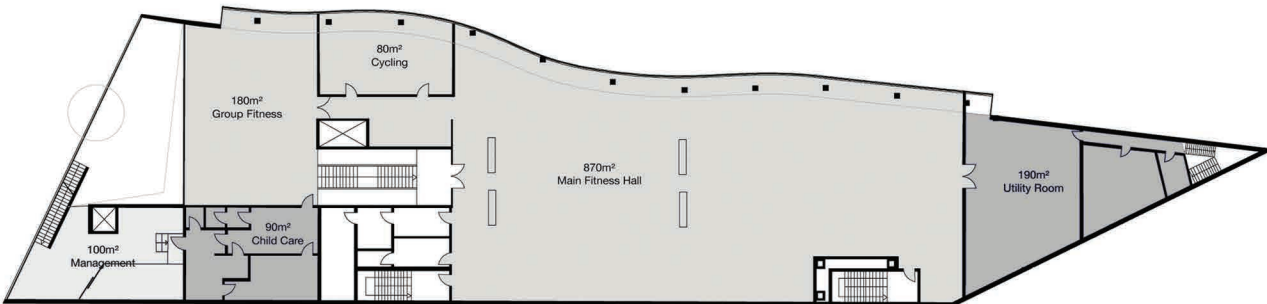
Fig. 22



- 1 LEVEL  
Wellness & Spa



GROUND FLOOR  
Entrance & Wardrobe



+ 1 LEVEL  
Fitness area



fig. 23



fig. 24



fig. 25



fig. 26



fig. 27



fig. 28



fig. 29

Fig. 23 Holmes Place, Hamburg, Fitness area  
 Fig. 24 Holmes Place, Foyer view  
 Fig. 25, 26, 27 Holmes Place, Swimmingpool area  
 Fig. 28 Holmes Place, Bar  
 Fig. 29 Holmes Place, Entrance



Mario Botta,  
Tschuggen, Switzerland  
5124 m<sup>2</sup>

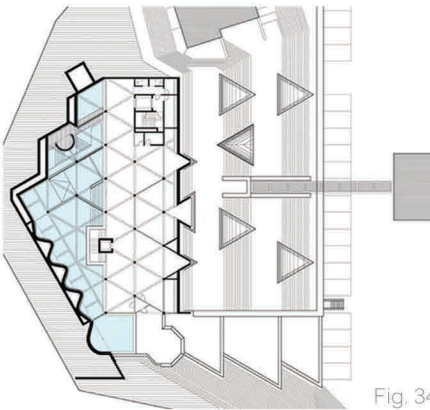
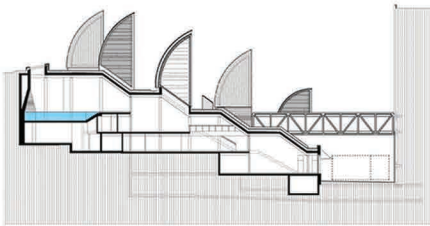


Fig. 34

In this project, Mario Botta made a symbiosis between the landscape and the architecture. His premise was to have a lot of daylight inside the Wellness area, so he built five high lanterns, reminiscent of pine trees. This wellness center is divided into four levels, following the form of the hill, upon which it is built. The first level is dedicated to the fitness center, the second to the therapy, and the third is a spacious Spa with a restaurant. The lowest level is entirely dedicated to the swimming pools.



Fig. 30



Fig. 31



Fig. 32



Fig. 33

Fig. 30, 31, 32 Tschuggen, Botta  
Fig. 33 Tschuggen, Swimmingpool-area  
Fig. 34 Tschuggen, Section and Ground floor

Peter Zumthor  
Vals, Switzerland  
4927 m<sup>2</sup>

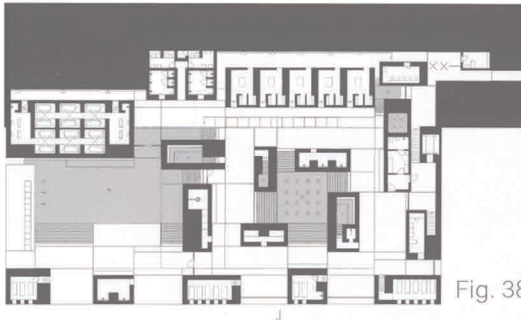
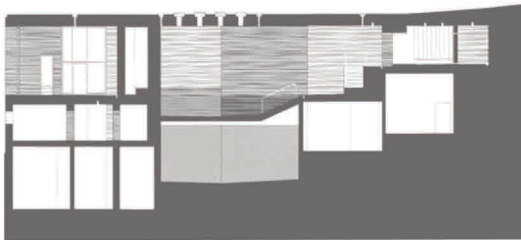


Fig. 38

This Spa resort contains indoor and outdoor swimming pools; fire pool, ice pool, sound pool, petal bath, spring grotto, drinking stone, steam stone and it has a beauty salon. This project is a good example of architectural implementation into the natural surroundings. Zumthor created a magical atmosphere by choosing exact spots for openings with a perfectly defined view. For facade cladding he chose stone tiles, and no other material is used. This kind of cladding provides an architectural clarity, thus creating a peaceful place for the mind and body.



Fig. 35



Fig. 36



Fig. 37

Fig. 35, 36, 37 Therme Vals, Zumthor  
Fig. 38 Therme Vals, Groundfloor and section



Wardrobe & Lavatories (J. Harris, Schiller Platz, Vienna)



Body building zone (J. Harris, Schiller Platz, Vienna)



Rest area in a Neoclassical style (J. Harris, Schiller Platz, Vienna)



Cardio training zone (J. Harris, Schiller Platz, Vienna)



Anabolic training zone (J. Harris, Schiller Platz, Vienna)



Cardio training zone (J. Harris, Schiller Platz, Vienna)

Fig. 39

Fig. 39 John Harris Fitness Club, Vienna, Schillerplatz (Austria)  
Example of interior design in a five star fitness center





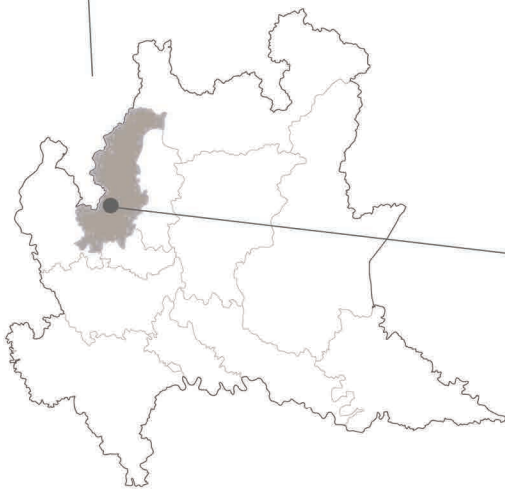
Italy  
Europe



REGION  
Lombardy



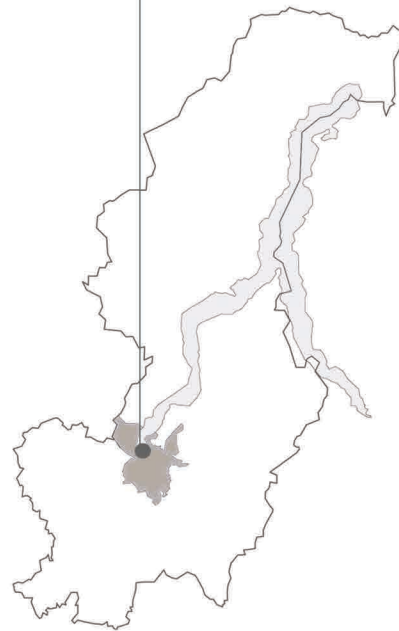
PROVINCE  
Como



COMO CITY



COMMUNE  
Como









COMO CITY





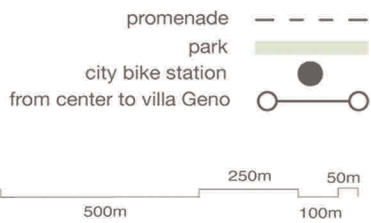
PUBLIC TRANSPORT

- bus lines — — — — —
- train station — ○ —
- funicular ○ — ○





## INDIVIDUAL TRANSPORT



## PUBLIC TRANSPORT

Even though Como is a small city (84,687 inhabitants), it has a very good public transport connections. There are ten bus lines inside the city and twenty bus lines connecting with other smaller cities in the region. In the city center there are two train stations. One is directed to the Swiss Chiasso, and the other one to Milan. Another interesting transport is the funicular, which is active in this area from 1884. As Como is situated between the mountains, this funicular takes you to a height of 1027 m - to Brunate, where you can admire the view of Como and the Alps.

In 1826, Como released the first steam boat. From that year on, steam boat became one of the most important public transportations on the lake. Como city has an international seaplane office managed by the Aero Club Como. Many private hydroplanes land on the surface of the lake. Recently, Como added a City bike, which disposes with 14 City bike stations.



Fig. 40



Fig. 41



Fig. 42



Fig. 43



Fig. 44

Fig. 40 Como, bus lines  
Fig. 41 Como, steam boat  
Fig. 42 Como, funicular  
Fig. 43 Como, Aero Club  
Fig. 44 Como, City bike



Fig. 45



Fig. 46



Fig. 47



Fig. 48



Fig. 49



## SIGHTS OF COMO

Como has many sights and interesting examples of architecture to be visited. One of the attractions include the Renaissance villas, such as Villa Olmo and Villa Geno. The famous architect Daniel Liebeskind set up his sculpture 'The Electric Life' in Como's city center, and Giuseppe Terragni built the famous 'Casa del Fascio'. Among other attractions, it is interesting to walk through the small streets of the city center, where you can see the Cathedral, the Social theater and a number of Romanesque churches. Near the city center there are excavations of 3000 years old Roman baths, which are open to the public. Besides G. Terragni, in this picturesque town was also born Alessandro Volta (1745), the inventor of battery and a pioneer of electricity and power.



Fig. 50



Fig. 51



Fig. 52



Fig. 53



Fig. 54



Fig. 55

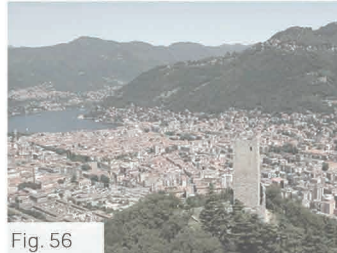


Fig. 56

- Fig. 45 Villa Olmo
- Fig. 46 Piazza Cavour
- Fig. 47 The Life Electric statue,  
D. Liebeskind
- Fig. 48 Volta temple
- Fig. 49 War memorial
- Fig. 50 Villa Geno
- Fig. 51 Como Cathedral
- Fig. 52 Casa del Fascio, G. Terragni
- Fig. 53 Terme Romane
- Fig. 54 Social Theatre
- Fig. 55 San Fedele, Church
- Fig. 56 Castel Baradello

## RENAISSANCE VILLA & MEDIA Como lake

Aside from being a big tourist attraction through the whole year, Como lake hosts many famous people and stars. George Clooney bought two villas, one at the comun of Laglio and the other one at Bellagio – 'the pearl of the Como lake'. Brad Pitt and Angelina Jolie married in Villa d'Este. Among other, Anna Oxa, Madonna, Gianni Versace, Mark Twain, and Alfred Hitchcock visited or lived in Como for a longer period. In its history, Como was the inspirational spot for many famous writers, such as Alessandro Manzoni who started this famous book 'The Betrothed' with the description of Como's mountains. Many TV series, films and music spots were filmed among Como's hills. Series such as 'Beautiful', 'Vivere', (set house is placed right next to the Kayak Club Como). Famous movies such as 'Star Wars', 'Casino Royal', 'Oceans Twelve' and Alfred Hitchcock's movie 'The pleasure garden' were also filmed in Como. Other famous people who had a pleasure of living in Como are Cosima Listz (daughter of Franz Listz and a wife of Richard Wagner), Mark Twain and the famous architect Oscar Niemayer (1909 – 2012). Besides Como's breathtaking sights and nature, the lake shore is very interesting to the tourists because of its many beautiful Renaissance Villas on the shore. Some of the most famous are Villa Olmo, Vila d'Este, Villa Geno, Villa Carlotta, Villa Dossi Pisani, Villa Dozzio, Villa Erba, Villa Fontanella, Villa Casta Diva, and many others.



Fig. 57



Fig. 58



Fig. 59



Fig. 60



Fig. 61



Fig. 62

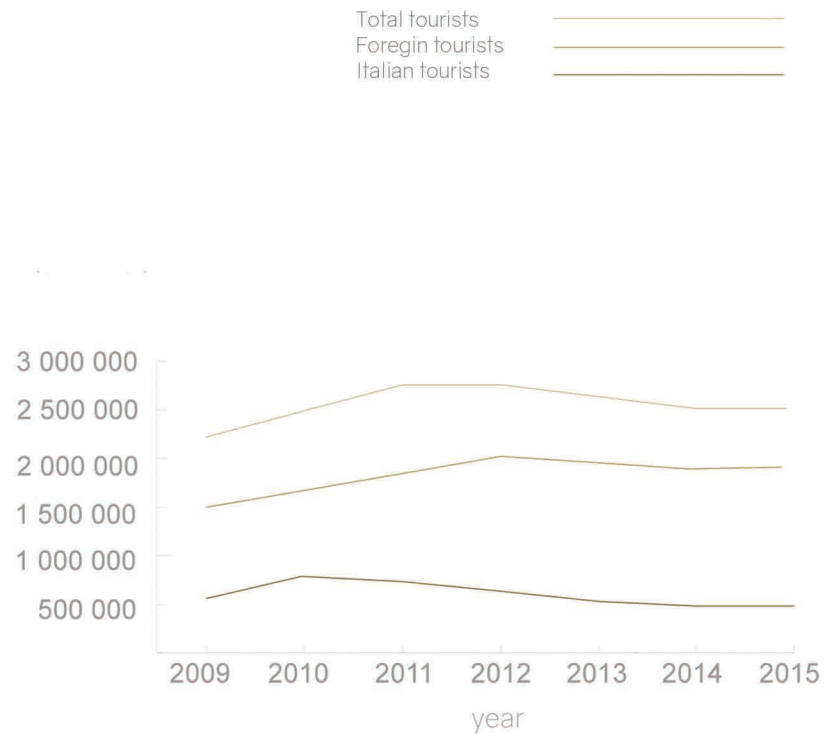
Fig. 57 Como, Villa Carlotta  
Fig. 58 Como, Villa Dossi Pisani  
Fig. 59 Como, Villa Fontanella  
Fig. 60 Como, Villa Dozzio  
Fig. 61 Como, Villa d'Este  
Fig. 62 Como, Villa Caswta Diva



## TOURISM & TOURISTS

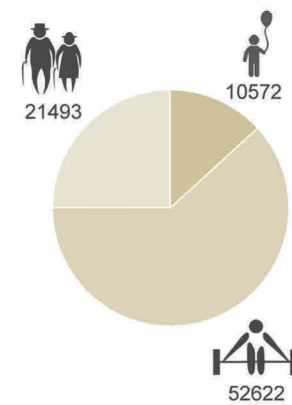
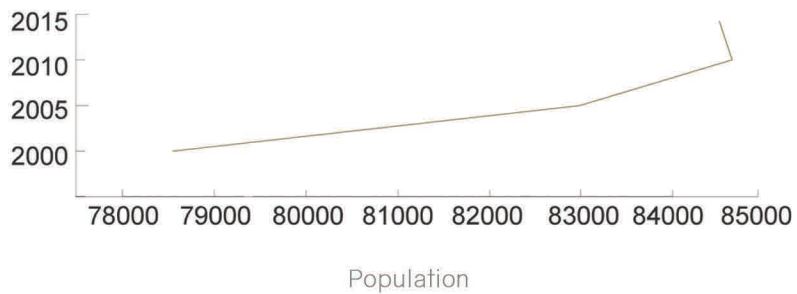
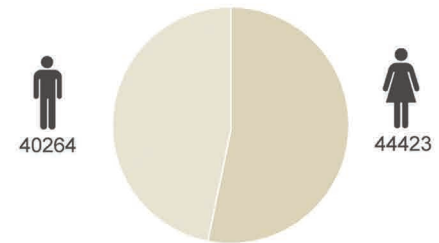
### Como

Tourism in Como has decreased in the last 3 years, although in the last there was a slight rise in foreign tourists income. Como city is a favorite destination for tourists from England, Germany, America, and other countries. Como offers beautiful nature, architecture, fresh air, excellent food and wine, and it is because of these qualities that it is one of the favorite tourist destinations. Tourists are usually over the age of 40, because Como does not offer a lot of night life. However, it offers an excellent holiday by the lake, mountains and fresh air. If you are a true nature lover, this is a place for you.



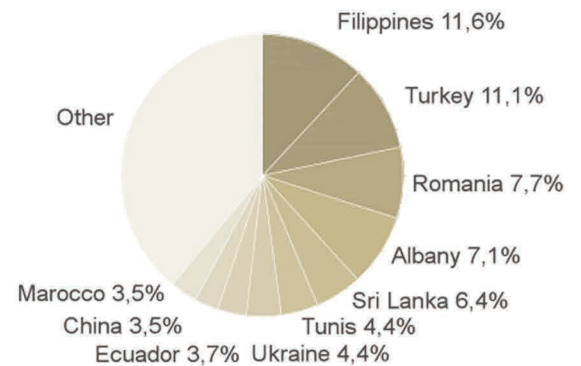
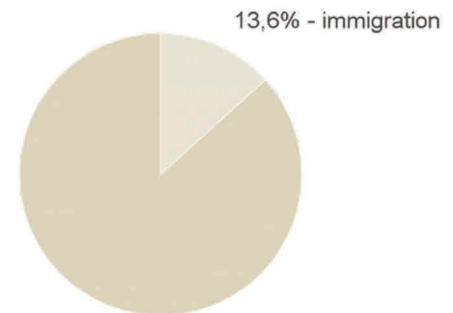
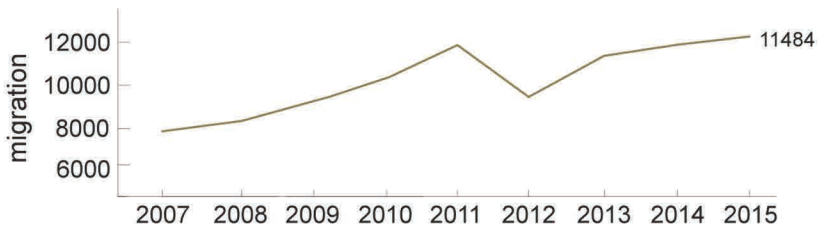
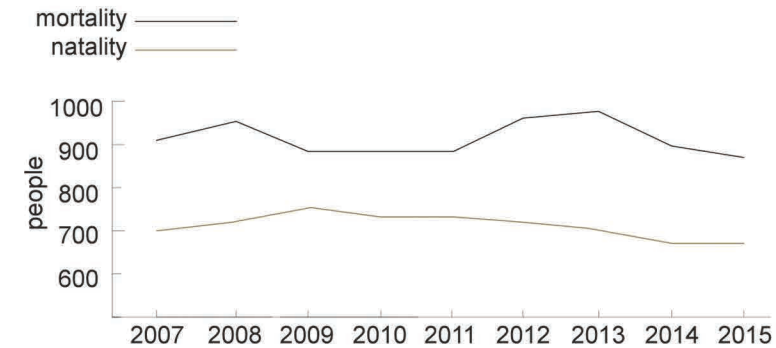
## POPULATION

Demographic statistics show that population in Como continuously increased for the the last ten years. A slight decrease was noted in the last five years. Today Como reportedly has 84,687 inhabitants. More than a half are women. 62,5% of the population are people between 15 and 65 years of age. Como's medium people age is 46, thus there are living predominantly older people.<sup>15</sup>



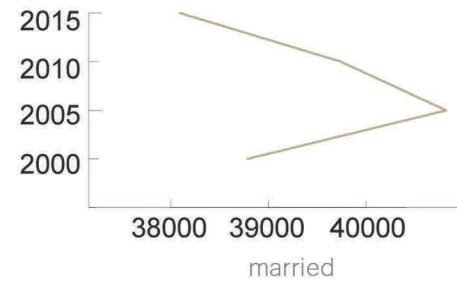
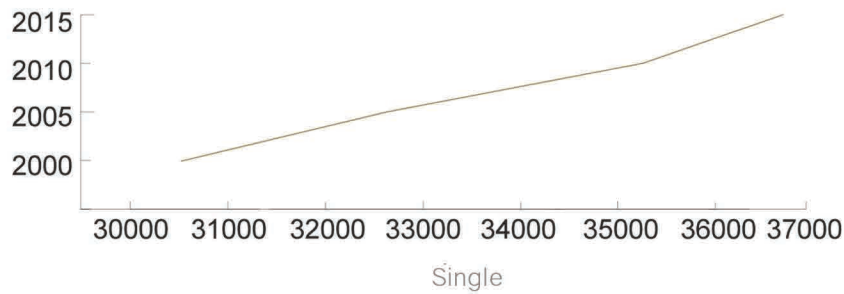
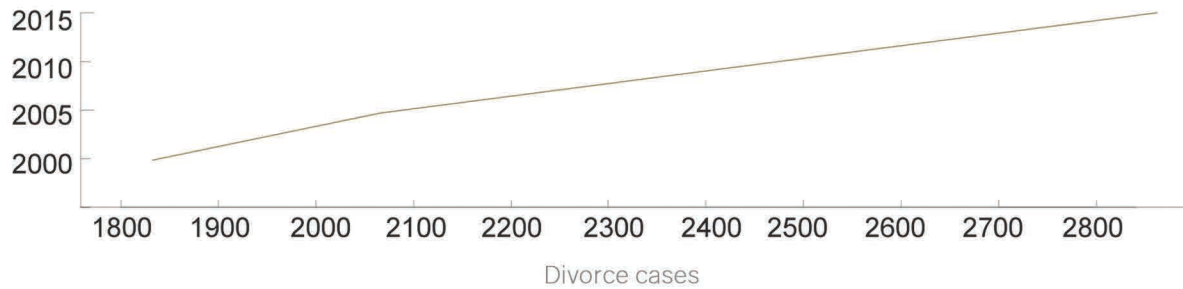
## MIGRATION & GROWTH

Demographic diagram below shows that mortality has been higher than natality for at least eight years now. However, an increased number in migration maintains a constant increase of the population in the city. The most immigrants come from the Philippines, Turkey and Romania.<sup>16</sup>



## FAMILY RATE

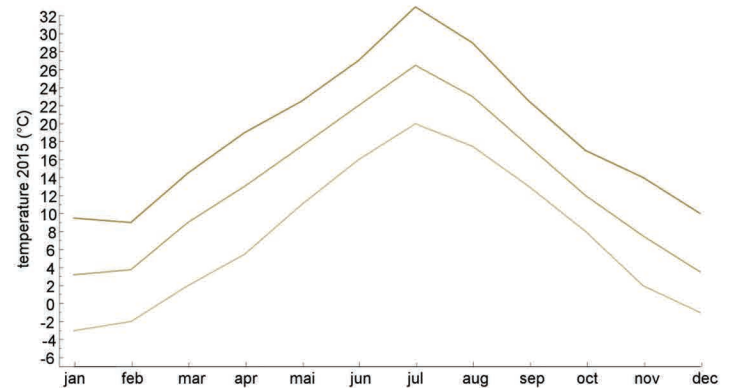
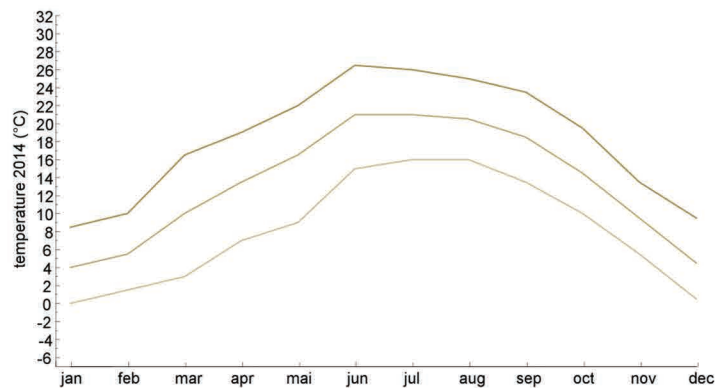
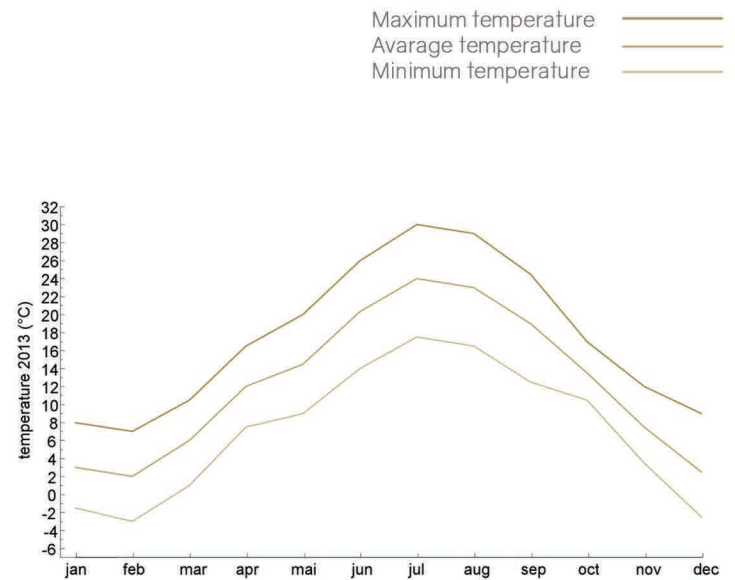
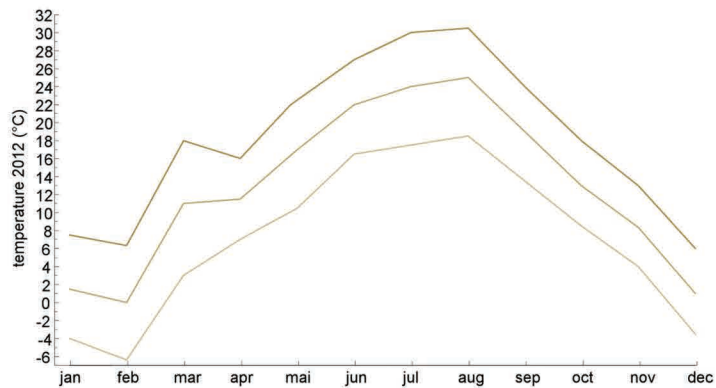
The diagrams below show that in the last fifteen years there has been an increased number of divorce cases, thus an increasing number of single people. This implies that marriage proposals are also decreasing.



## CLIMATE, COMO

### Temperature

Climate diagrams show that the temperature at Como dilates from  $-6^{\circ}\text{C}$  in February to  $31^{\circ}\text{C}$  in July, thus providing a comfortable climate throughout the whole year. The warm period can be enjoyed from Mai to September. Como is situated in the area of a mountain climate.<sup>17</sup>

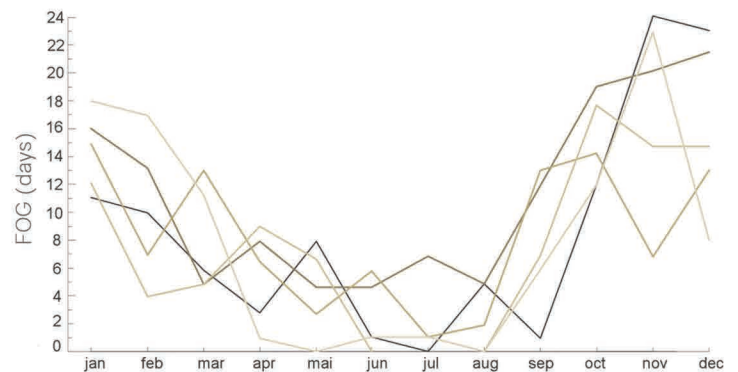
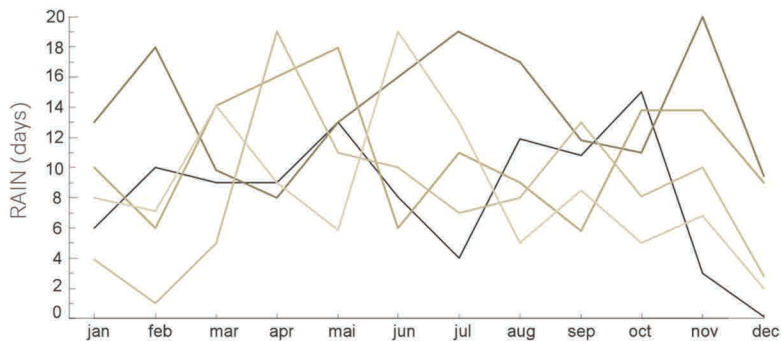
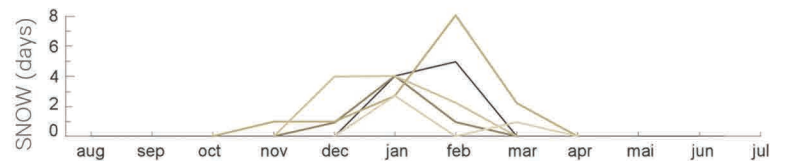
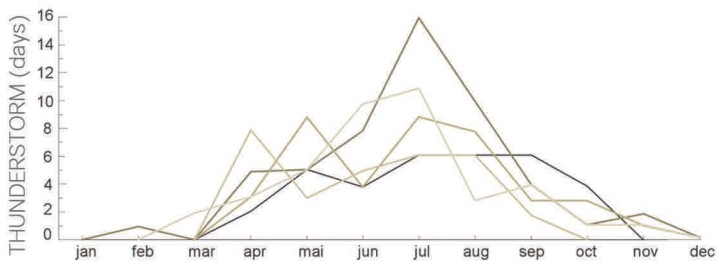


## WEATHER PHENOMENA

Rain, fog, thunderstorms & snow

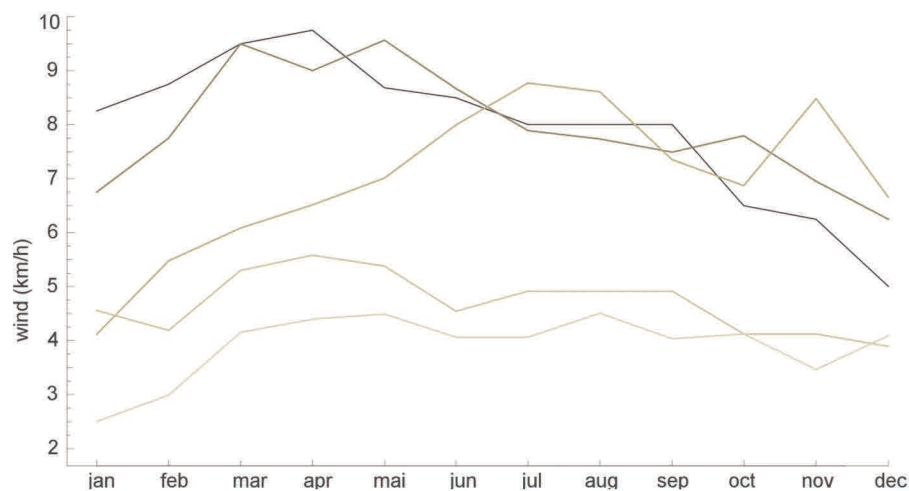
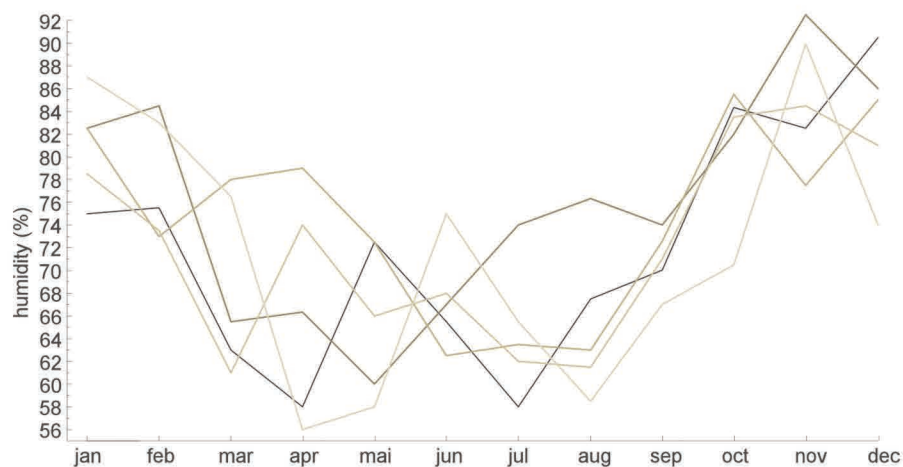
Weather statistics show that the most warm months (May - September) are also the most rainy ones. April and June reach up to 20 rainy ones. Fog is another frequent weather phenomena in this area. November and December reach up to 24 foggy days. Thunderstorms are also very frequent phenomena in this region. The most days with thunderstorms are also the hottest days – from Mai to September. Snow is not as frequent in this pre-Alpine area. There are only few days where one can enjoy snowflakes: from November to March.<sup>18</sup>

2015 —  
2014 —  
2013 —  
2012 —  
2011 —



## HUMIDITY & WIND VELOCITY

Humidity in Como is very high in November and December, reaching up to 92%. Sommer months have the lowest humidity measurements, thus being very pleasurable. Wind rate has been seriously increasing for the last five years. In January 2011 average wind velocity was measured to be 2,5 km/h, which increased during the years: in the 2016 average wind velocity was measured to be 9 km/h.



2015 —  
 2014 —  
 2013 —  
 2012 —  
 2011 —



The wind in Como in general blows in the north-south direction. In the morning the wind Tivano blows in the N-E direction, and in the afternoon the wind Brega blows from South to North. In the spring wind Ventone blows S-N. Although this area is surrounded by mountains and the wind direction can be unpredictable and capricious, it typically blows in the N-S direction. The winds of Como can be as subtle as a light breeze, but they can also reach the velocity of 60km/h at any time of the year.







## FITNESS & SPA CENTERS Como

1. Cento srl - Fitness, Spa
2. Studio Club - Fitness
3. Well B - Fitness, Spa
4. Alter Ego - Pilates
5. Como fitness Club - Fitness, Krav maga
6. Kosmofit - Fitness, Swimmingpool
7. Centro Club - Fitness, Spa
8. 20 Hours - Fitness

## 20 HOURS FITNESS CLUB

### PROS

1 Group fitness room	100 m <sup>2</sup>
1 Body building room	45 m <sup>2</sup>
1 Main fitness hall	175 m <sup>2</sup>
Spacy wardrobe	85 m <sup>2</sup>
Parking lot (16)	

### CONS

no spa  
no view  
no relax area  
no outside area  
no swimming pool  
no other sports available



Fig. 63



Fig. 64



Fig. 65



Fig. 66

Fig. 63 20 Hours, Como,  
Bodybuilding area

Fig. 64 20 Hours, Como,  
Group fitness area

Fig. 65 20 Hours, Como,  
Main fitness hall

Fig. 66 20 Hours, Como,  
Body building area

## KOSMOFIT FITNESS CLUB

Como

### PROS

- 1 Group fitness room
- 1 Main fitness hall
- 1 Swimmingpool (5 x 12m)

75 m<sup>2</sup>  
120 m<sup>2</sup>

### CONS

- old equipment
- no available parking lots
- bad room distribution
- not enough space
- no windows
- no spa
- small pool
- no place for relax
- no other sports available



Fig. 67 Kosmofit, Como, Main fitness hall

Fig. 68 Kosmofit, Como, Swimming pool



Fig. 67



Fig. 68

## WELL - B FITNESS & SPA Como

### PROS

1 Group fitness room	120 m <sup>2</sup>
1 Body building room	25 m <sup>2</sup>
1 Cycling room	30 m <sup>2</sup>
1 Main fitness hall	150 m <sup>2</sup>
Spacious wardrobe	100 m <sup>2</sup>
Parking lot (100)	
Little Spa & Relax	40 m <sup>2</sup>

### CONS

old equipment  
not easy to reach  
unpleasant environment  
bad room distribution (3 levels)  
Spa not functioning  
outdated



Fig. 69



Fig. 70



Fig. 71



Fig. 72

Fig. 69 WellB, Como, Fitness hall  
Fig. 70 WellB, Como, Spa  
Fig. 71 WellB, Como, Body building  
Fig. 72 WellB, Como, Group fitness

## CENTO FITNESS CLUB Como

### PROS

1 Group fitness room	170 m <sup>2</sup>
1 Main fitness hall	400m <sup>2</sup>
1 Cycling studio	130 m <sup>2</sup>
Small Spa & Relax	100 m <sup>2</sup>
Spacious	

### CONS

street view / no view  
not enough parking  
far from city center



Fig.73



Fig.74

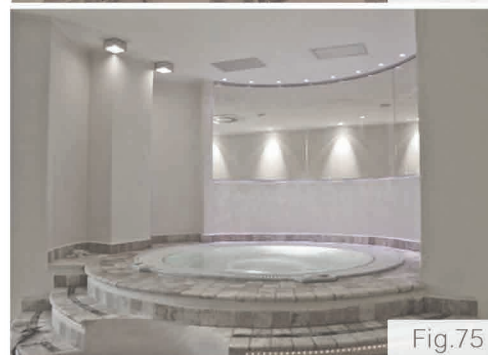


Fig.75

Fig. 73 Cento, Como, cycling studio  
Fig. 74 Cento, Como, Main fitness hall  
Fig. 75 Cento, Como, Spa

## CONCLUSION

### Como, existing Fitness & Spa centres

I visited all 8 Fitness & SPA centers in Como. Here I presented only the top four. From this analysis it is obvious that Fitness Centers in Como do not meet the basic needs of a good health center. Regardless of their rusty appearance, in the hours after work these centers are crowded with people. This fact clearly shows that people feel a need and desire to maintain their body and mind healthy, but they simply do not have many options. A Health center that offers a variety of diverse activities, good sport services and health care is in my opinion without a doubt a well thought through and profitable project. A Health center project in this area would continue to attract a vast variety of people - sports lovers, nature lovers, those wanting to relax, children, elderly, tourists or simply those wanting to taste autochthonous zip of espresso and have fun.







VILLA GENO AREA

COMO CITY CENTER







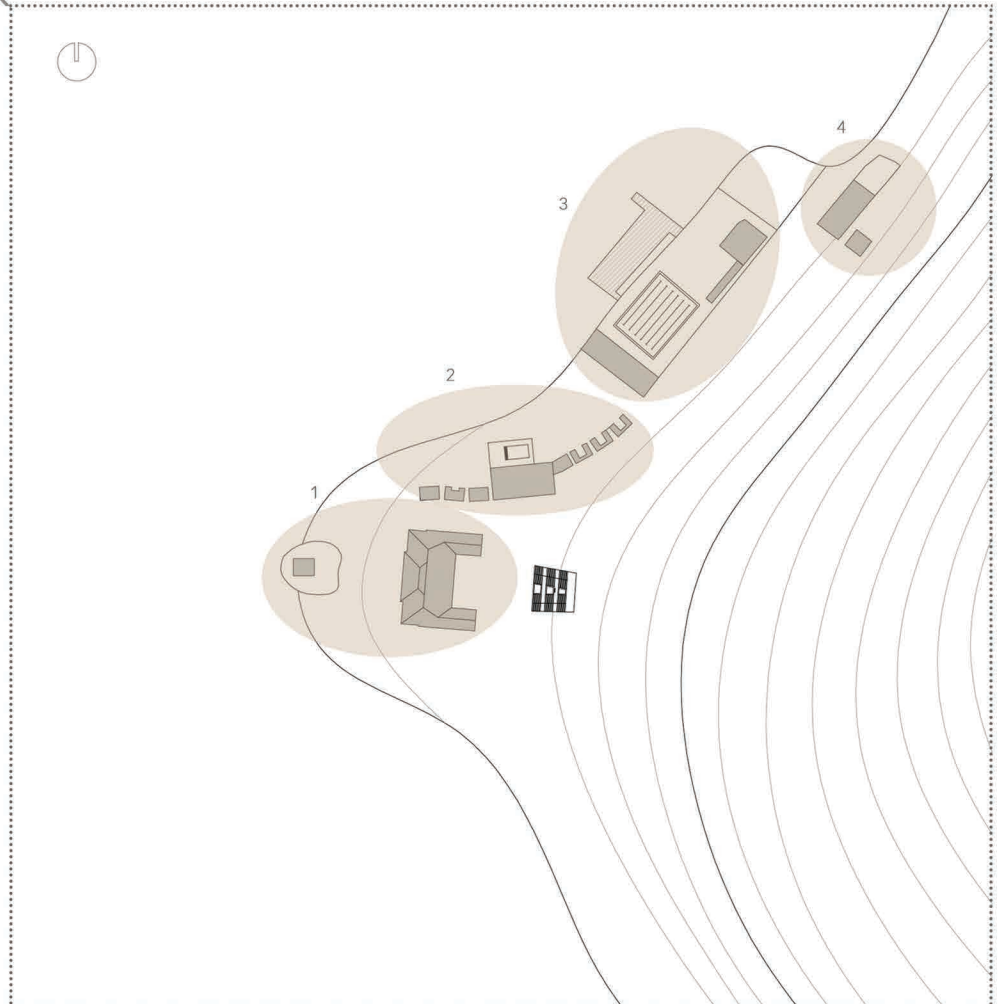


Fig. 76 Villa Geno (south view)



## VILLA GENO AREA

- 1 Villa Geno
- 2 Geno Restaurant
- 3 Swimming Club Como
- 4 Kayak Club, Como



## VILLA GENO

Villa Geno was built in 1790 and then rebuilt in 1850 in new elegant neoclassical style. This Villa is located 1 km from the city center, along with its famous fountain with a jet of water that reaches 30 m of height. It is set in a unique natural area with a lake in the front and a mountain path at the back. Villa Geno is surrounded by a beautiful garden and a breath taking scenery. Not only tourists like to stroll along this lakefront. It is among favorite destinations of Como's inhabitants. Although it was once in a private possession, Villa Geno is now in the possession of Como commune.

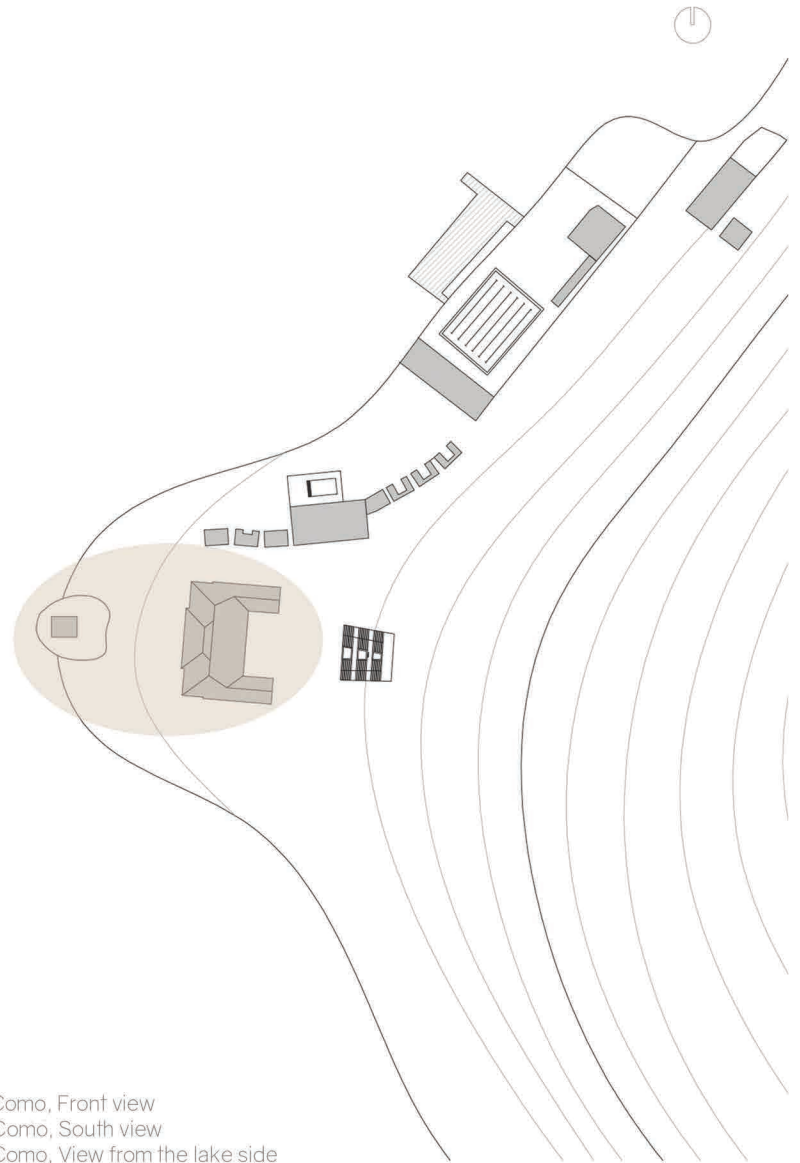


Fig. 77 Villa Geno, Como, Front view  
Fig. 78 Villa Geno, Como, South view  
Fig. 79 Villa Geno, Como, View from the lake side

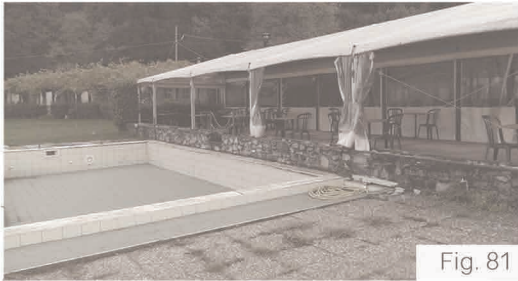


Fig. 81



Fig. 82



Fig. 83



Fig. 84



Fig. 85

## GENO RESTAURANT

Geno restaurant is operative for over fifty years. Other than food, it offers a shore for bathing in the lake as well as a little swimming pool for children. This restaurant was never refurbished or renovated both inside or outside. This restaurant is a representation of bad architecture and an outdated interior, with an abandoned terrace and garden. Trip advisor also shows some unenviable results.

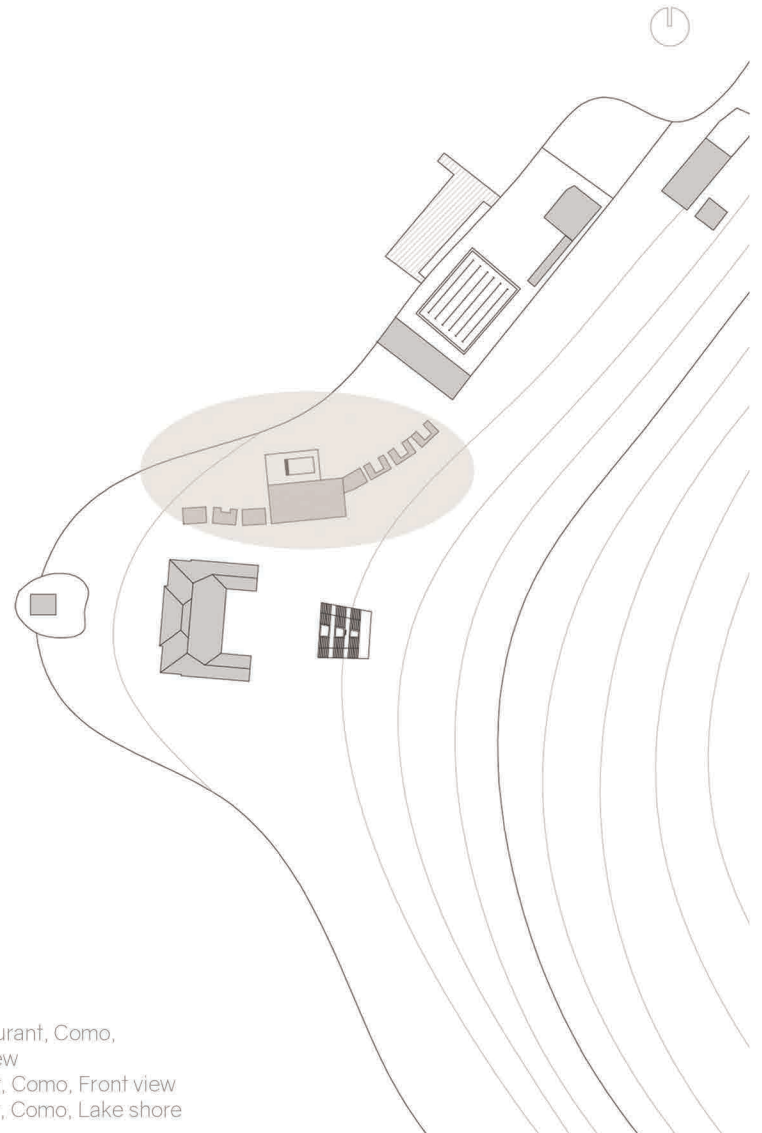


Fig. 81 - 83 Geno Restaurant, Como,  
lake side view

Fig. 84 Geno Restaurant, Como, Front view  
Fig. 85 Geno Restaurant, Como, Lake shore



## SWIMMING CLUB, COMO

In the late 30s of the past century, the Villa Geno area became reorganized. All the remains from previous structures were thrown into the lake and the new construction of the Swimming center started. Up until the 70s, swimming activities were performed in the lake. It was not until the 1972 that the Swimming Club added an floating platform with a swimming pool was added. Even though Como Swimming Center still has some coaching courses, the main office was moved to Mugio quarter in the 1981. since then, this center is closed for public and hosts only the members of the club. (21) It was never renovated. The whole structure is a sight barrier from the street and it is to be replaced.



Fig. 86



Fig. 87



Fig. 88



Fig. 89



Fig. 90

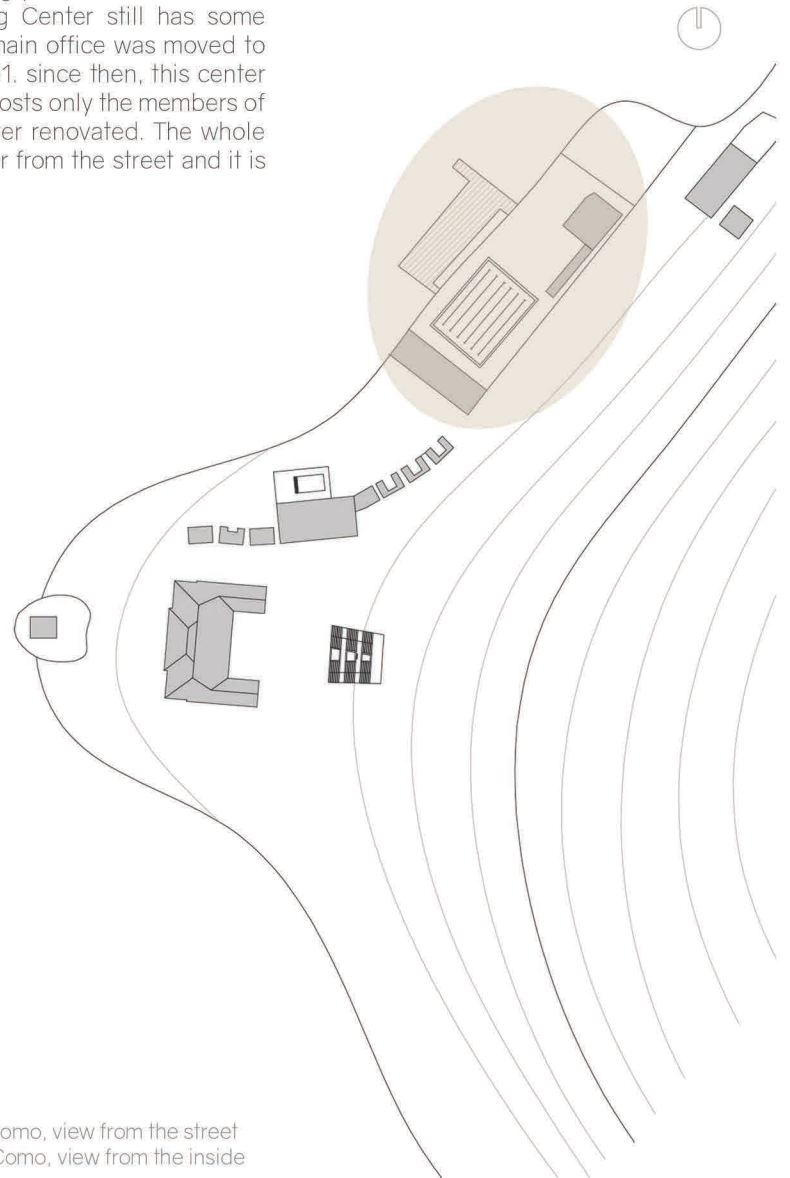


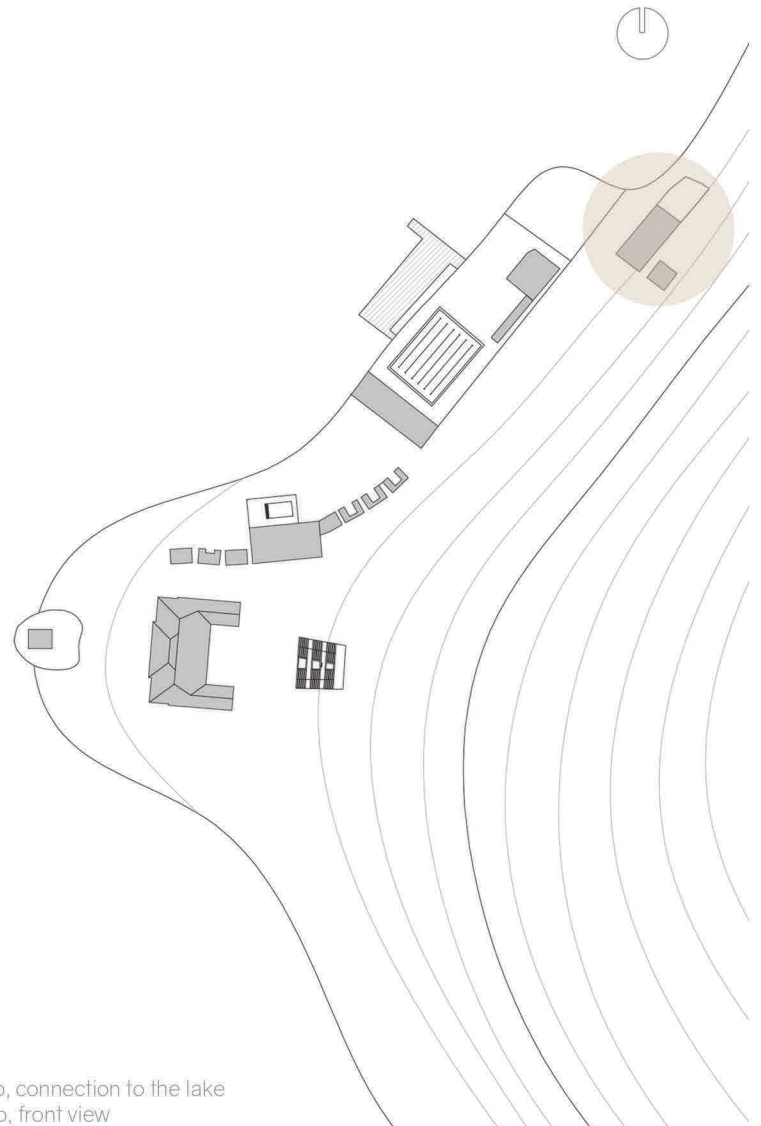
Fig 86, 90 Swimming club, Como, view from the street  
Fig. 87-89 Swimming club, Como, view from the inside

## KAYAK CLUB

The Kayak Club is situated in an antique structure and is still operative. It has a direct approach to the lake.



Fig. 91 Kayak club, Como, connection to the lake  
Fig. 92 Kayak club, Como, front view



## MOUNTAIN PATH

In front of Villa Geno

This 40 m high mountain path was constructed to connect Villa Geno to an upper highway and for mountaineering. One can admire the view of the lake as one climbs further up. There are stone tables and chairs on the way, so that one can enjoy the natural surroundings. Unfortunately, this is not the case anymore, as this zone became a hot spot of drug dealers and addicts. This beautiful place has become a zone of fear.

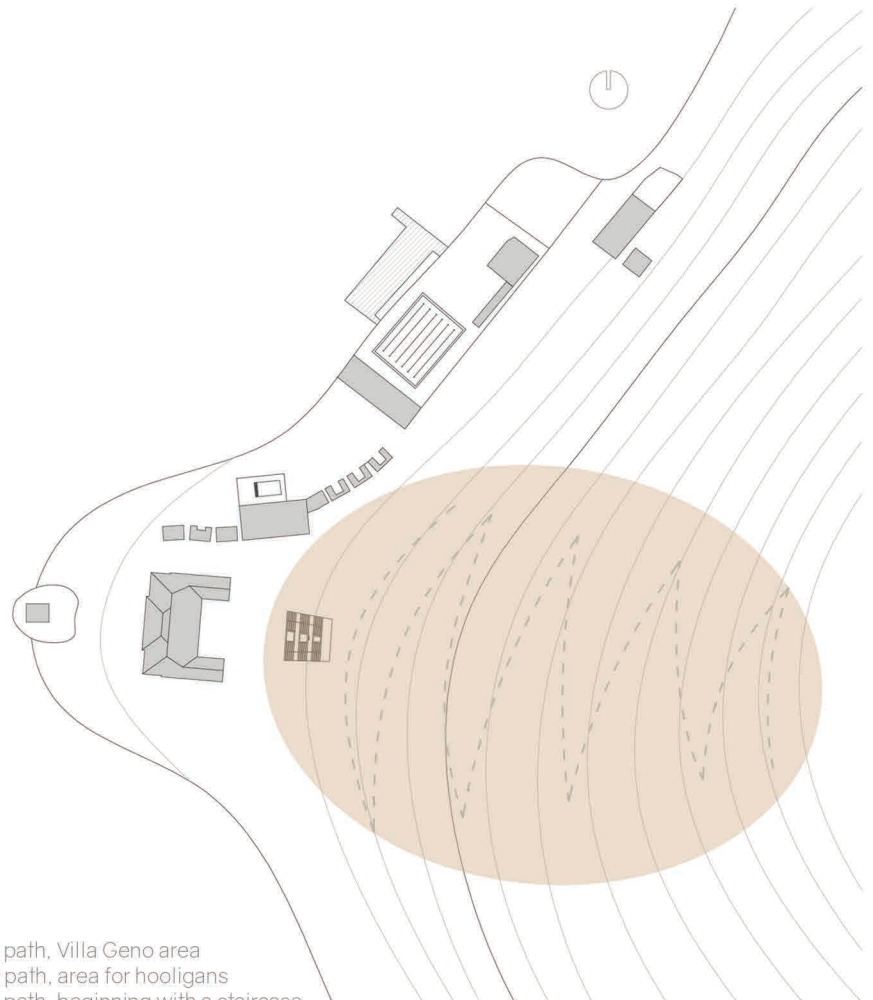
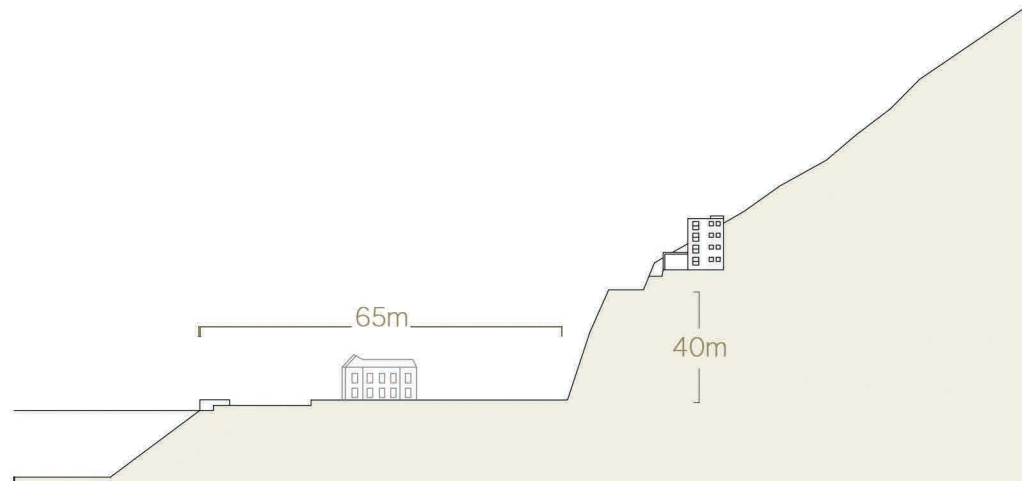
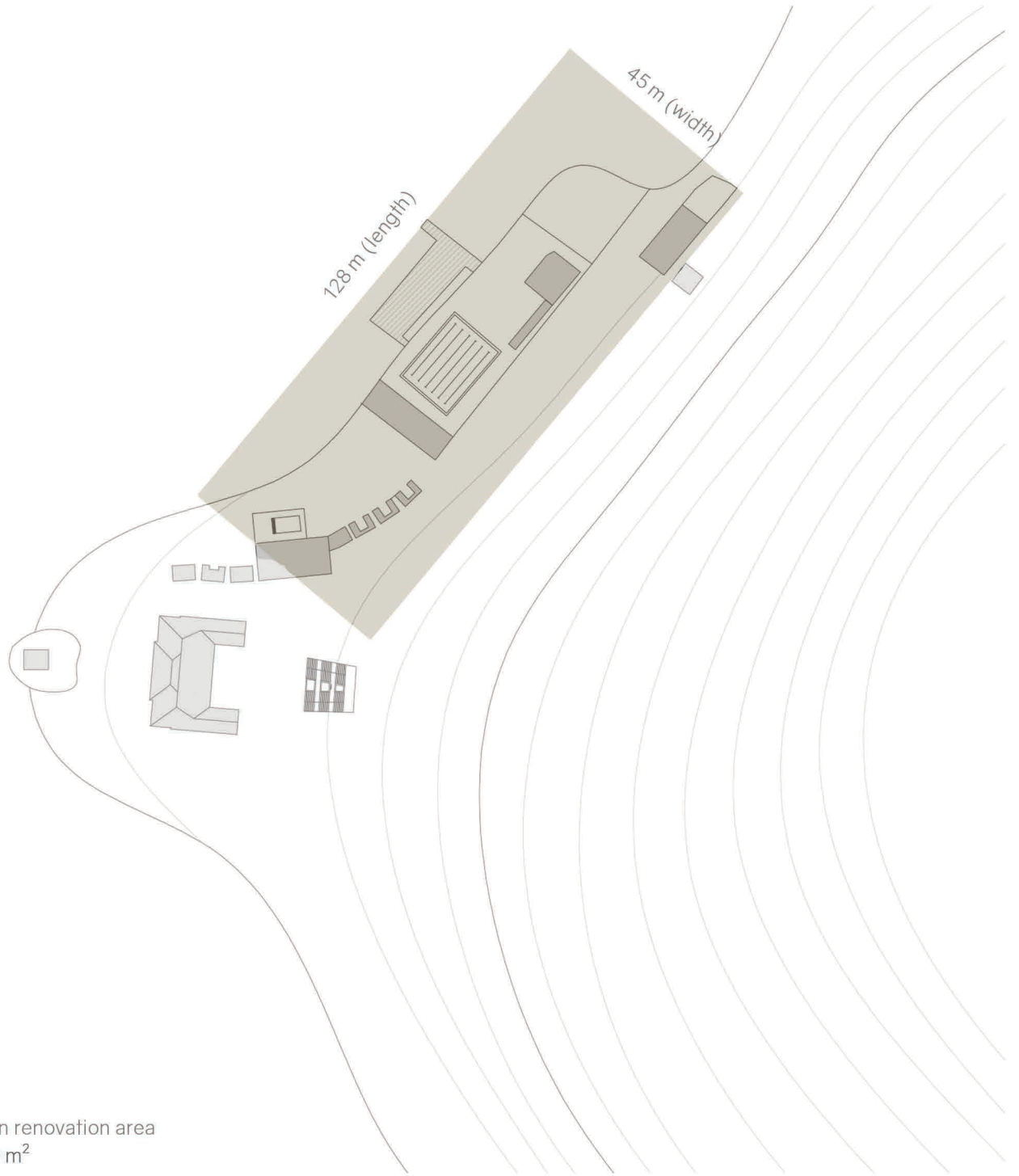


Fig. 93 Mountain path, Villa Geno area  
Fig. 94 Mountain path, area for hooligans  
Fig. 95 Mountain path, beginning with a staircase

## VILLA GENO AREA CONCLUSION

My research shows that the area surrounding Villa Geno has all the qualities to be a suitable setting for the Health Center project. Despite being located near Como's city center, this area is surrounded by nature. Wherever the eye can see, the view is simply breathtaking. The west side overlooks the lake and the other side of the Alps, while the east side has a view of a hill with a mountain path. As analysis reveals, the Villa Geno area has a past of sporting activities such as swimming and kayaking. Today, however, these structures are used for other purposes, especially during the winter. These structures, as well as the restaurant, are mainly just a visual barrier. The entire area covers approximately 15,000 m<sup>2</sup>, which is more than enough to build a well-equipped health center. Due to the lack of space at the moment, the Como Swimming Club, the Geno Restaurant and the Kayak Club should be relocated within the new Health Center. The Center should not be a visual barrier, but rather create enough space for outdoor activities by the shore, and allow visitors to enjoy the view of the lake. In order to further expand the space for outdoor activities, this project suggests setting up a floating platform on the lake. The urban renovation of this area, including the mountain path, will attract many different people to this area in order to relax, revitalize and play sports. This beautiful natural and clean environment will benefit both the body and mind.





Urban renovation area  
6760 m<sup>2</sup>

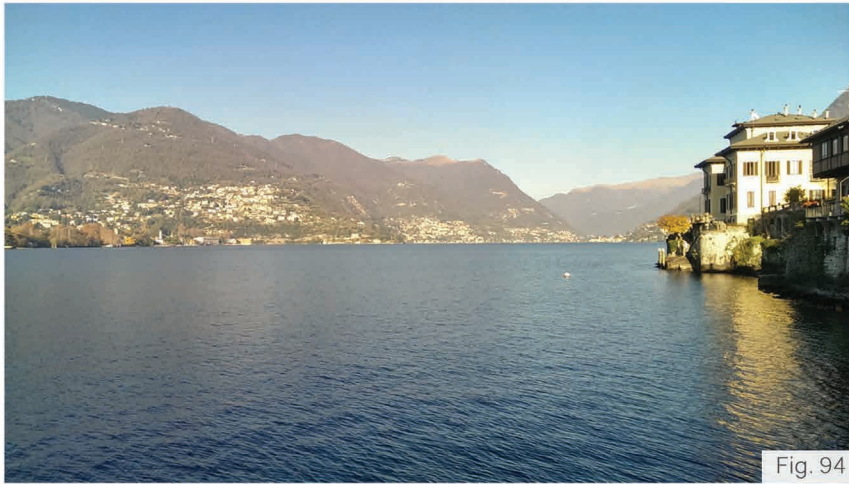


Fig. 94



Fig. 95



Fig. 96

## SIGHT FROM THE GENO AREA

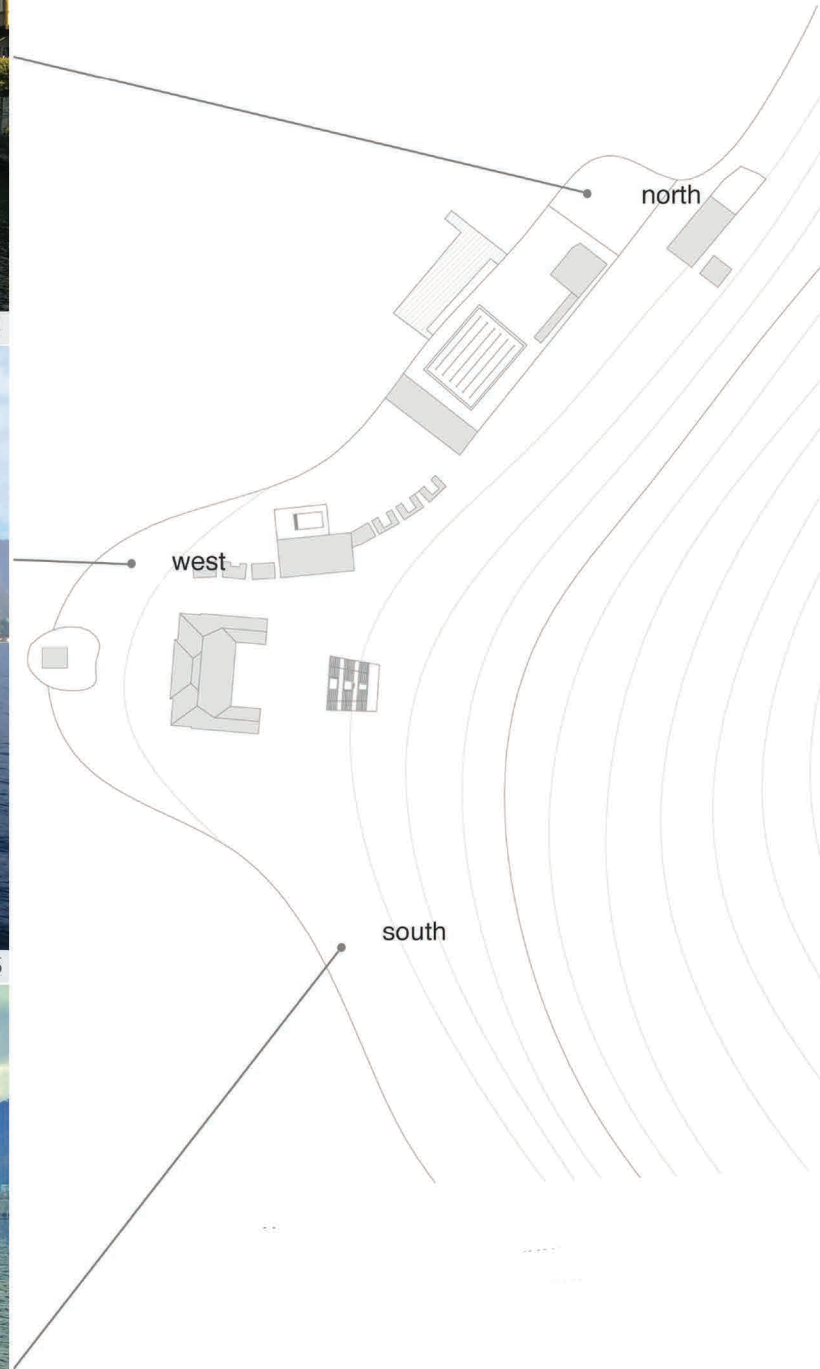
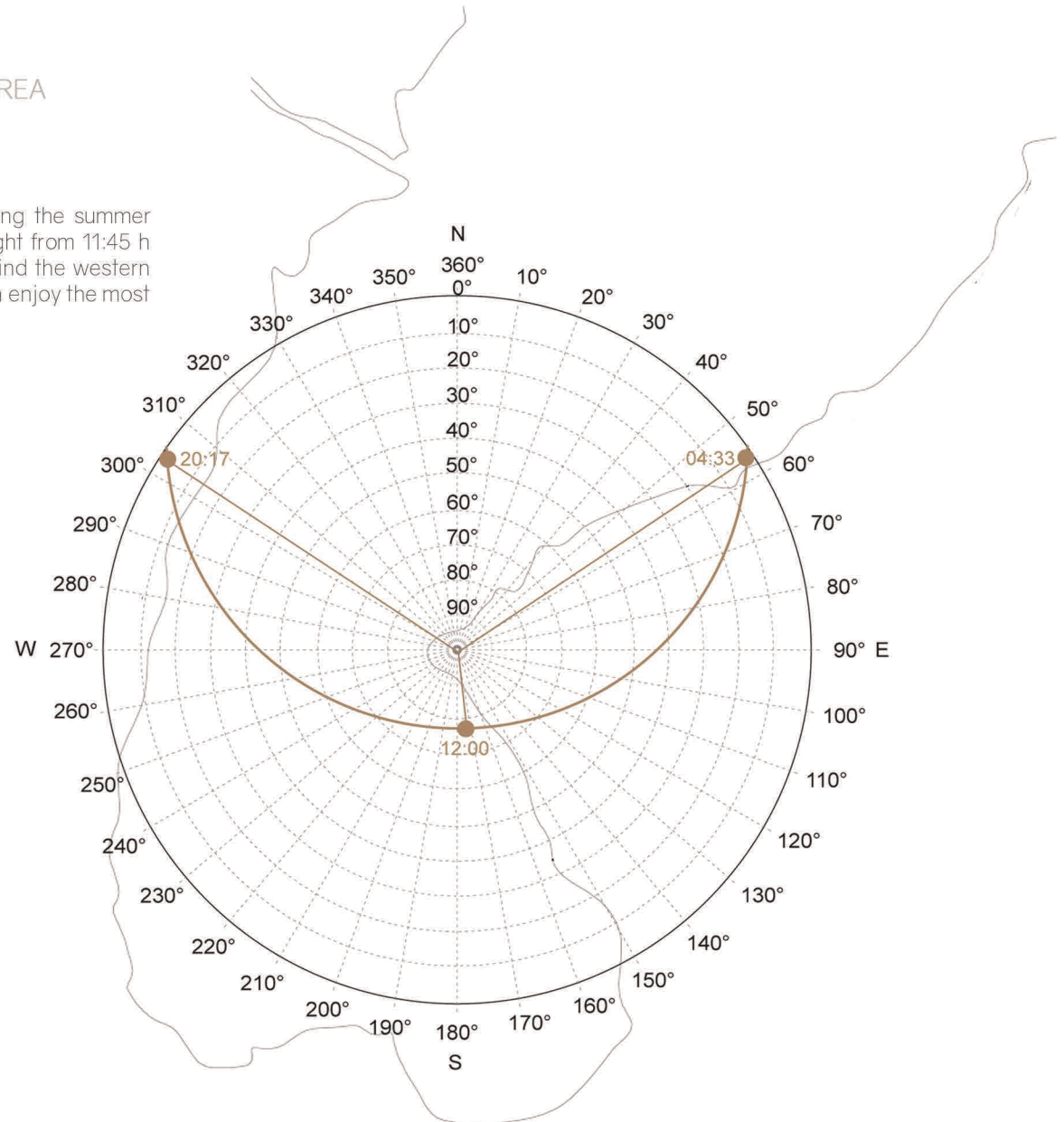


Fig. 94 View from the Geno area, north  
Fig. 95 View from the Geno area, front  
Fig. 96 View from the Geno area, south, city center Como

## SUNLIGHT, VILLA GENO AREA Summer

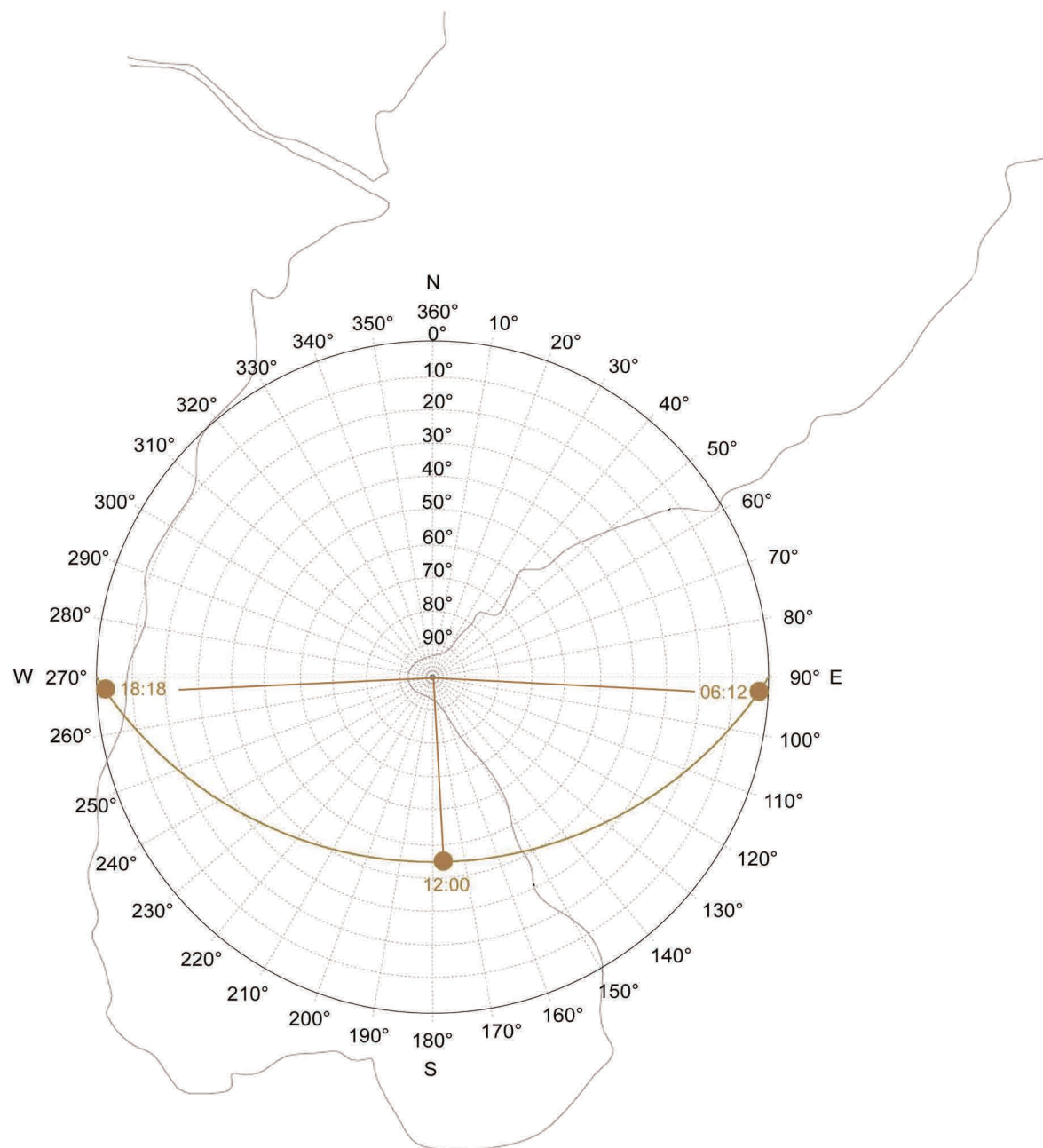
Sunlight diagrams show that during the summer villa Geno area has a direct sunlight from 11:45 h to 20:17 h when the sun sets behind the western Alps. From villa Geno area one can enjoy the most alluring sunsets.



Villa Geno  
45°48'2.84"N  
9°4'50.34"E  
21. June  
12:00 h

sunrise: 4 : 33 h  
sunset: 20 : 17 h

SUNLIGHT, GENO AREA  
Autumn / Spring

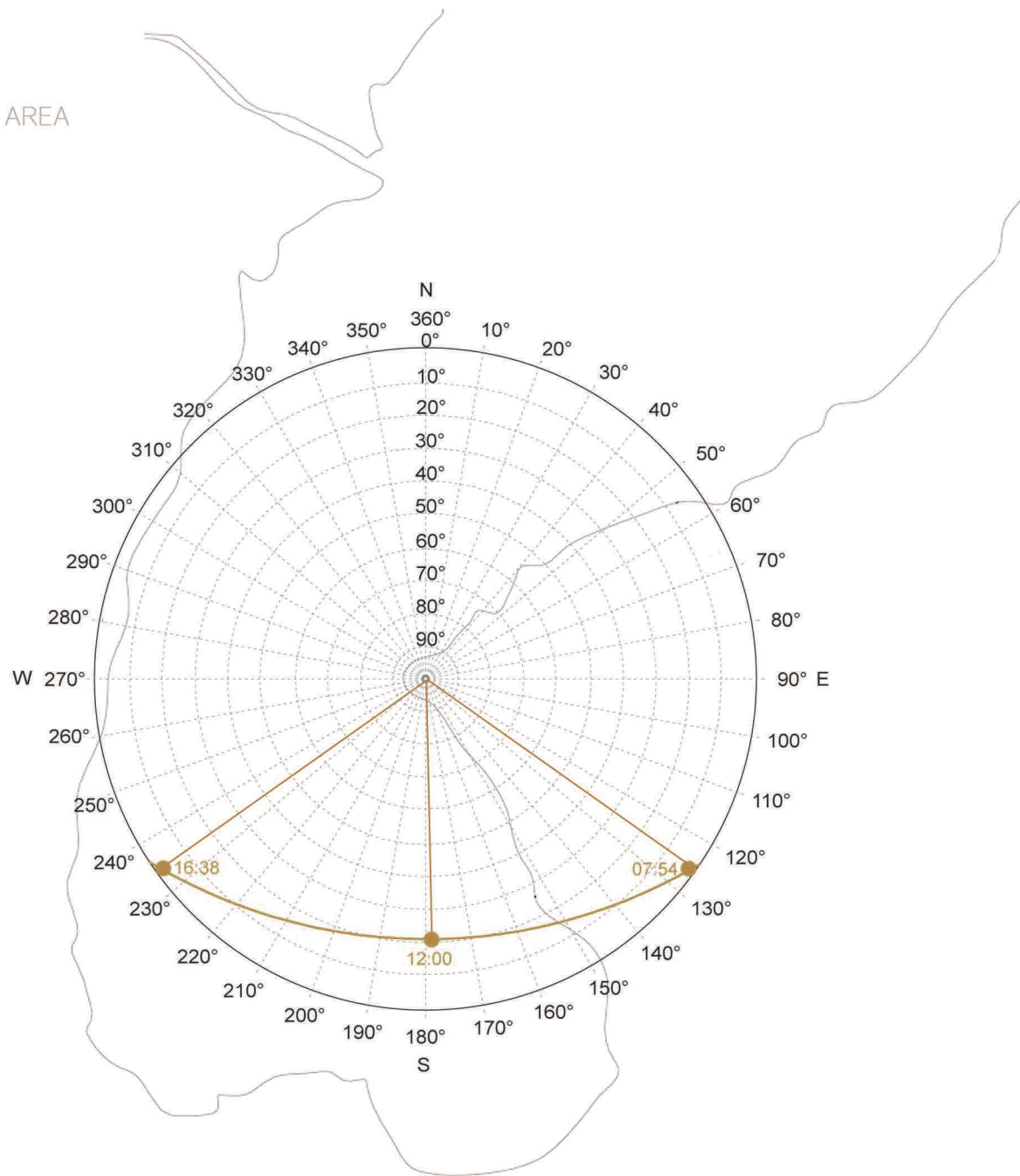


Villa Geno  
45°48'2.84"N  
9°4'50.34"E  
23. September  
12 : 00 h

sunrise: 6 : 12 h  
sunset: 18 : 18 h



SUNLIGHT, VILLA GENO AREA  
Winter



Villa Geno  
45°48'2.84"N  
9°4'50.34"E  
21. December  
12:00 h

sunrise: 7:54 h  
sunset: 16:38 h

## TRAFFIC REGULATIONS

### Geno street / Geno area

The Geno Street begins in Como's city center and ends by the kayak Club in the Villa Geno area. There is a beautiful lakeside promenade on the left, and various restaurants and residencies on the right. The street is approximately 1 km long, with limited traffic regulation, and the speed limit is 30 km/h. It is a one-lane street for the most part, making it difficult for two cars to pass by simultaneously. Nevertheless, many people opt to drive to the Villa.



Fig. 98



Fig. 99



Fig. 98 Beginning of the Geno street  
Fig. 99 Geno Street, view



Fig. 97 Geno street, lake promenade, view of Como city center

## NEW TRAFFIC REGULATIONS OF THE GENO STREET

The Health Center project requires a different access to Villa Geno. The area's current parking lots should be moved underground because they interfere with the beauty of the place and take up the necessary space. This project proposes an underground parking garage so that the outdoor parking lots can be replaced with parks and trees. It is in our best interest that this area remains environmentally friendly, therefore, as part of the project, there will be no cars allowed. Regarding the limited traffic regulation of the Geno Street and our wish that the Geno area stays unpolluted, the project estimates new measures to ensure the fastest and most convenient way to the Health Center, avoiding the use of cars. For those who cannot reach the Geno area on foot or by bike, this project foresees an electric shuttle bus that transports visitors from the Valduce Parking Garage in the city center to the Geno area every fifteen minutes. There would be four bus stops, the most important one being at the beginning of the Geno Street, where a big bus and train terminal is. These new ways of traffic regulation aim to reduce traffic and exhaust gases in the Geno area, and to promote a healthy lifestyle by encouraging walking and cycling.



Fig. 100

Fig. 100 Electric shuttle bus would transport people to the new Health Center in the Geno area. Electric shuttle bus is much smaller than regular buses and it can smoothly go through the Geno street



FROM THE CITY CENTER TO  
THE NEW HEALTH CENTER



7min



9min



10min



13min



15min

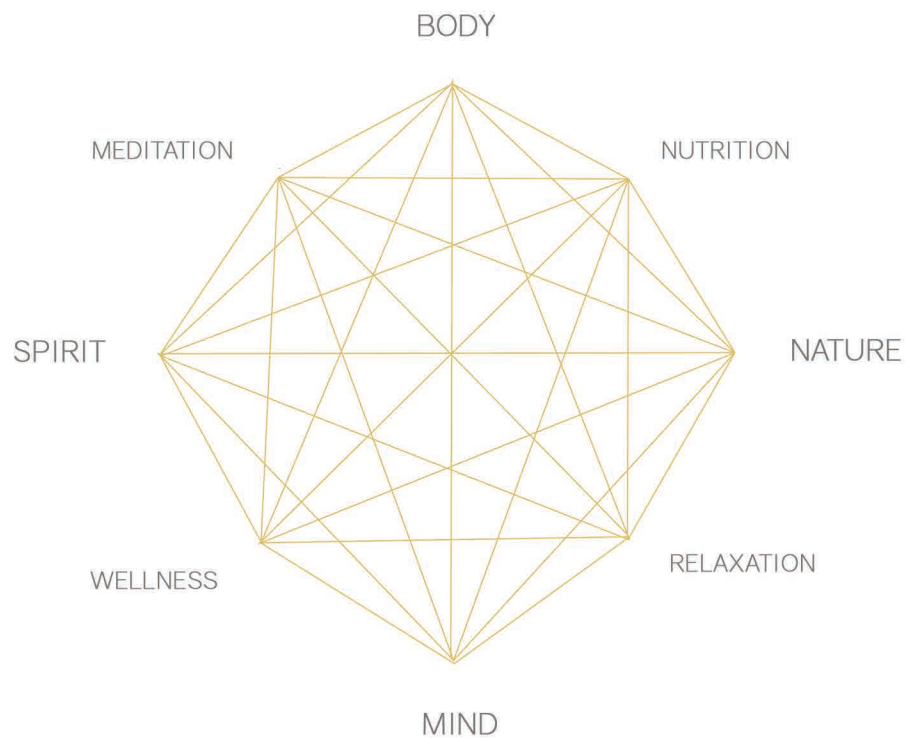






Fig. 101

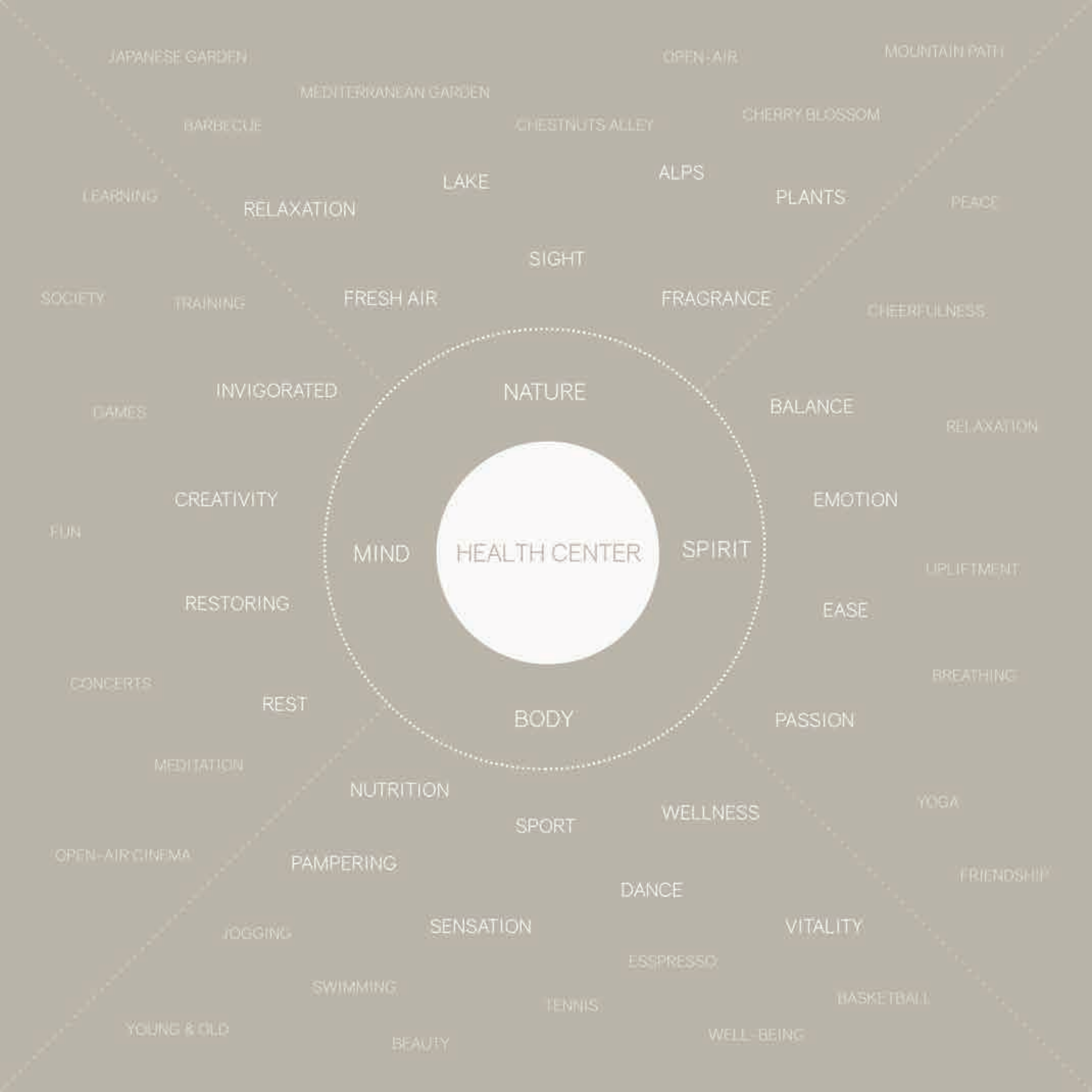




Como's natural features are not only a great attraction for sports enthusiasts and tourists but also for its inhabitants. Unfortunately, the weather is not always favorable for outdoor recreation. Considering the fact that Como does not have a suitable indoor sports facility, an enclosed area is very much needed. This sports facility should incorporate the beauty of the region and use it to revitalize the body, mind and soul. The Villa Geno area is perfectly situated: it has abundant sunlight and extraordinary diversity of landscape, and the combination of such a green oasis and the vicinity of the city center makes it an ideal place to stay. In the view of its sports history, this area is excellent

for a health center that offers activities for both children and the elderly, residents and tourists, the single and the married, families and friends, the cheerful and the depressed, the fit and the overweight, the rich and the poor. The project highlights the landscape and the union of nature and architecture. The popularization of this area would also be profitable for the people of Como. With such a concept, this area could become a recreational destination, while still maintaining its quality as a place for relaxation and meeting new people. Apart from daytime activities, this project offers a place to go out and have fun on a Saturday night, and also provides a location for

various events, such as dances, seminars, social gatherings and the like. In the evenings, following a romantic stroll along the shore, people can enjoy a fine aperitif and a delicious meal in a new fancy restaurant overlooking the lake. The liveliness of this place would last all day and throughout the evening, all without disturbing local residents. The project promotes a healthy lifestyle, good nutrition, sports, and spending time in nature. This concept also includes facilities for the body, mind and spirit, making this area a haven for mental and physical health.





FITNESS



WELLNESS



BEAUTY

HEALTH CENTER



OTHER



OUTDOOR



NUTRITION

SPACE PROGRAM  
Health Center



SAUNA	60m <sup>2</sup>
STEAM ROOM	15m <sup>2</sup>
RELAX	80m <sup>2</sup>
MEDITATION ROOM	80m <sup>2</sup>
POOL x5	100m <sup>2</sup>
GROUP FITNESS	130m <sup>2</sup>
CHROMOTHERAPY	15m <sup>2</sup>
REHABILITATION	100m <sup>2</sup>
<hr/>	
TECHNICAL (+30%)	580m <sup>2</sup>
	754m <sup>2</sup>



CHILD CARE	150m <sup>2</sup>
COATCHING	150m <sup>2</sup>
GARDEROBE	500m <sup>2</sup>
FOYER	200m <sup>2</sup>
SPORT SHOP	50m <sup>2</sup>
WINE BAR	200m <sup>2</sup>
PARKING	500m <sup>2</sup>
MANAGEMENT	80m <sup>2</sup>
UTILITY ROOM	100m <sup>2</sup>
<hr/>	
	1930m <sup>2</sup>



RESTAURANT	250m <sup>2</sup>
SNACK & CAFFE	100m <sup>2</sup>
NUTRITION SHOP	50m <sup>2</sup>
NUTRITIONIST	20m <sup>2</sup>
<hr/>	
	420m <sup>2</sup>



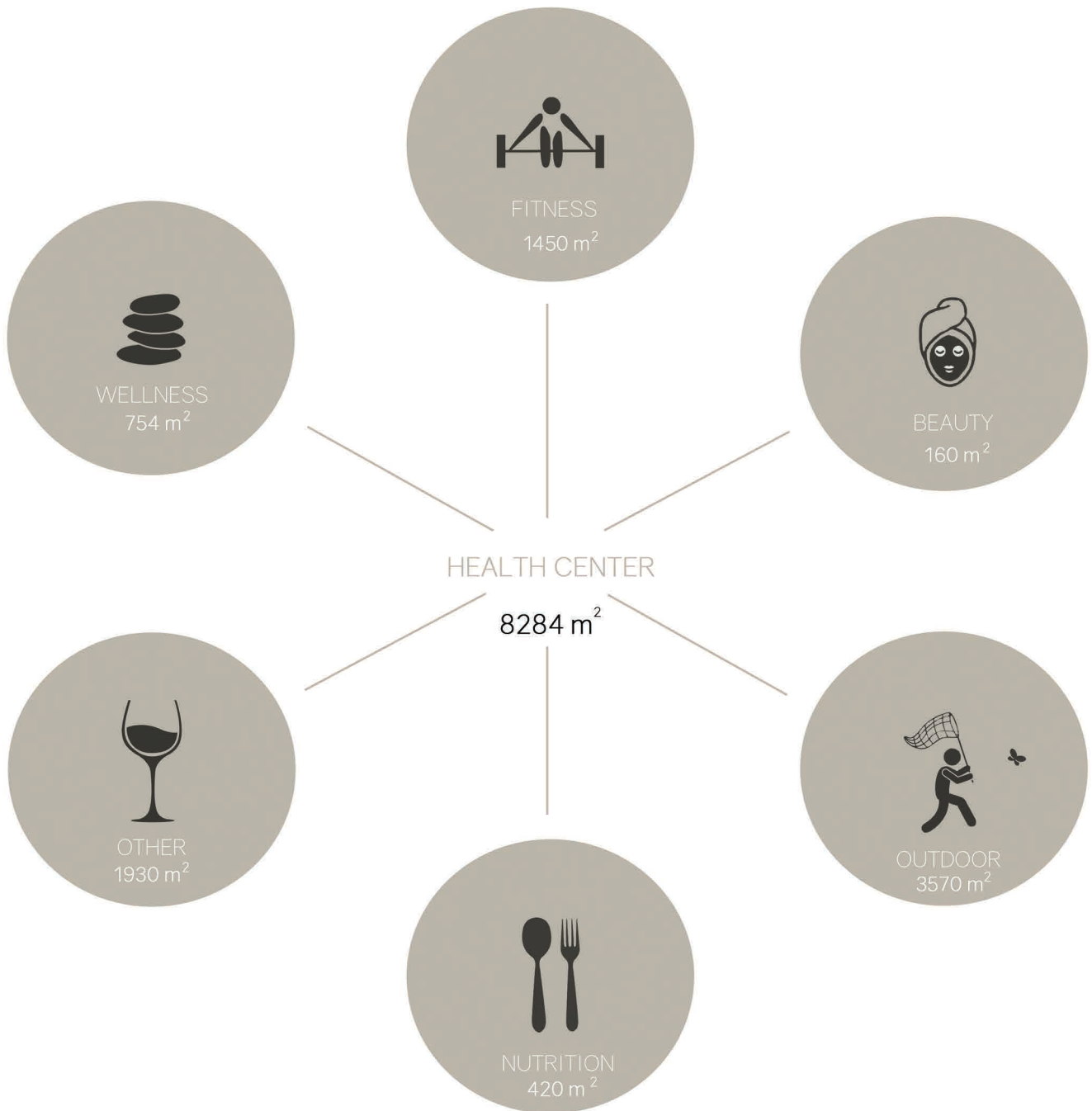
PARK	250m <sup>2</sup>
SWIMMING POOL	800m <sup>2</sup>
FITNESS OUTDOOR	50m <sup>2</sup>
CAFFE	20m <sup>2</sup>
BASKETBALL	450m <sup>2</sup>
VALLEYBALL	450m <sup>2</sup>
GREEN OASE	200m <sup>2</sup>
TENNIS COURT	450m <sup>2</sup>
WATER POLO POOL	450m <sup>2</sup>
JAPANESE GARDEN	300m <sup>2</sup>
PICNIC AREAS	250m <sup>2</sup>
<hr/>	
	3570m <sup>2</sup>



SOLARIUM	20m <sup>2</sup>
BODY TREATMENT	30m <sup>2</sup>
SALON (hair, face)	30m <sup>2</sup>
PEDICURE, MANICURE	20m <sup>2</sup>
AROMATHERAPY	10m <sup>2</sup>
ACUPUNCTURE	10m <sup>2</sup>
SALT & MUD BATH	20m <sup>2</sup>
STUFF ROOM	20m <sup>2</sup>
<hr/>	
	160m <sup>2</sup>



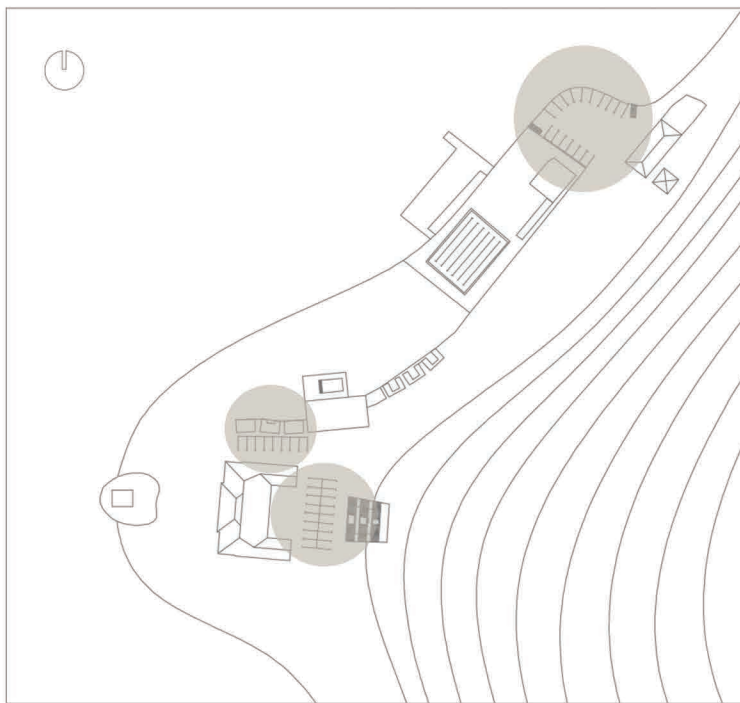
MAIN HALL	800m <sup>2</sup>
GROUP FITNESS	300m <sup>2</sup>
GROUP FITNESS	150m <sup>2</sup>
STRECH	70m <sup>2</sup>
BAR	30m <sup>2</sup>
CLIMBING	
<hr/>	
	1450 m <sup>2</sup>



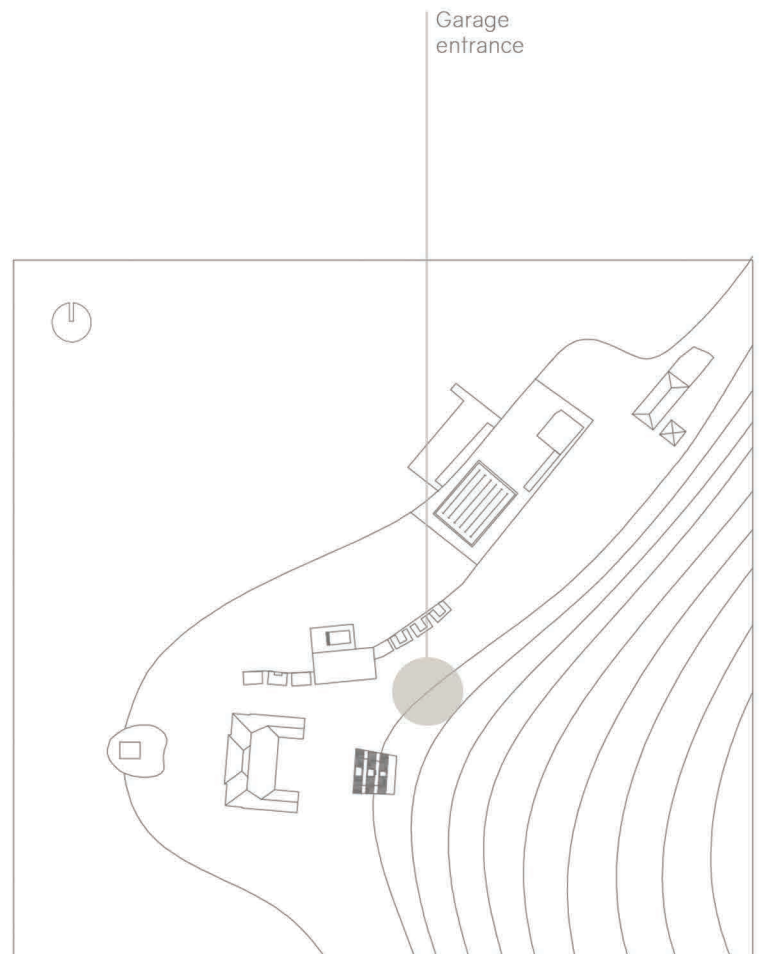
## SPATIAL PLANNING

### Restructuring of Geno area

The first step in spatial planning is to move parking lots in the garage under the ground to provide the space for outdoor activities. The garage entrance would be placed next to the mountain path.



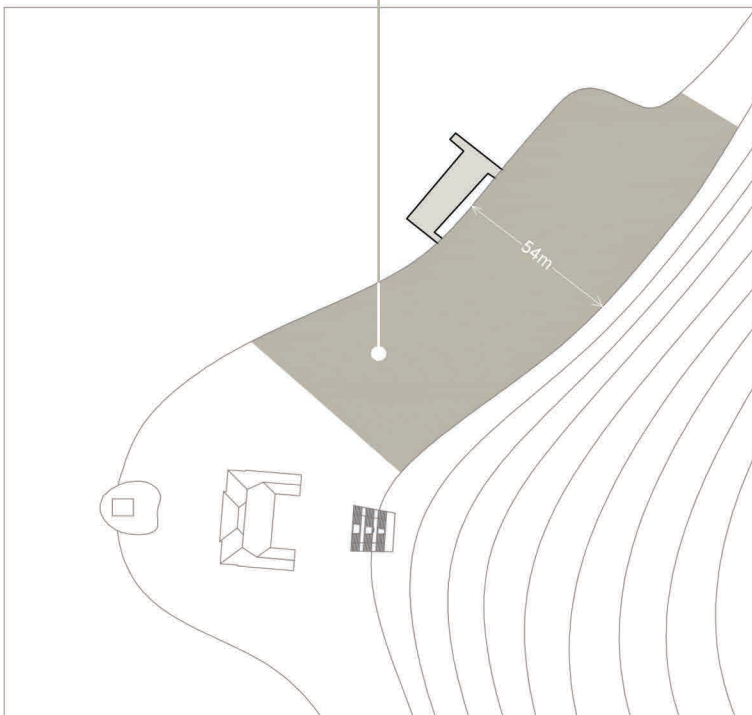
Existing situation, Geno area, parking lots in the area



New parking system, more green areas

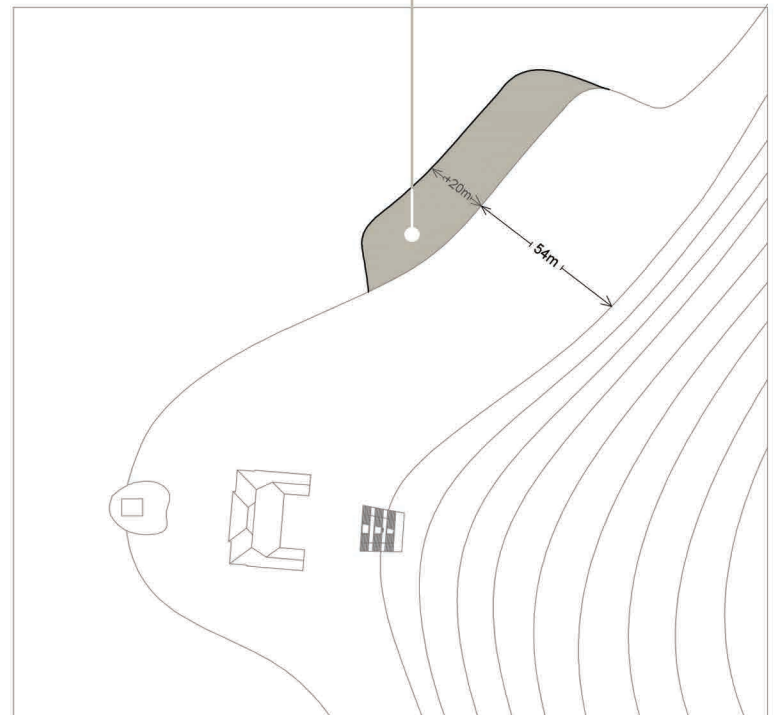
Removing the old structures of Geno restaurant and Swimming Club, we got the needed space for green areas and more importantly for enjoying the unobstructed sight of the lake and the Alps. One of the criteria for a new Health Center is that it must not in any case be a visual barrier of the lake. The structure of the Health center must be drawn all the way to the hill and thus open a perfect and unobstructed view of the lake and the mountains. For an even better space utilization, the existing floating platform in the Swimming Club would be replaced with a bigger one, which would prolong the existing space for additional 20 m (width) and 80 m (length). The form of the new floating platform follows the form of the coast line.

Coast is clear of the old structures, view is spectacular, sunlight perfect, and there is a total of 6,480 m<sup>2</sup> to be recreated in a Health Center oasis.



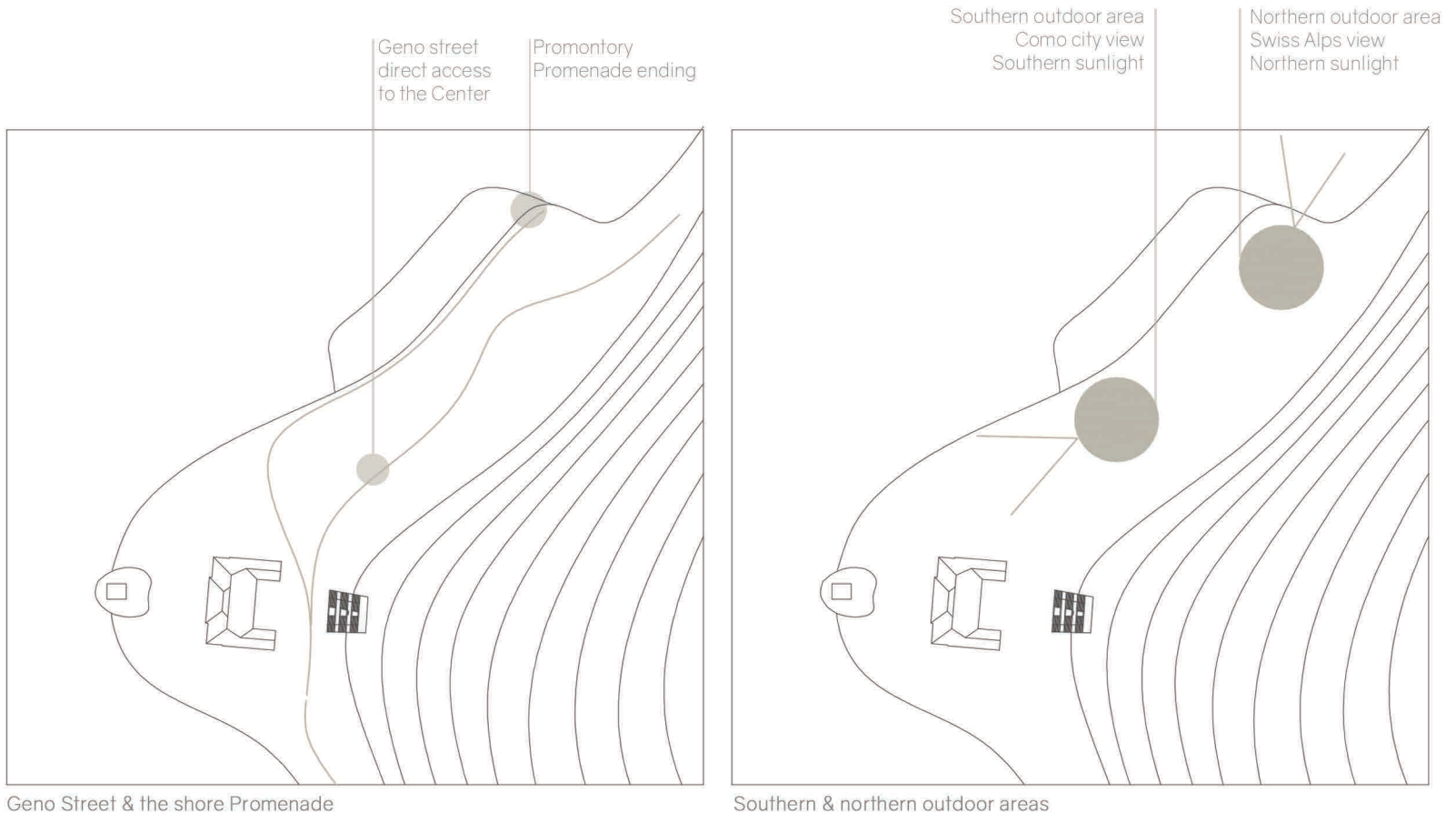
New Health center area, free of old structures

Implementation of the floating platform extends the existing space for additional 20m width. (needed for new Swimming pools)



New floating platform expands the area for additional 20 m width

The next guideline in the spatial planning is the existing Geno street which should have a ready access to the Health center for commercial vehicles, the disabled, delivery, and other technical issues. In addition to the Geno street, the existing shore promenade that ends by the beginning of Villa Geno should continue along the lake shore all the way to the promontory where one can enjoy the spectacular view in every direction. Special attention should be paid to the areas on the left and on the right of the floating platform. This areas should remain building-free, thus reserved for outdoor activities by the lake. The form of the new Health center should at the same time create two separate outdoor areas with different views, sunlight and functionalities.



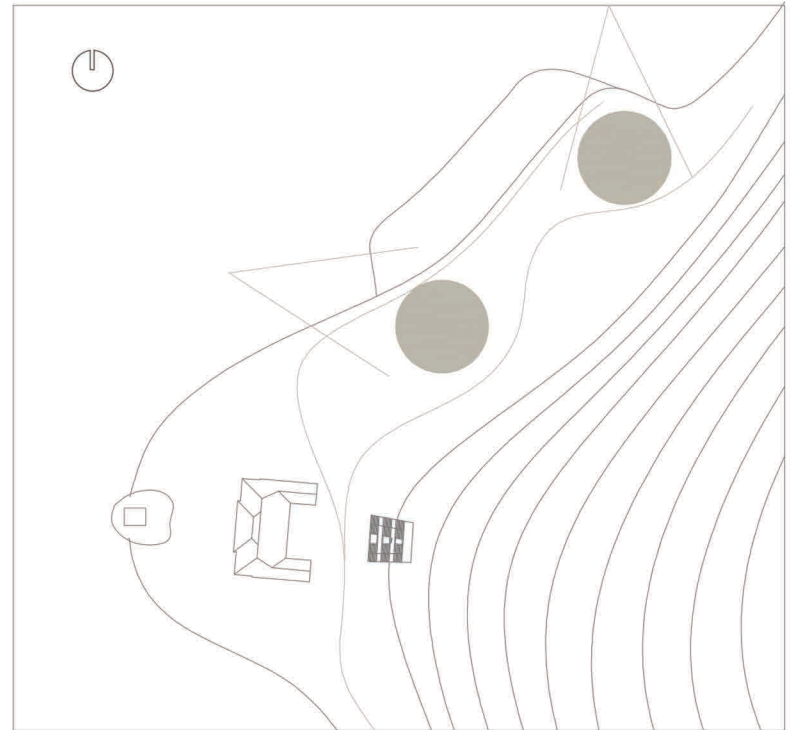


The next important guideline in spatial planning of the Health center is the natural environment that surrounds the area. There is the lake in the front, the hill in the back, and the Swiss Alps are everywhere around. Hard lines or shapes are not a good fit for this environment. The architectural form of the new Health Center must be in synesthesia between the natural lines of the country, mountains and the lake, thus let them be the guides for establishing its form. Environmental lines of this area are smooth, light and organic and they must not be infringed.

Another guideline in spatial planning is the sun orientation and the lightning. The surface of the facade should be facing both directions (north and south) in order to provide diverse and comfortable interior lightning for all purposes. The sunlight should also penetrate through the back side (hill side) of the Health center, so the whole Center must be moved for approximately 7 m away from the hill.



7 meter distance between the Health center and the hill (for more sunlight)



Two outdoor areas with different sunlight exposure (south & north)

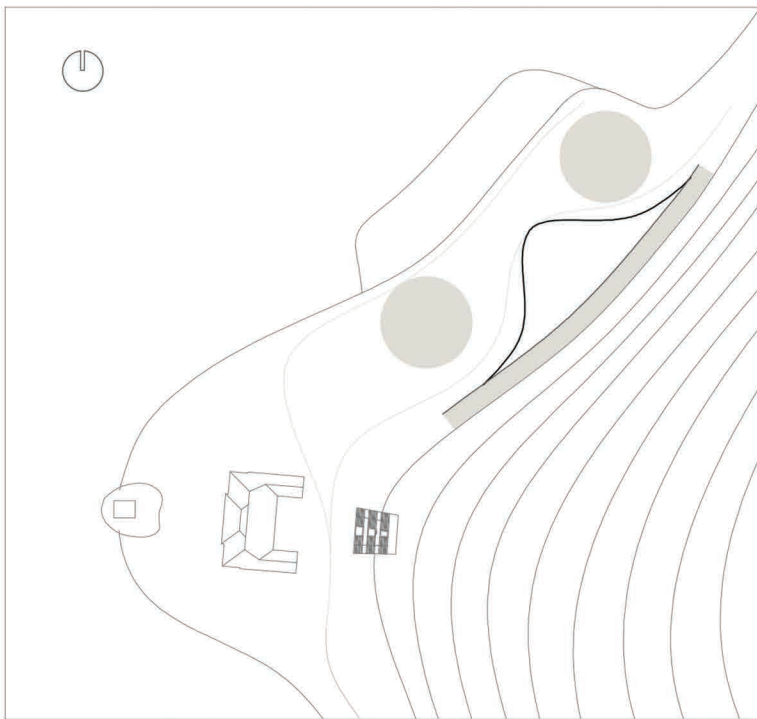
## HEALTH CENTER Ground floor form

The guidelines for establishing the form of the Health center's Ground floor are met, and the ground floor is formed.

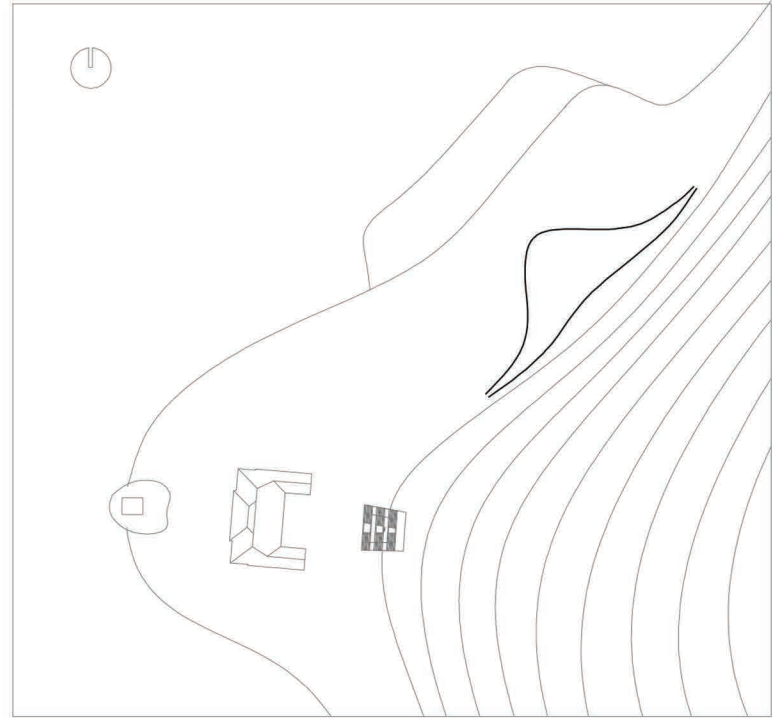
Guidelines summary:

1. Unobstructed sight in all directions
2. Establishment of south and north outdoor areas
3. Enough space for green areas
4. Prolonging of the promenade to the promontory
5. Access to the Center from the Geno street
6. Sunlight from south, north and from behind
7. Synesthesia of the environment with the architectural form

8. Blending of architecture with the nature
9. Open sight to the west, south and north
10. Emphasis on the uniqueness of the area-Genius Loci
11. Connection of the Health Center to the existing mountain path
12. Frontal facade in synesthesia with the lake – frozen movement
13. Posterior facade in synesthesia with the hill – static
14. Additional platform for more sport activities (playgrounds and pools)
15. Underground garage



Existing guidelines create anterior and posterior form of the ground floor

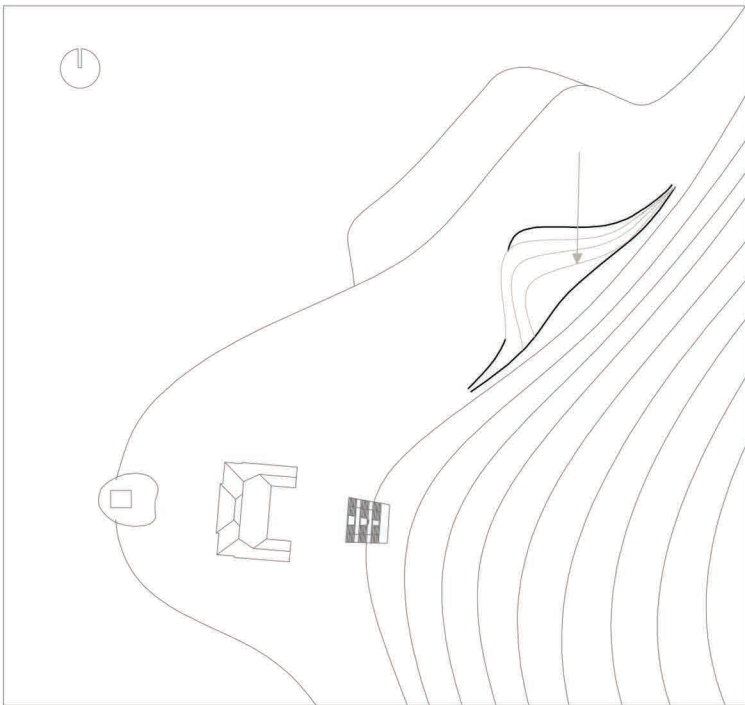


Health Center, ground floor

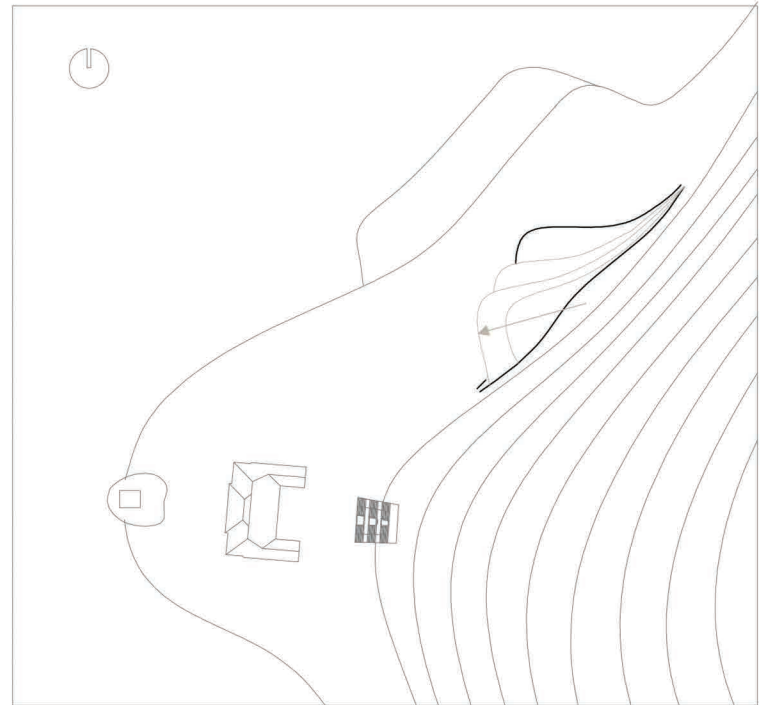
## UPPER FLOORS Form

The upper floors are a modulation of the ground floor. They are designed so that every upper floor moves further back, creating thus a terraced architectural form. On the northern side, the upper floors are designed to form terraces and let as much northern light to all levels. The south side, however, has certain floors pushed toward the south. Upper floors overlap the lower ones, creating thus the needed shadow, and preventing the south sunlight from excessive heating. The positioning of upper floors creates thus a comfortable lighting atmosphere in the interiors. It provides enough sunlight, and it prevents the

interiors on the south from excessive heating. Thus obtained form makes a perfect blend with the environment in which it is located. The front facade sets up a form of frozen waves and the terraced mountains. The synesthesia between nature and architecture is accomplished, and natural environment is not disturbed but more refined. Modulated form of the ground-floor provides a perfect view from every floor, especially from the last two, where you have a beautiful overlook of the Como city, as well as of the lake and the mountains.



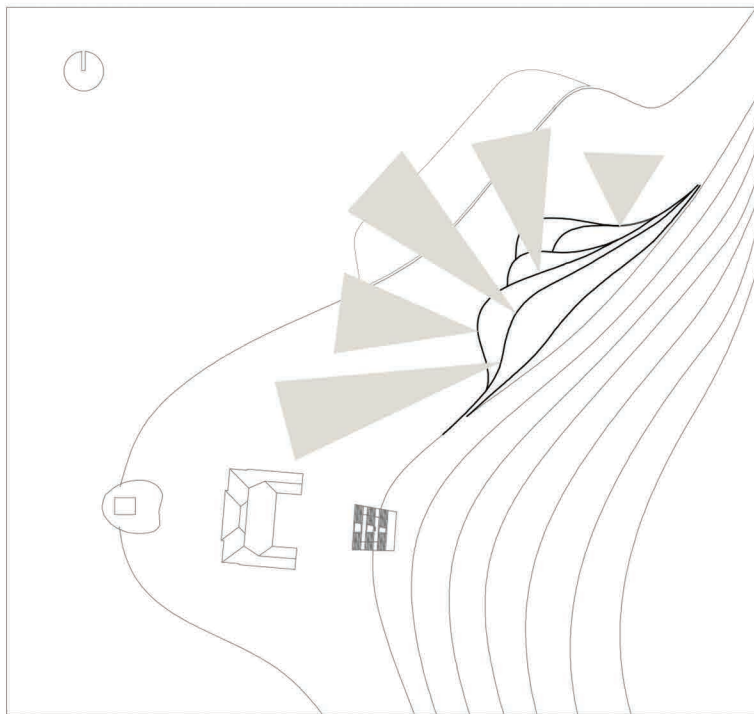
Upper floors are pushed backwards (more light on the northern side)



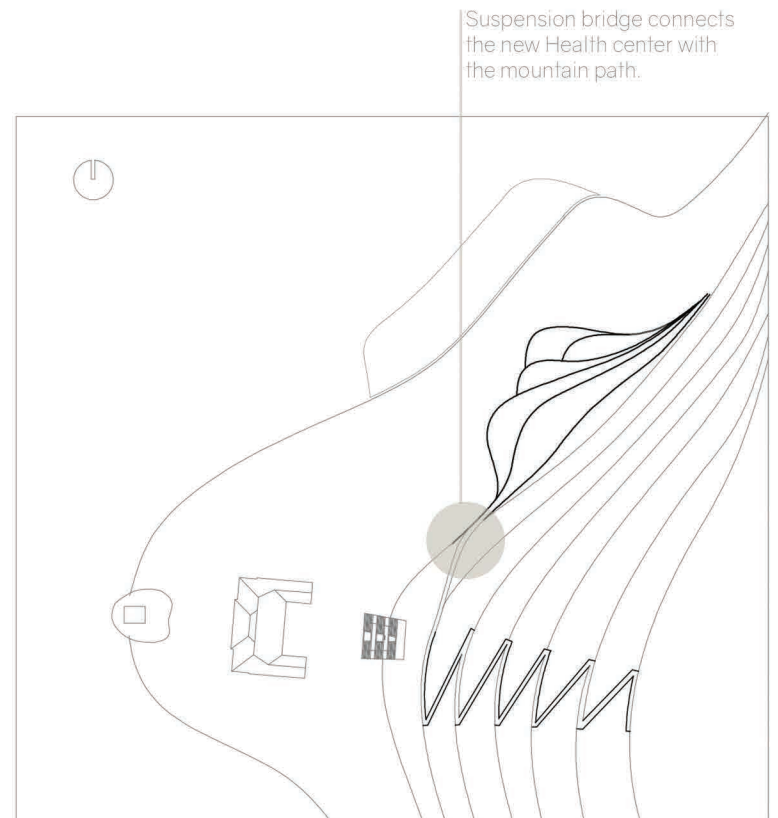
Upper floors are pushed out to the south (prevents excessive southern sunlight)

From the new Health center one has a view on all sides in a scale of almost 180 degrees. The new structure is tight up to the hill, still allowing a sufficient amount of light in every area of the newly established Health center. The form of the new Center creates enough outdoor space as well as a free passage way along the coast, and the spectacular view of the Alps.

The Health center has a direct access to the mountain path across the bridge which connects them.



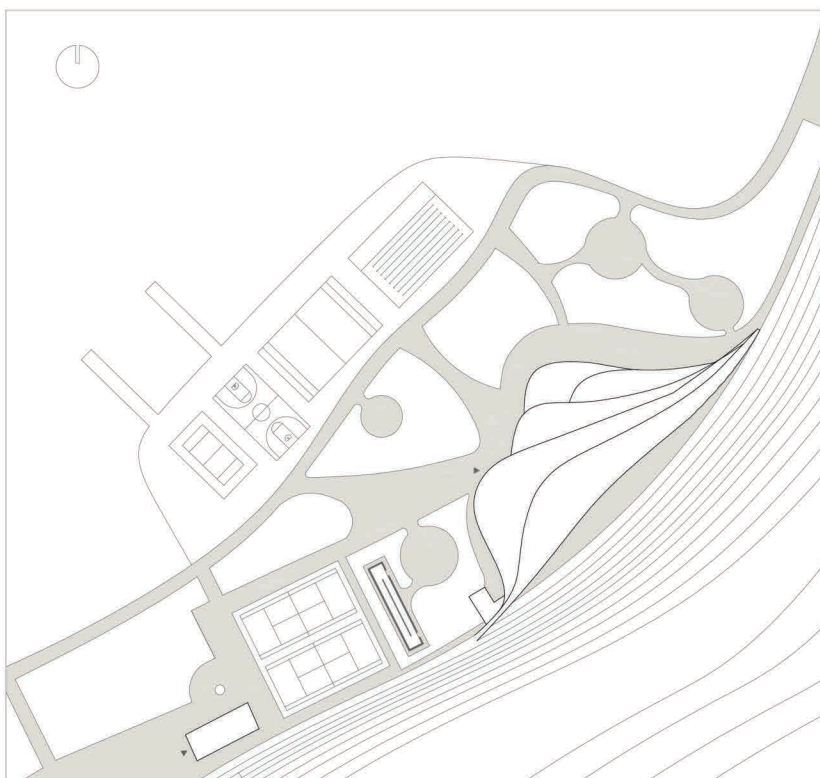
Views from the Health center (approx. 180°)



Suspension bridge connects the new Health center with the mountain path.

Connection of the Health center to the existing mountain path

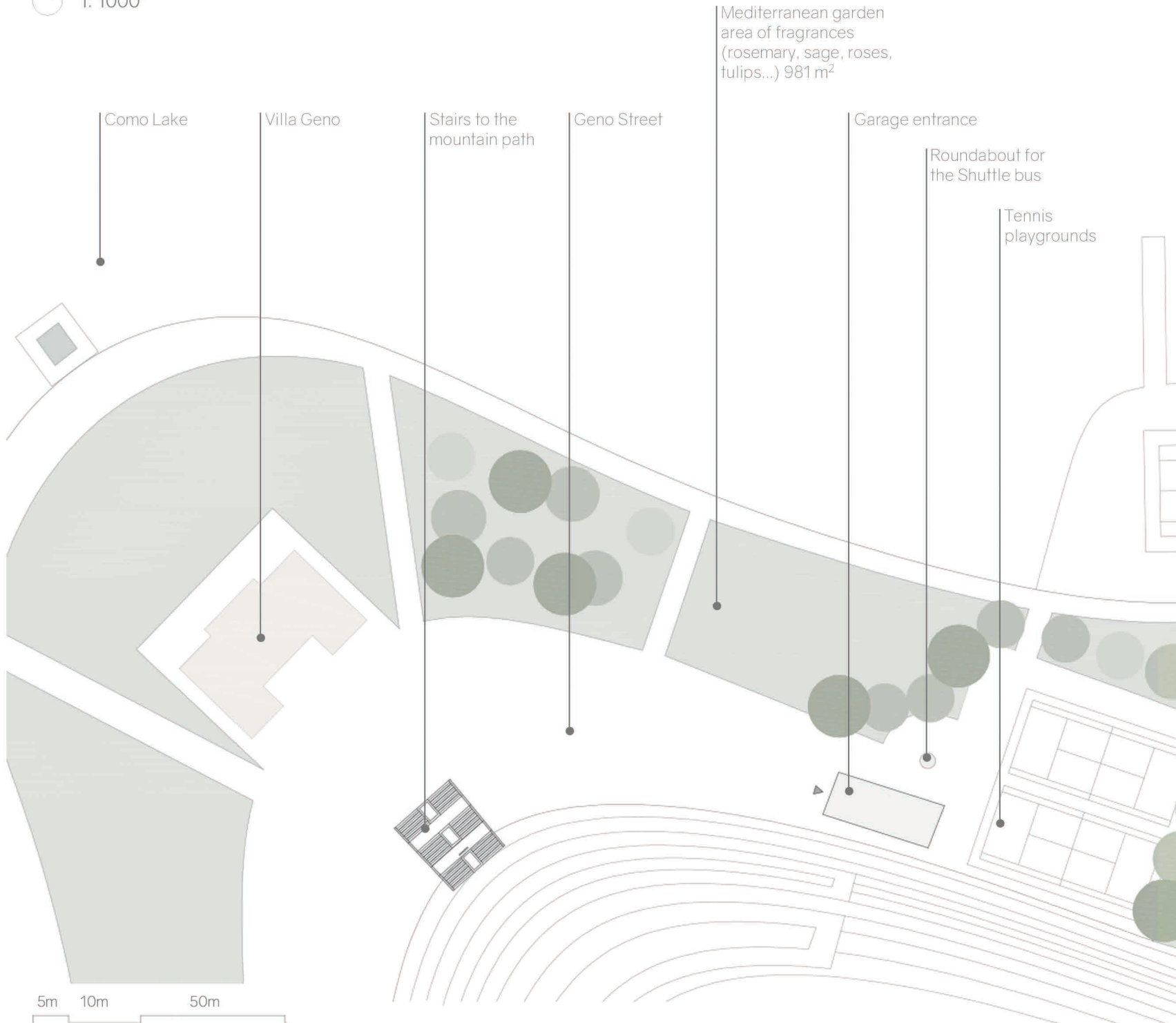
Green areas make 5189 m<sup>2</sup> of the outdoor space. They are formed in order to provide the easiest way to reach the Health center and the floating platform. Green areas are separated according to their function. Each green area grows a different type of plants and trees, therefore their outlook changes according to the season.

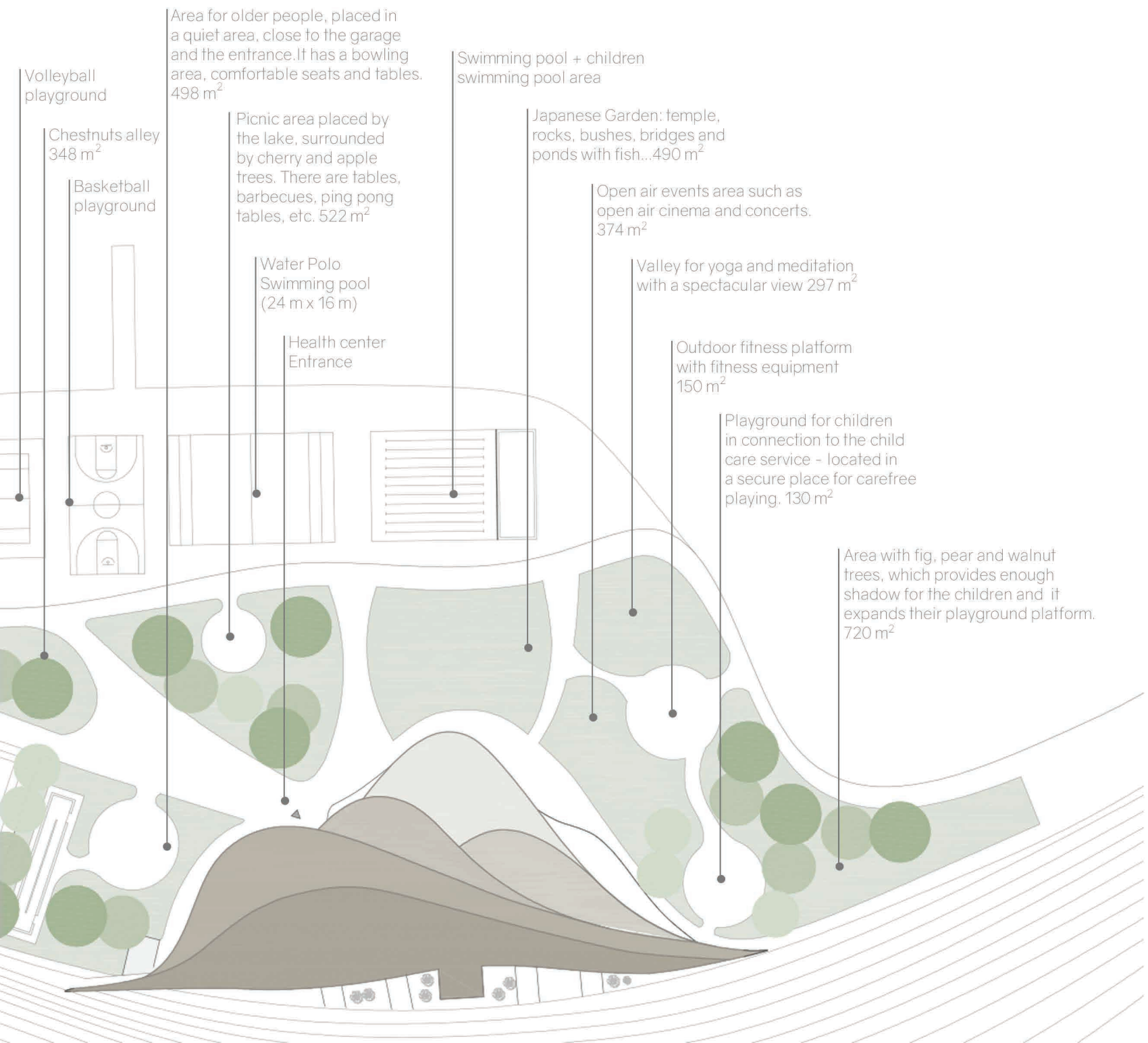


Health center, outdoor areas and pathways

RESTRUCTURATED GENO AREA  
Outdoor arrangement

1: 1000





# OUTDOOR VISUALISATION



Fig. 102



Fig. 103



Fig. 104



Fig. 105

- Fig. 102 Picnic area
- Fig. 103 Mediterranean garden
- Fig. 104 Japanese garden
- Fig. 105 Open air fitness

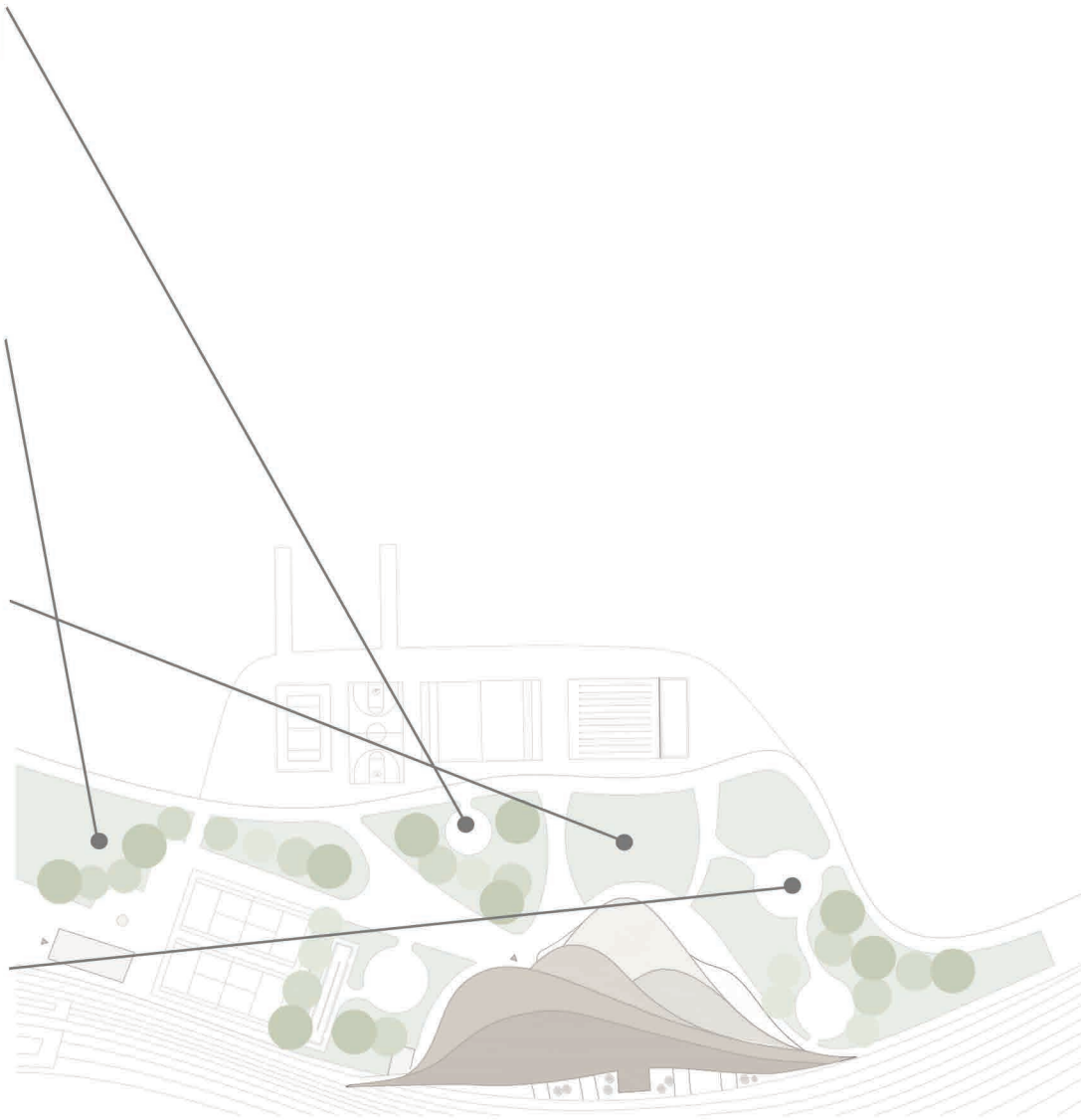






Fig. 106



Fig. 107

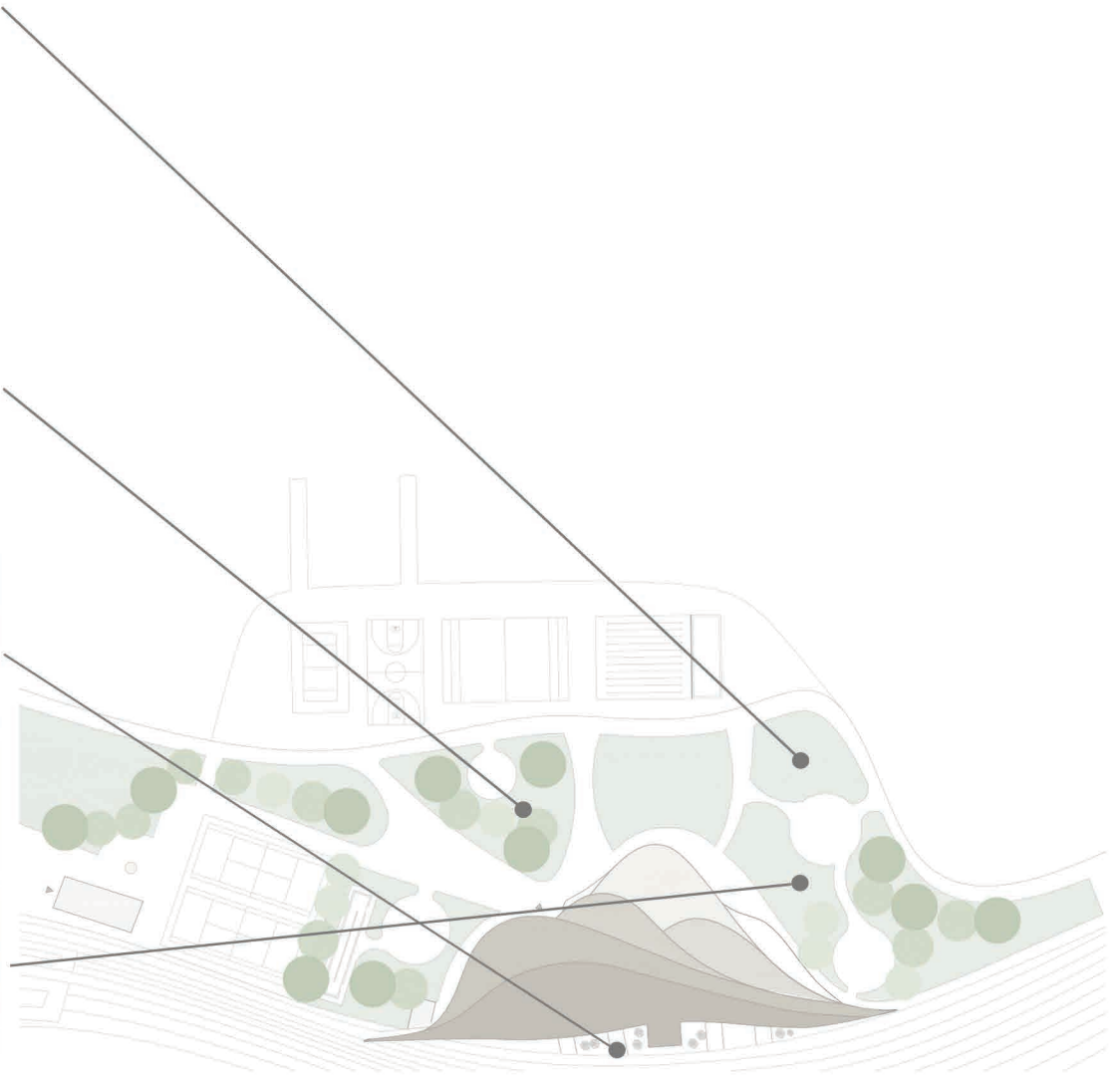


Fig. 108



Fig. 109

- Fig. 106 Open air Yoga
- Fig. 107 Cherry blossom
- Fig. 108 Climbing
- Fig. 109 Open air cinema







## GROUND FLOOR

The entrance to the ground floor is located on the northwest side of the building. You have to cross a small bridge to reach the entrance because there is a little garden below. Once you enter, there is a front desk and an information desk on the right. Behind the front desk there is a beauty salon which offers haircuts, manicure, pedicure, acupuncture, massage rooms, and rooms for various beauty treatments. Next to the beauty salon there is a nutritionist that offers services such as bio resonance and a healthy food store. There is an entrance hall, a lounge, and a pond on the left. Across the pond there is a bar with a poplar tree in the middle. The tree has been growing in this area for years now, so the architecture is designed around it. Up above, you can see the second floor gallery, which extends all the way to the opposite side. The bar has two exits and an outdoor terrace. The lavatories are located near the exits, making it practical and within reach for those who are

inside the Health Center and those engaging in outdoor activities. Walking straight from the entrance, you will reach the staircase and the elevator that lead to the wellness center (downstairs) or the fitness center and the restaurant (upstairs). On the left of the staircase there are changing rooms for both the wellness and fitness centre visitors. There is a daycare on the other side of the building, which allows parents with small children to engage in recreational activities or simply to relax while their children play under adult supervision. The daycare is connected to an outside playground. The building's entrances are specially designed to permit quick access to the Center from wherever you are outside. The distance between the posterior facade and the hill is approximately seven meters. There is an inner courtyard with a staircase and a shallow pool. The water from the pool reflects the sunlight and provides an even better illumination of the lower floors.

## GROUND FLOOR

+ 0,00

5,618 m<sup>2</sup>

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### OUTSIDE

1. Mediterranean garden	450m <sup>2</sup>
2. Poplar alley	
3. Bus station	
4. Garage entrance	
5. Tennis court	450m <sup>2</sup>
6. Chestnuts alley	
7. Basketball playground	420m <sup>2</sup>
8. Volleyball playground	200m <sup>2</sup>
9. Water Polo	384m <sup>2</sup>
10. Swimming Pool	384m <sup>2</sup>
11. Older people area	300m <sup>2</sup>
12. Pic - nic area	350m <sup>2</sup>
13. Japanese garden	300m <sup>2</sup>
14. Events area	330m <sup>2</sup>
15. Yoga and meditation area	230m <sup>2</sup>
16. Outdoor fitness	150m <sup>2</sup>
17. Children playground	120m <sup>2</sup>
18. Orchard	500m <sup>2</sup>
	<hr/>
	4568m <sup>2</sup>

### INSIDE

19. Garage exit	
20. Foyer	200m <sup>2</sup>
21. Healthy food store	50m <sup>2</sup>
22. Nutritionist & Bioresonance	50m <sup>2</sup>
23. Front desk	10m <sup>2</sup>
24. Beauty salon	120m <sup>2</sup>
25. Waiting area	50m <sup>2</sup>
26. Pond with plants	70m <sup>2</sup>
27. Bar / Snack / Coffee shop	100m <sup>2</sup>
28. Wardrobe 1	150m <sup>2</sup>
29. Wardrobe 2	150m <sup>2</sup>
30. Child care service	100m <sup>2</sup>
	<hr/>
	1050m <sup>2</sup>



12

11

19

21

22

23

24

26

20

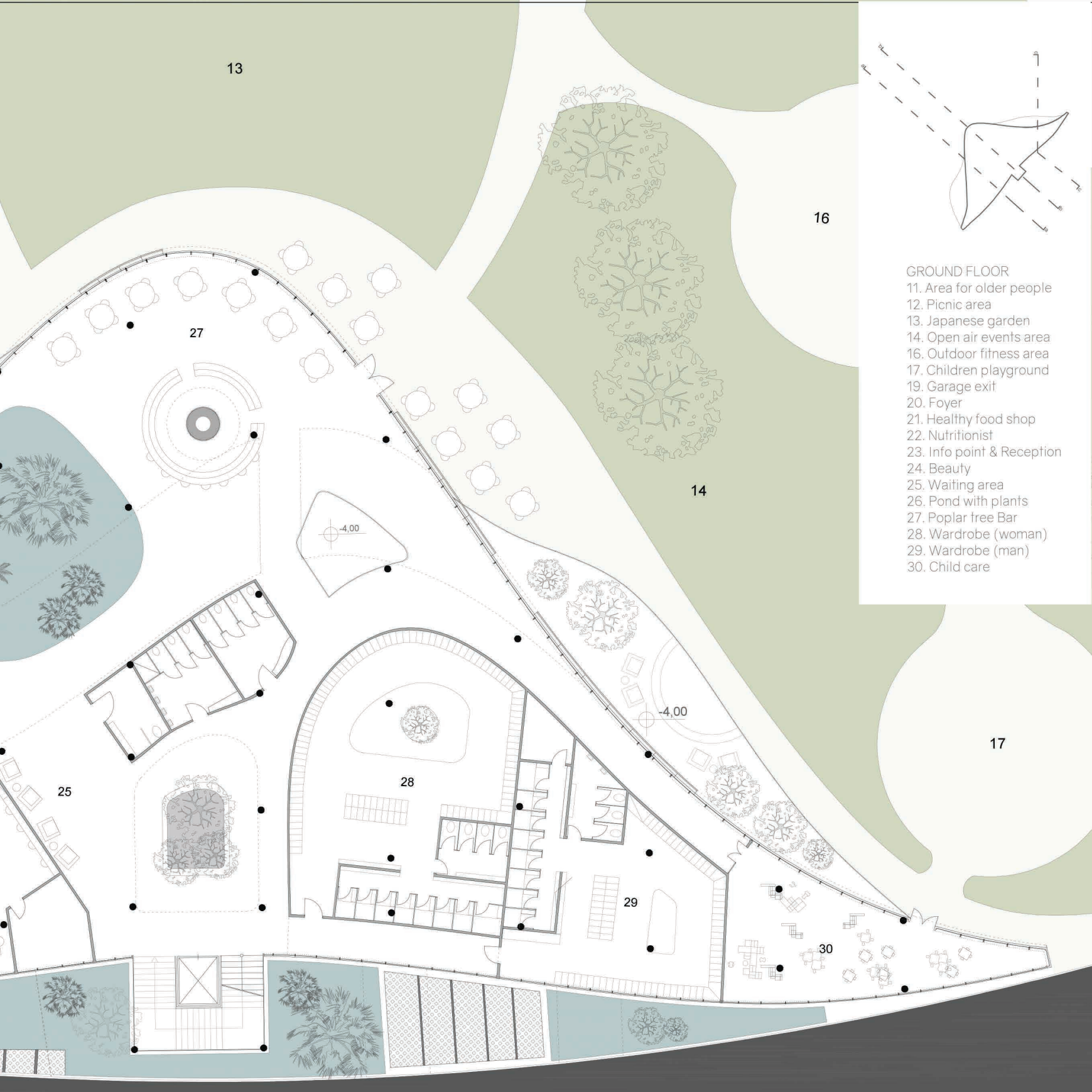
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1m

5m

10m



13

16

27

14

-4,00

-4,00

17

25

28

29

30

GROUND FLOOR

- 11. Area for older people
- 12. Picnic area
- 13. Japanese garden
- 14. Open air events area
- 16. Outdoor fitness area
- 17. Children playground
- 19. Garage exit
- 20. Foyer
- 21. Healthy food shop
- 22. Nutritionist
- 23. Info point & Reception
- 24. Beauty
- 25. Waiting area
- 26. Pond with plants
- 27. Poplar tree Bar
- 28. Wardrobe (woman)
- 29. Wardrobe (man)
- 30. Child care

## - 1 LEVEL Wellness & Spa

After changing clothes, you go down to the -1 floor into the Wellness & Spa Center. On the left there is an area for sport rehabilitation, with its reception, waiting area, and a private garden. The garden covers 215 m<sup>2</sup> and has an outdoor swimming pool and a green oasis for leisure. Behind the reception there is a cleaning room which leads to a utility room. The entrance to the spa is on the right, and right next to it there are rooms for massage and other treatments. The wellness consists of four swimming pools, a sauna island, relaxation rooms, a meditation chamber, a gym and a garden. There is a cold and hot swimming pool for better blood circulation, a vitality pool with hydromassage and a salt pool. The sauna island consists of steam baths, a Finnish sauna, and a Mediterranean sauna with various fragrances, an infrared sauna, emotional showers, and a Kneipp circuit. Emotional showers use different temperatures, jets, and essential oils

to awaken all your senses. The Kneipp circuit consists of eight basins with pebbles that massage your feet, and water jets of cold and warm water that favor your blood circulation. There is also a Himalayan salt room, with the walls covered in bricks made of a pink salt that purifies the airway, soothes the skin, and relaxes the mind. Next to the Himalayan salt room there is a relaxation room with soothing music and healthy snacks and beverages, such as fruits and tea. The relaxation room opens to a private garden where there is a small pond with a waterfall, and a green oasis with deckchairs. For those who wish to clear their minds, the spa has a special meditation chamber, illuminated by the perforated holes in the ceiling, thus creating a special spiritual experience. Next to the chamber there is a gym that offers yoga, Pilates, tai chi, and other activities that unite the body, mind and spirit.



- 1 LEVEL  
- 4,00

2674 m<sup>2</sup>

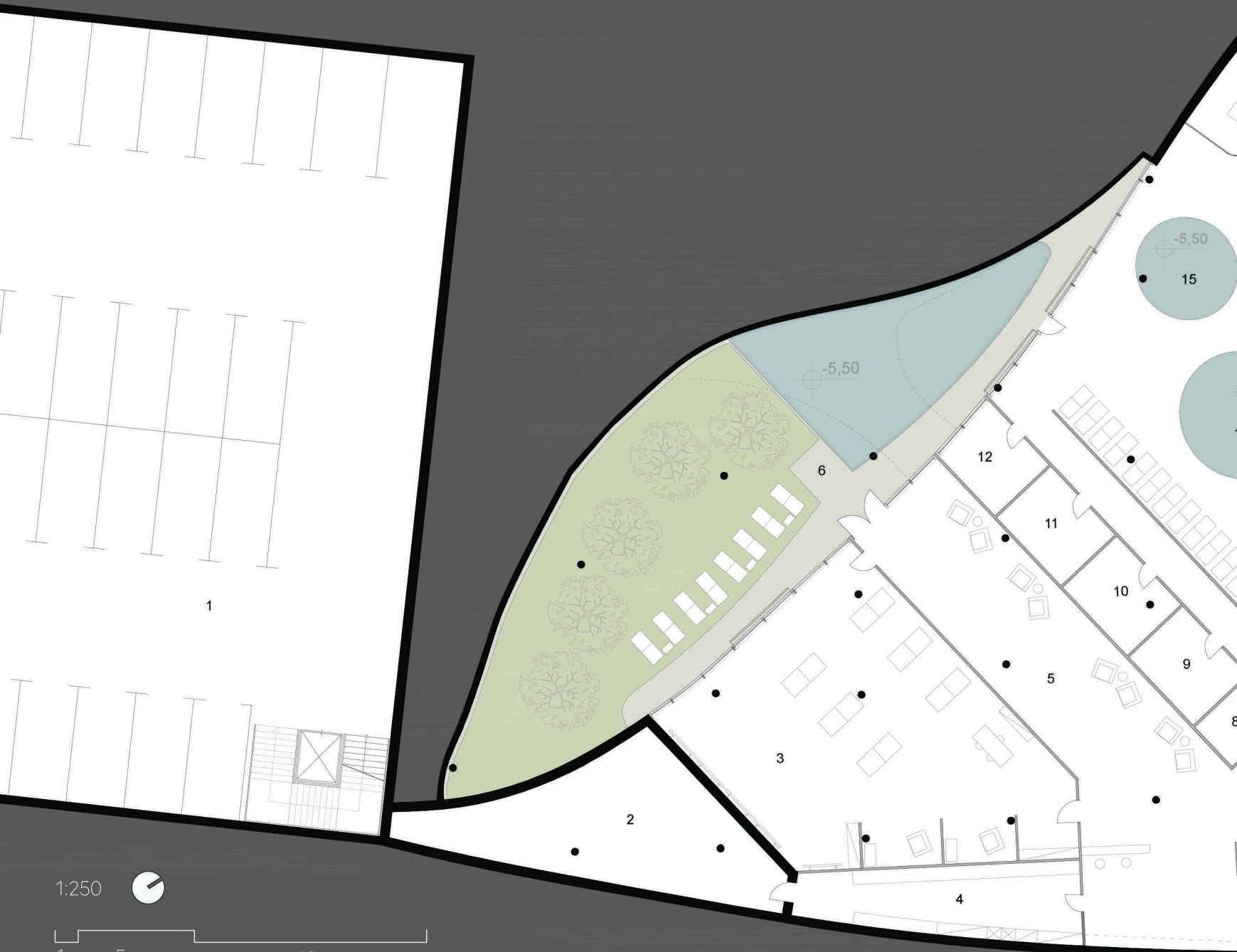
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#### INSIDE

1. Garage	1350m <sup>2</sup>
2. Utility room	64m <sup>2</sup>
3. Sport rehabilitation	147m <sup>2</sup>
4. Cleaning room	34m <sup>2</sup>
5. Waiting area	112m <sup>2</sup>
7. Entrance	
8. - 10. Massage	36m <sup>2</sup>
11. - 12. Treatments	24m <sup>2</sup>
13. Hot swimming pool	40m <sup>2</sup>
14. Cold swimming pool	26m <sup>2</sup>
15. Salt swimming pool	16m <sup>2</sup>
16. Vitality pool	56m <sup>2</sup>
17. Himalayan salt room	52m <sup>2</sup>
18. Relaxation room	51m <sup>2</sup>
19. Steam bath	16m <sup>2</sup>
20. Finnish sauna	9m <sup>2</sup>
21. Infrared sauna and emotional showers	15m <sup>2</sup>
22. Mediterranean sauna	11m <sup>2</sup>
23. Kneipp circuit	21m <sup>2</sup>
24. Meditation room	63m <sup>2</sup>
25. Gym & Stretch	183m <sup>2</sup>
	<hr/>
	2326m <sup>2</sup>

#### OUTSIDE

6. Garden 1	215m <sup>2</sup>
26. Garden 2	133m <sup>2</sup>
	<hr/>
	348m <sup>2</sup>



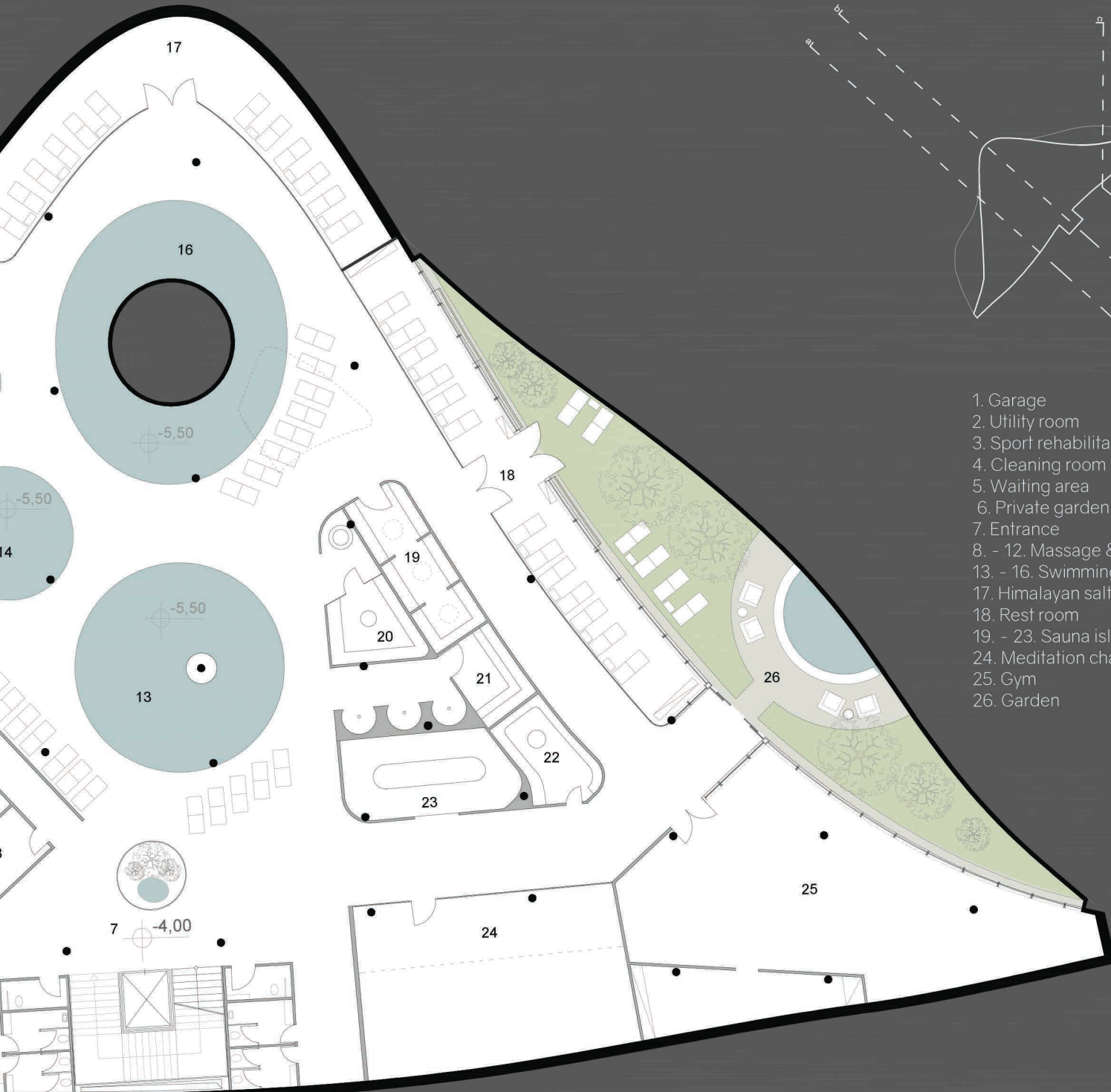
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1m

5m

10m



1. Garage
2. Utility room
3. Sport rehabilitation
4. Cleaning room
5. Waiting area
6. Private garden
7. Entrance
8. - 12. Massage & Treatment
13. - 16. Swimming pools
17. Himalayan salt room
18. Rest room
19. - 23. Sauna island
24. Meditation chamber
25. Gym
26. Garden

## FIRST FLOOR

### Conference & Events

A large conference hall takes up the majority of the first floor. You enter into a spacious and welcoming lobby which serves as both a waiting area and a meeting place with friends. There is also a small kitchen that caters for the events held in the conference hall, and provides a bar during the daily seminars. This is a space meant for organized events and gatherings. Since it is designed as a gallery, the view spreads over the banister all the way to the lower floor. The glazed frontal facade provides enough incoming light for the hall and the ground floor. The gallery is connected to a large outdoor terrace across the small bridge, and leads to what is planned to be an outside extension of the event zone. Some events can take place outside not only during the summer but also during the winter, when the terrace will be heated by gas heaters and modern fireplaces installed in selected places to provide a comfortable outdoor setting for gatherings. The terrace is equipped with tables and chairs, various

plants, and it has enough space for exhibitions of all sorts. In this convenient location, they will serve Italian Prosecco and their famous Aperol with tasty Italian aperitif snacks. The conference hall has a total of 130 seats and it is linked to the room for staff and private meetings. The hall is intended to host a variety of seminars on sports, healthy diet, and a relaxed state of mind. The courses for sports coaches, as well as some smaller sports events, will be held here. This multipurpose room will also be used for the projection of various films, and even for smaller concerts, due to its excellent acoustics. This whole area is designed to provide leisure time for the visitors and the staff by allowing them to organize social gatherings such as Halloween parties, Christmas banquets, etc., but it can also be rented out for private parties. There is a store with sports equipment to the left of the entrance, and a space for management premises at the end of the corridor.

## FIRST FLOOR

+3,00

1113 m<sup>2</sup>

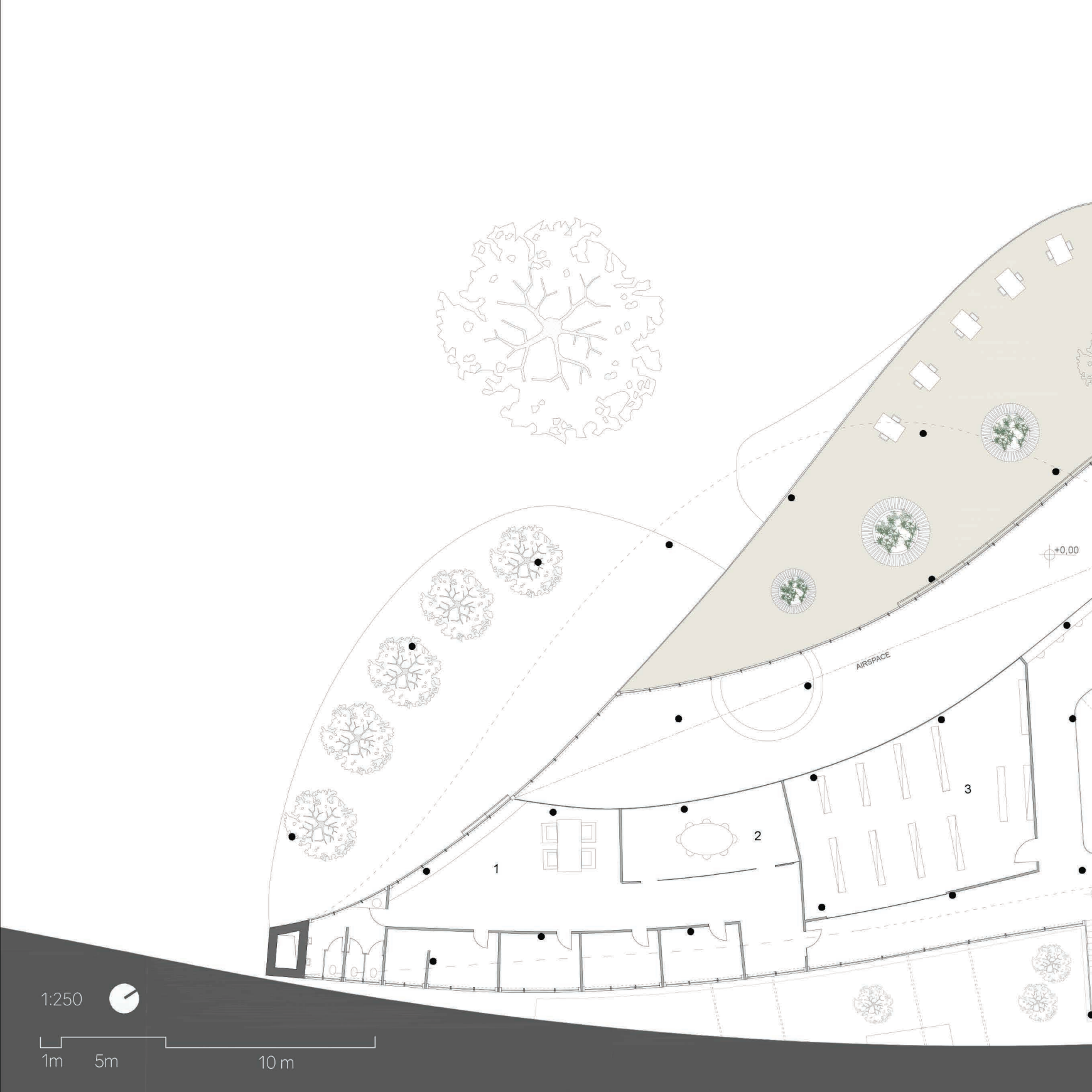
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### INSIDE

1. Management	150m <sup>2</sup>
2. Meeting area	
3. Sport equipment shop	100m <sup>2</sup>
4. Grand hall / Foyer	256m <sup>2</sup>
6. Conference Hall	312m <sup>2</sup>
7. Meeting area / Stuff room	43m <sup>2</sup>
	<hr/>
	861m <sup>2</sup>

### OUTSIDE

5. Terrace for events	228m <sup>2</sup>
8. Private balcony	24m <sup>2</sup>
	<hr/>
	252m <sup>2</sup>

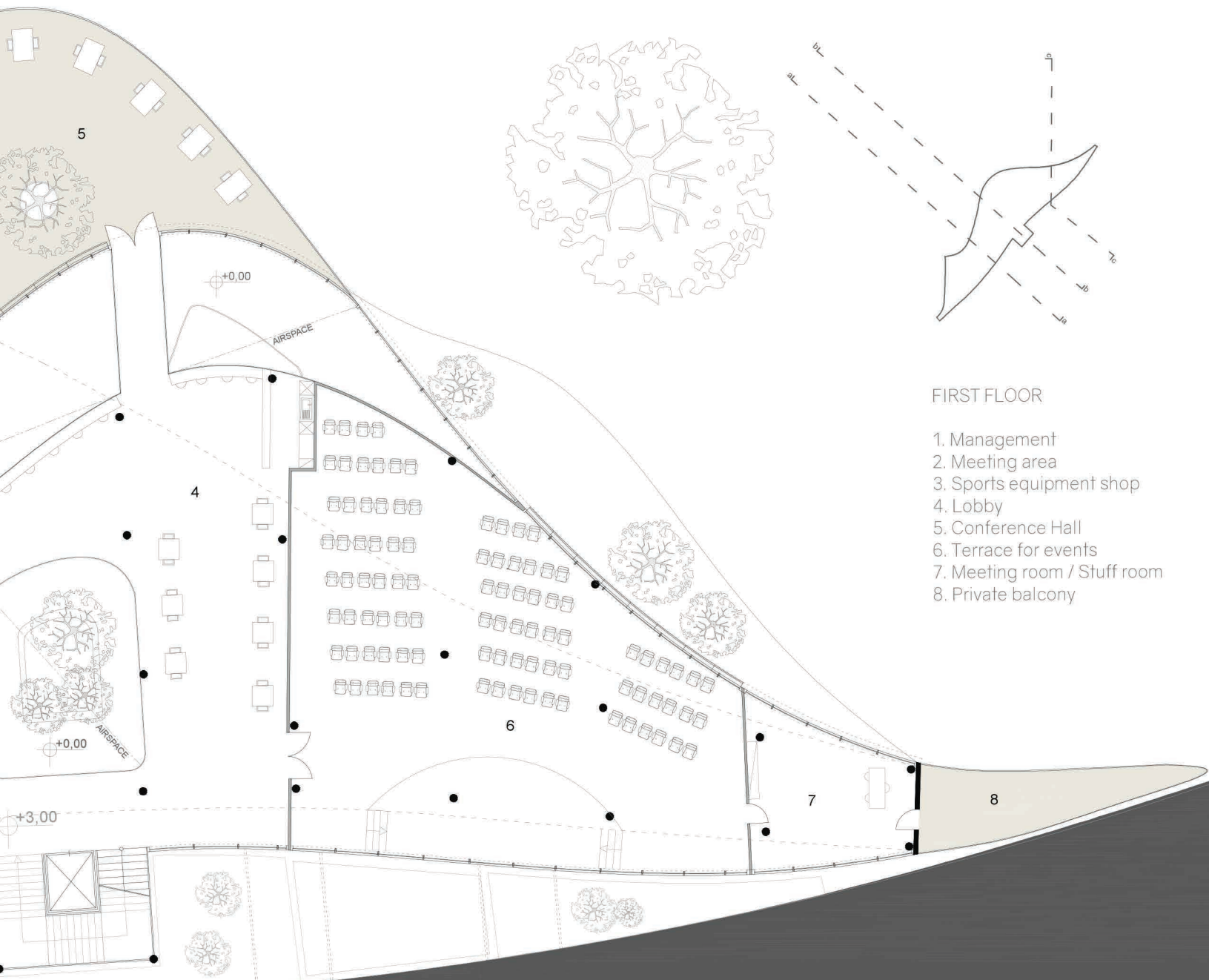


1:250



1m 5m

10 m



FIRST FLOOR

1. Management
2. Meeting area
3. Sports equipment shop
4. Lobby
5. Conference Hall
6. Terrace for events
7. Meeting room / Stuff room
8. Private balcony

## SECOND FLOOR

### Fitness area

There is a fitness center that exceeds 700 m<sup>2</sup> on the second floor. Having reached the second floor, you immediately have access to the posterior balcony on your left and on your right. The balcony is connected to the hill by four bridges. This is the place for mountain climbing to a height of 40 m .inside the fitness center, the right side is intended for cardio training, such as elliptical cross trainers, treadmills, stationary bikes, elliptical steppers, rowing machines, ATMs, and others. Each device is connected to its own monitor, from which customers can watch programs of their choice. To the left of the fitness center there is a bodybuilding zone, an area for the coaches, and a large area for anabolic and strength training machines. There is a 6 m wide and 21 m long passageway between the cardio and the bodybuilding zone, which is suitable for motion exercises such as walking squats, exercises with a rope, jump rope and the like. At the end of this passageway, behind the bodybuilding zone, there is a small bar where

gym-goers can refresh themselves with a nutritious shake, hot drink or energy bars. The 21 m long passage leads to the outdoor terrace, where a platform is built for outdoor sports devices, deck chairs, and a 1,5 m deep swimming pool for muscle relaxation after an intense workout. There is a special room for stretching and rest behind the anabolic training zone; this room is equipped with various gadgets such as Pilates balls, the Swedish ladder, balancing boards, etc. this room has direct access to the suspension bridge outside, which connects the fitness center with the hill and mountain path. Considering Como's unpredictable weather, it often happens that even on a rainy day a little sunshine peeps from behind the clouds; the suspension bridge to the mountain path is a good option in such situation to go jogging or walking uphill in nature.



## SECOND FLOOR

+7,00

1222 m<sup>2</sup>

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### INSIDE

2. Stretch & Relax	72m <sup>2</sup>
3. Anabolic training area	224m <sup>2</sup>
4. Bodybuilding area	123m <sup>2</sup>
6. Bar & Snack	20m <sup>2</sup>
7. Passage for sports in movement	128m <sup>2</sup>
8. Cardio training zone	213m <sup>2</sup>

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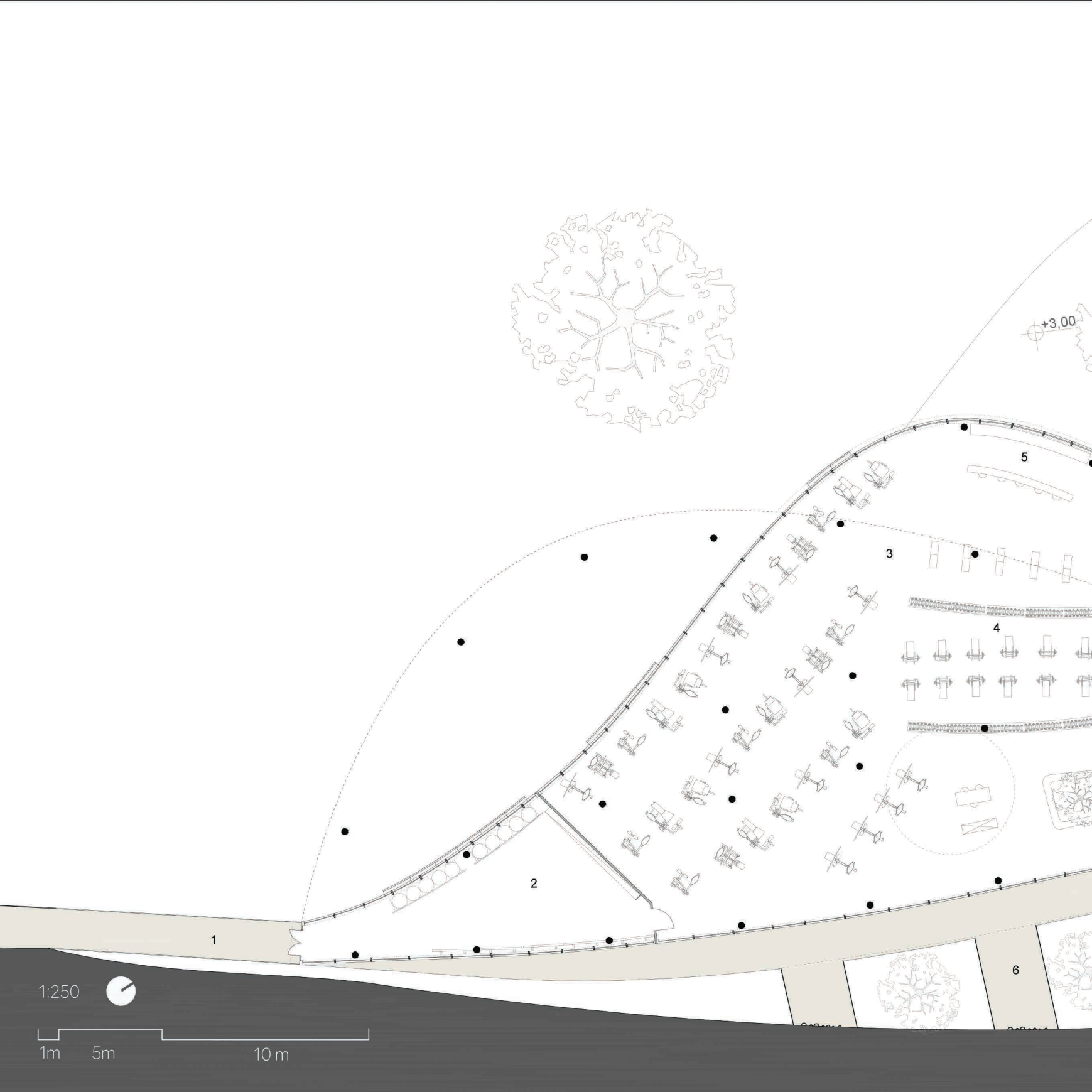
780m<sup>2</sup>

### OUTSIDE

1. Bridge to the hill	94m <sup>2</sup>
6. Mountain climbing platform	348m <sup>2</sup>
9. Terrace	

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442m<sup>2</sup>



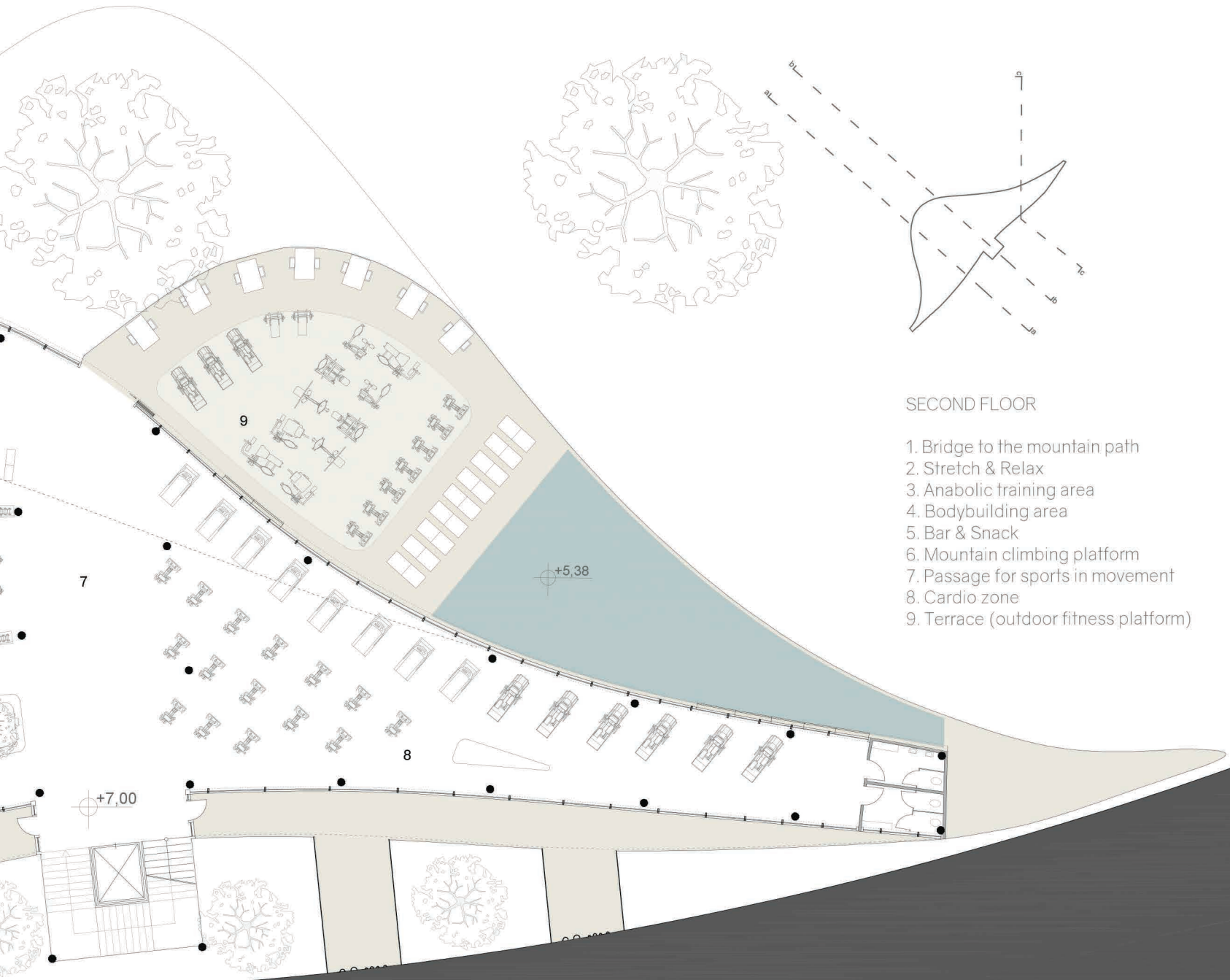
1:250



1m

5m

10m



SECOND FLOOR

1. Bridge to the mountain path
2. Stretch & Relax
3. Anabolic training area
4. Bodybuilding area
5. Bar & Snack
6. Mountain climbing platform
7. Passage for sports in movement
8. Cardio zone
9. Terrace (outdoor fitness platform)

## THIRD FLOOR

### Fitness area

The other part of the gym, intended exclusively for women, is on the third floor. On the right there is an area for cardio training and a space for stretching and rest. On the left there is a place for coaches and the machines for anabolic and strength training, arranged around a circular gallery overlooking the gym on the second floor. Straight ahead from the entrance, you will come across the bodybuilding zone and an area for refreshment with the machine for tea or coffee, and healthy snacks such as fruits. There is access to a small terrace where you can enjoy a cup of

coffee while admiring the beautiful view, since this floor is at a height of 11 m. The space to the left is reserved for group trainings such as Zumba, Aerobics, Pilates, Power Sculpt, fat burning workout, yoga, stretching exercises, dance classes, Insanity, etc. This space can be used as a whole of 450 m for large group trainings or it can be divided by a sliding wall in two separate rooms for group training. In addition, this floor has access to the mountain path across the bridge, so that female customers can also enjoy their hot coffees surrounded by nature.

THIRD FLOOR  
+11,00

899 m<sup>2</sup>

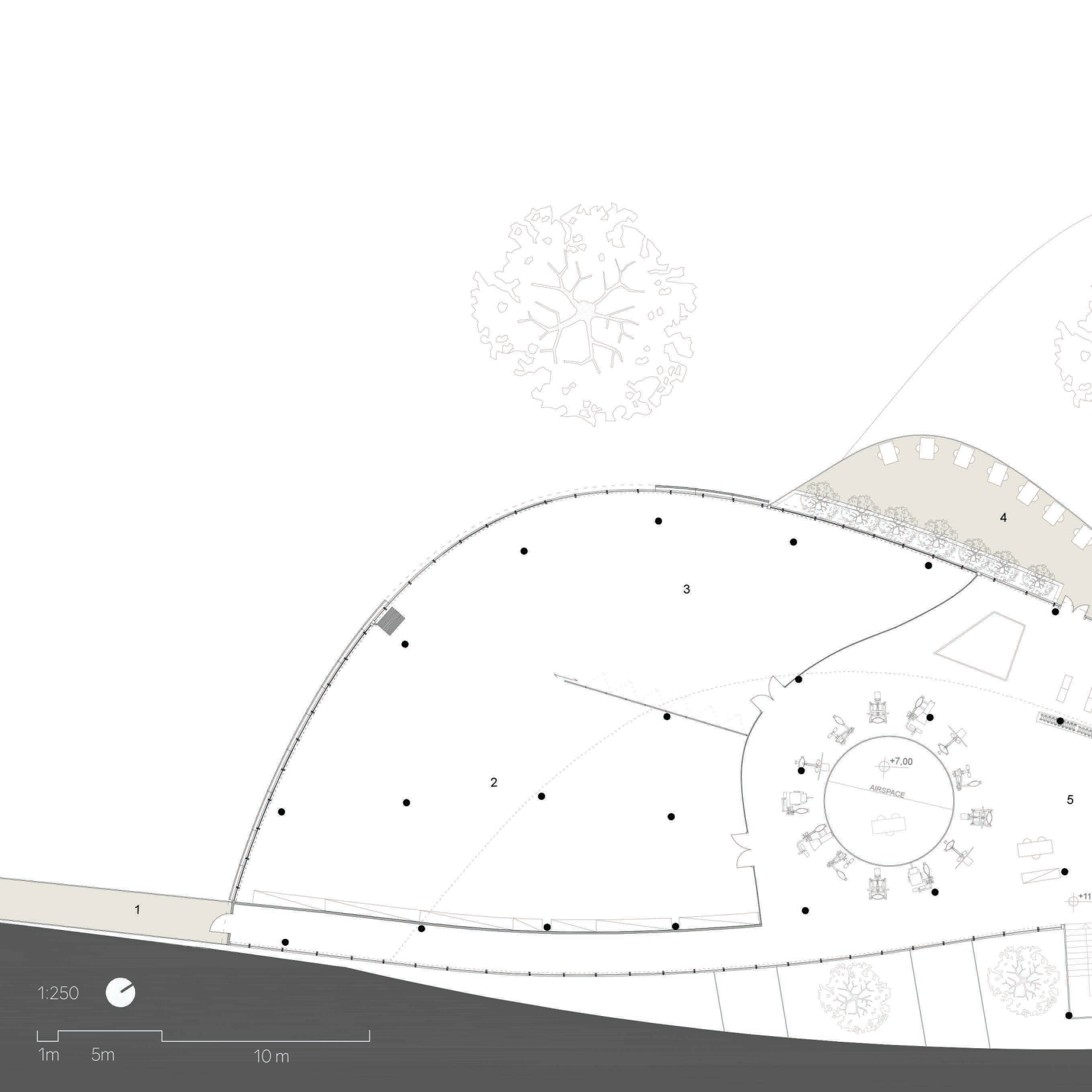
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INSIDE

2. Group fitness room	202m <sup>2</sup>
3. Group fitness room	254m <sup>2</sup>
5. Bodybuilding area	63m <sup>2</sup>
6. Cardio fitness area	220m <sup>2</sup>
7. Stretch & Relax	82m <sup>2</sup>
	<hr/>
	821m <sup>2</sup>

OUTSIDE

1. Bridge to the hill	
4. Terrace	78m <sup>2</sup>
	<hr/>
	78m <sup>2</sup>



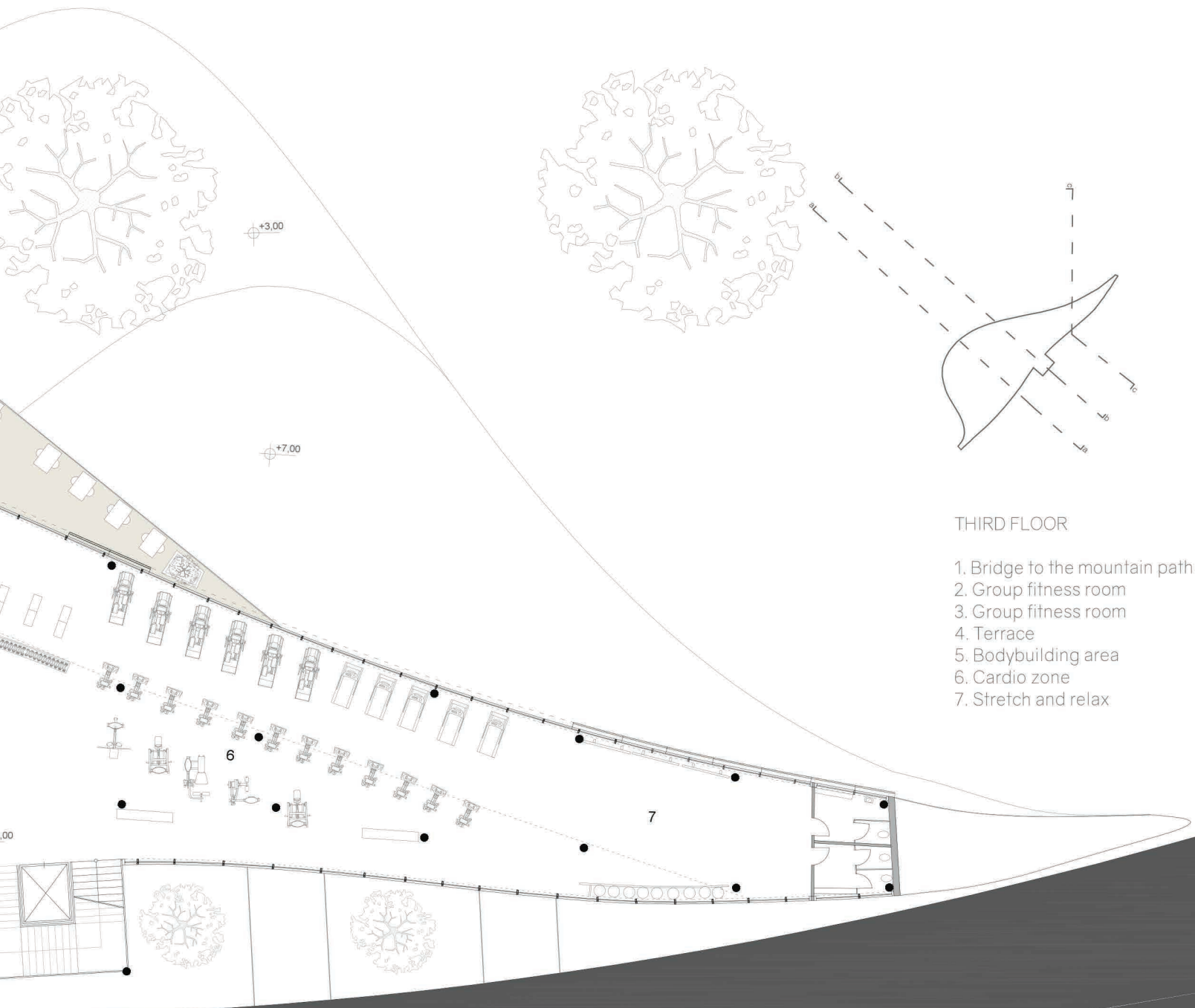
1:250



1m

5m

10m



THIRD FLOOR

1. Bridge to the mountain path
2. Group fitness room
3. Group fitness room
4. Terrace
5. Bodybuilding area
6. Cardio zone
7. Stretch and relax

## FOURTH FLOOR Restaurant

There is a fancy restaurant that serves a variety of Italian specialties on the fourth floor. Right at the entrance you will be welcomed by a receptionist, who will point you to your table or, if there is no table available at the moment, refer you to the bar. The luxuriously decorated bar is on the right. You can sit at the bar or in the cozy booths. Your stay will be brightened up by the beautiful sounds of blues and jazz music played by the pianist. There is a big sliding door to the terrace next to the piano, so that it could be moved to outside when the night is warm. Inside, on the right, there is a spacious kitchen and a restaurant that also

extends to the outdoor terrace, adorned with ponds and small waterfalls that make the atmosphere comfortable and delightful. Via one of the ponds there is a platform designed specifically for blues and jazz evenings when you will be entertained by various artists. The view from this floor is spectacular in any direction, the air is fresh, and the wholesome food you will be served a real treat for the taste buds after a long workday or a well-done training. This restaurant with a roof terrace is the place to go on a Friday and Saturday night, when we will provide entertainment even after midnight.



FOURTH FLOOR  
+15,00

877 m<sup>2</sup>

INSIDE

1. Kitchen	102m <sup>2</sup>
2. Restaurant	154m <sup>2</sup>
5. Reception	56m <sup>2</sup>
6. Blues bar	87m <sup>2</sup>
	<hr/>
	399m <sup>2</sup>

OUTSIDE

3. Restaurant terrace	310m <sup>2</sup>
4. Blues terrace (+ piano spot)	178m <sup>2</sup>
	<hr/>
	478m <sup>2</sup>



+11.00

3

2

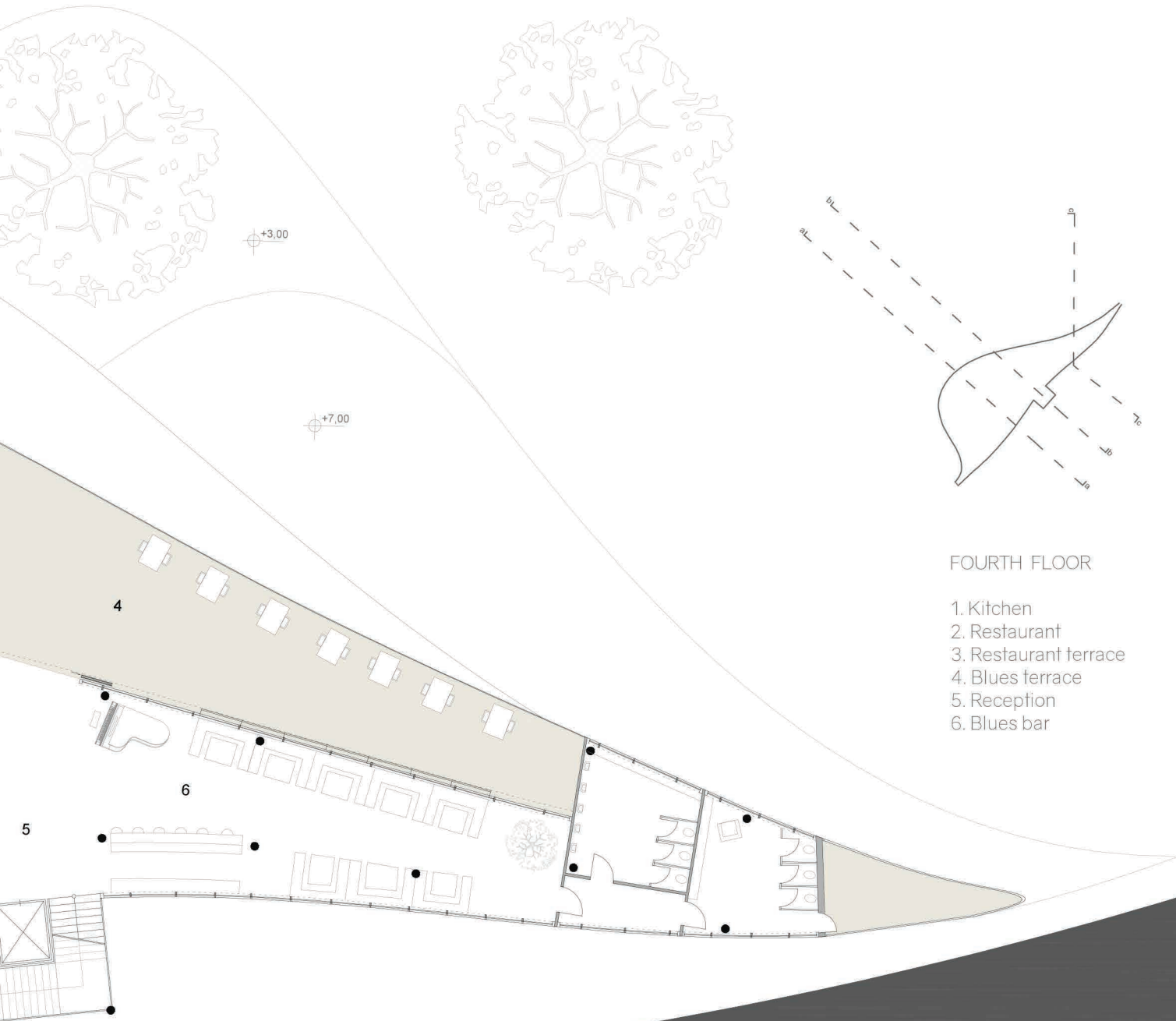
1

+15.00

1:250



1m 5m 10m



FOURTH FLOOR

1. Kitchen
2. Restaurant
3. Restaurant terrace
4. Blues terrace
5. Reception
6. Blues bar

## ROOF TERRACE Bar & Lounge

The roof terrace is especially designed for people who want to unwind and have fun in the evening. Since there is barely any nightlife in Como, this place will surely become the city's top spot for a night out. There is enough space to accommodate more than 300 people and it is suitable for private parties. This terrace has a separate toilet, in case the rest of the center is closed. Here you can have fun after dinner and dance to the sounds of great music, without being a nuisance for the local residents. This place is intended for people over the age of 18 who want to treat themselves to a glass of their favorite drink, dancing to the sound of good music into the small hours, hanging out with friends, and meeting new people. The roof terrace is covered with a thin electric membrane

over the wooden pergola construction. The membrane could be extended or whittle away, depending on the weather, so during the hot summer nights you can dance under the stars, and when it rains, the membrane will be extended across the terrace to protect you from getting wet. During the cold months, there will be heaters and tanks for lighting a fire, which give a special romantic touch. This terrace is adorned with a large pond bearing a wooden platform for dancing. There is a huge bar on the terrace, where more than 30 people can order their drinks simultaneously. All machines in the bar, as well as drinks, can be secured with safety panels once the bar closes.

ROOF TERRACE  
+19,00

488 m<sup>2</sup>

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INSIDE

1. Lavatories	21m <sup>2</sup>
3. Bar	15m <sup>2</sup>
	<hr/>
	36m <sup>2</sup>

OUTSIDE

2. Dancing platform	55m <sup>2</sup>
4. Terrace	397m <sup>2</sup>
	<hr/>
	452m <sup>2</sup>



1:250



1m

5m

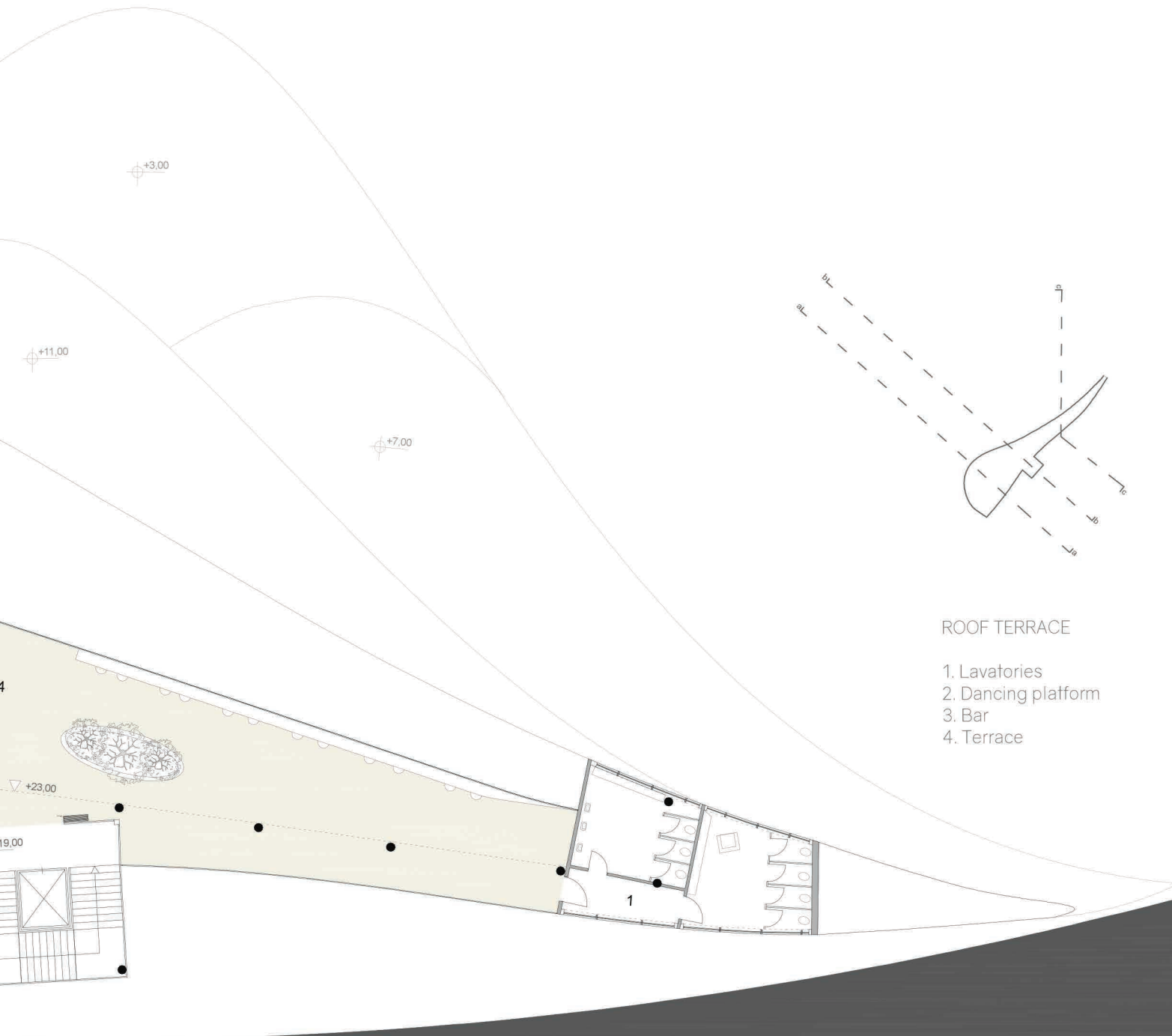
10m

+15.00

2

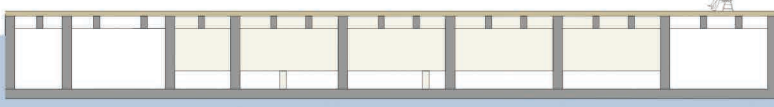
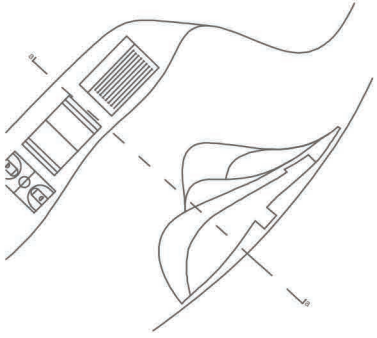
3





ROOF TERRACE

- 1. Lavatories
- 2. Dancing platform
- 3. Bar
- 4. Terrace



▽ 23.00

▽ 19.00

▽ 15.00

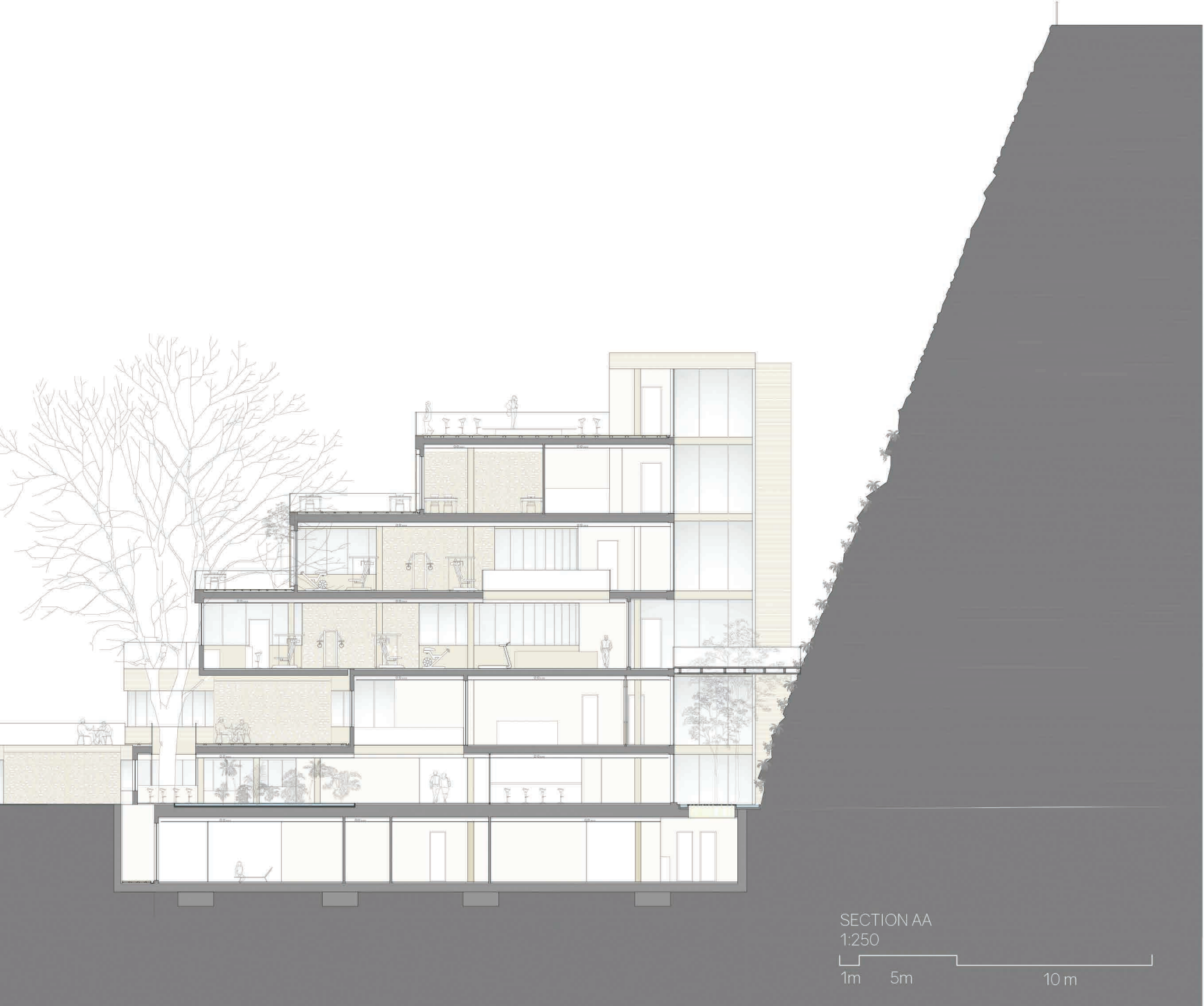
▽ 11.00

▽ 7.00

▽ 3.00

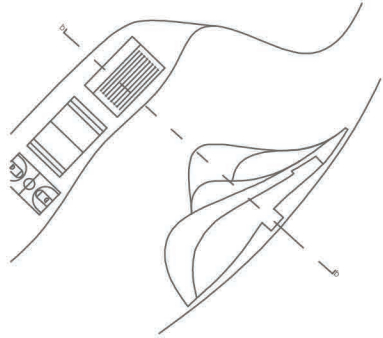
▽ -4.00





SECTION AA  
1:250

1m 5m 10m



▽ 23.00

▽ 19.00

▽ 15.00

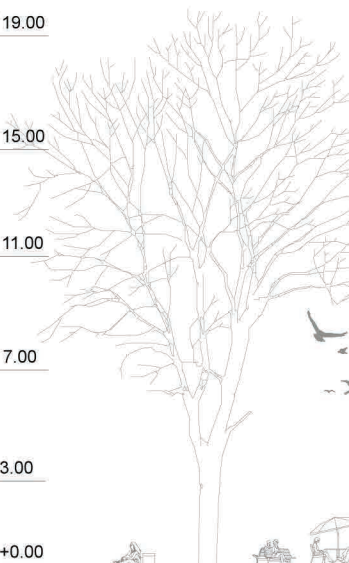
▽ 11.00

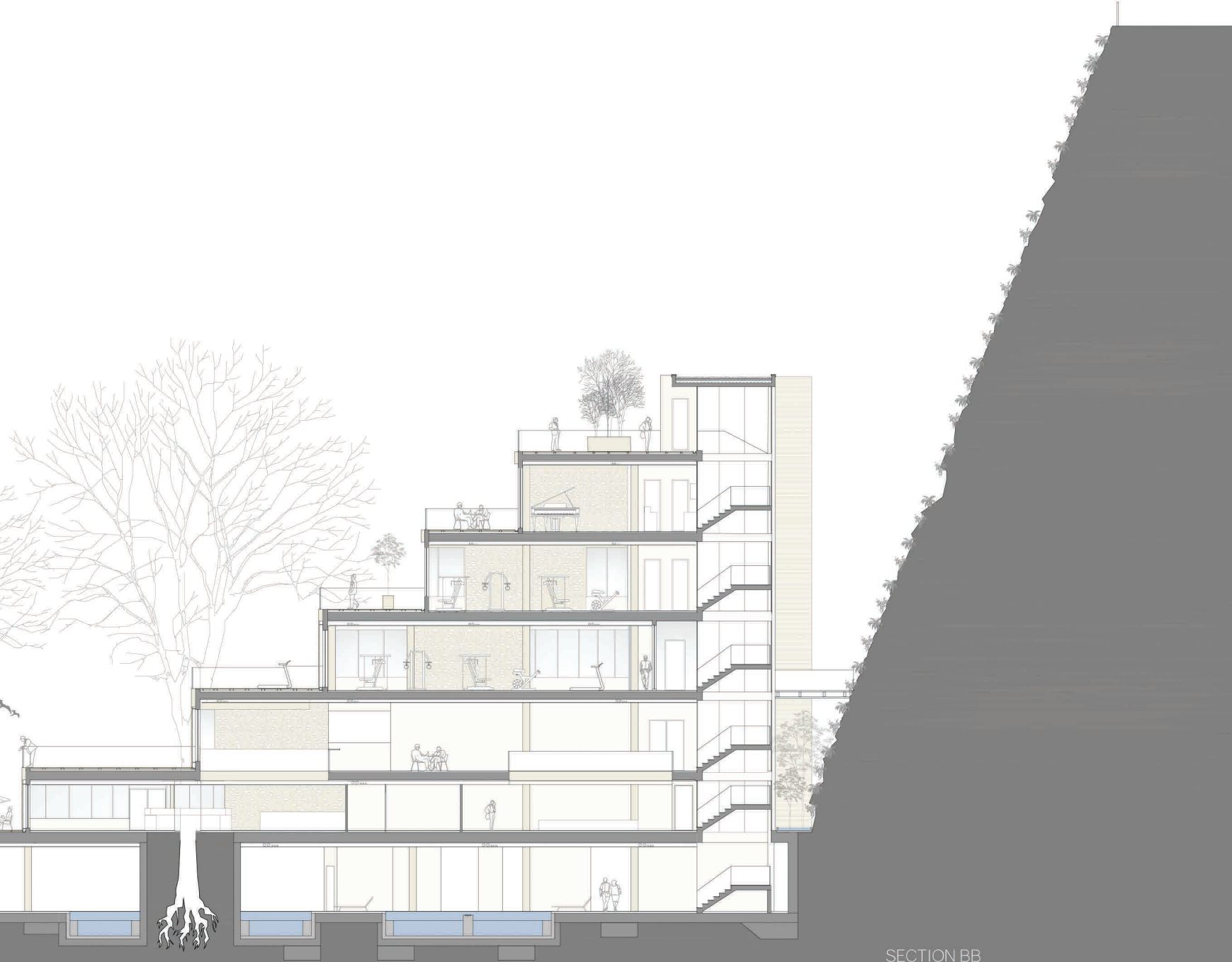
▽ 7.00

▽ 3.00

▽ +0.00

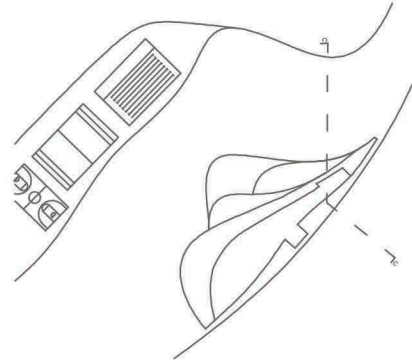
▽ -4.00





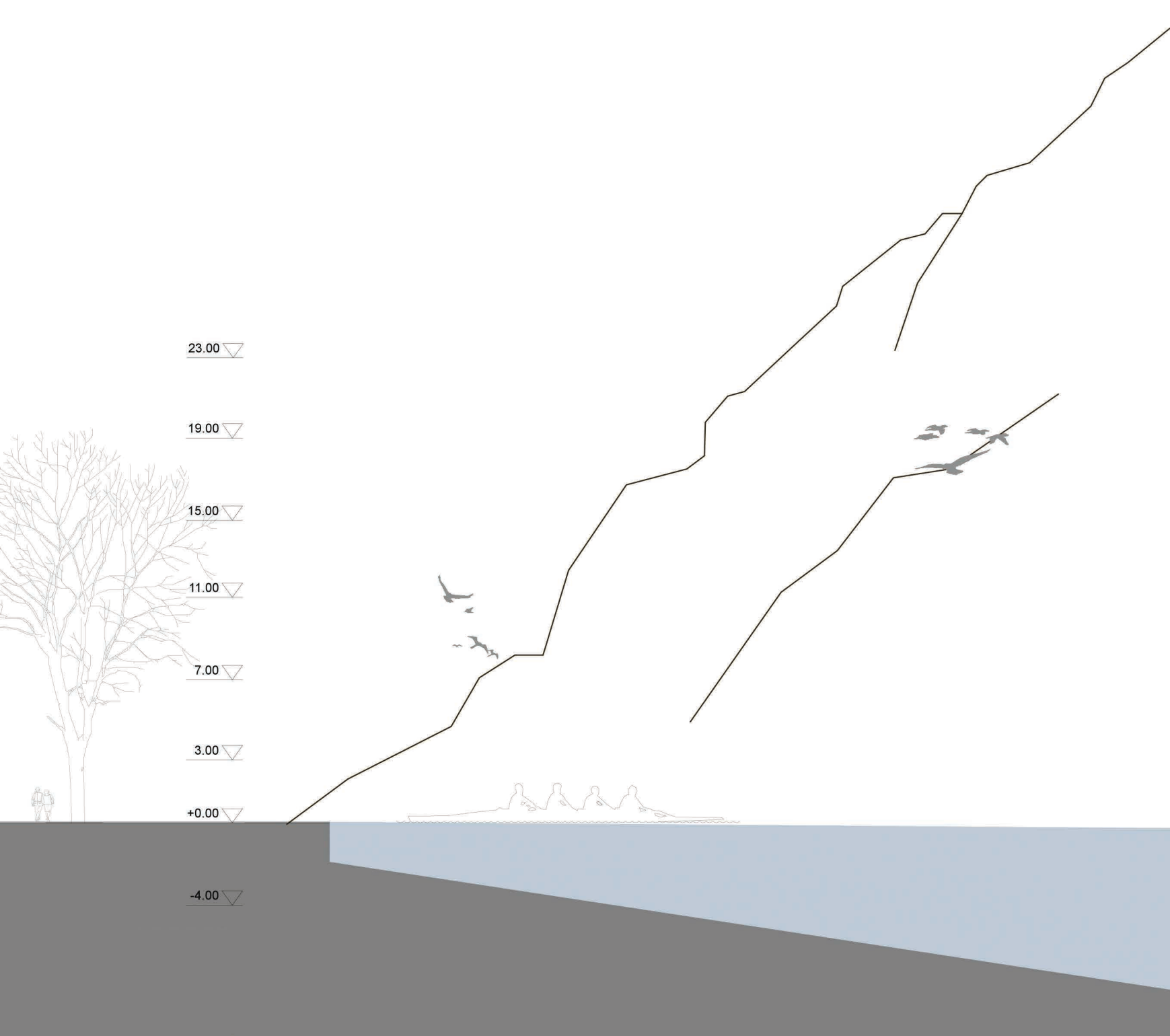
SECTION BB  
1:250

1m 5m 10m



SECTION CC  
1:250

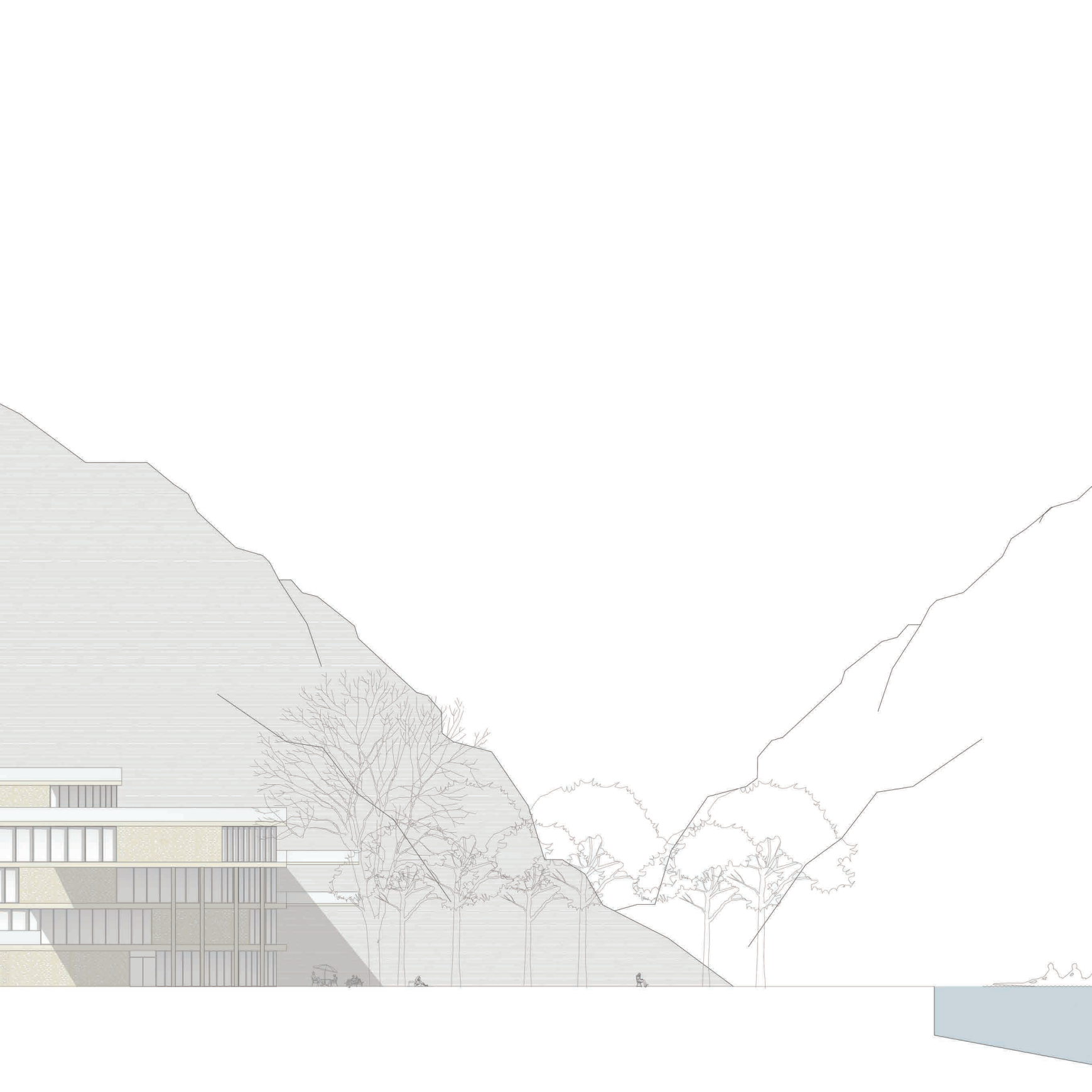


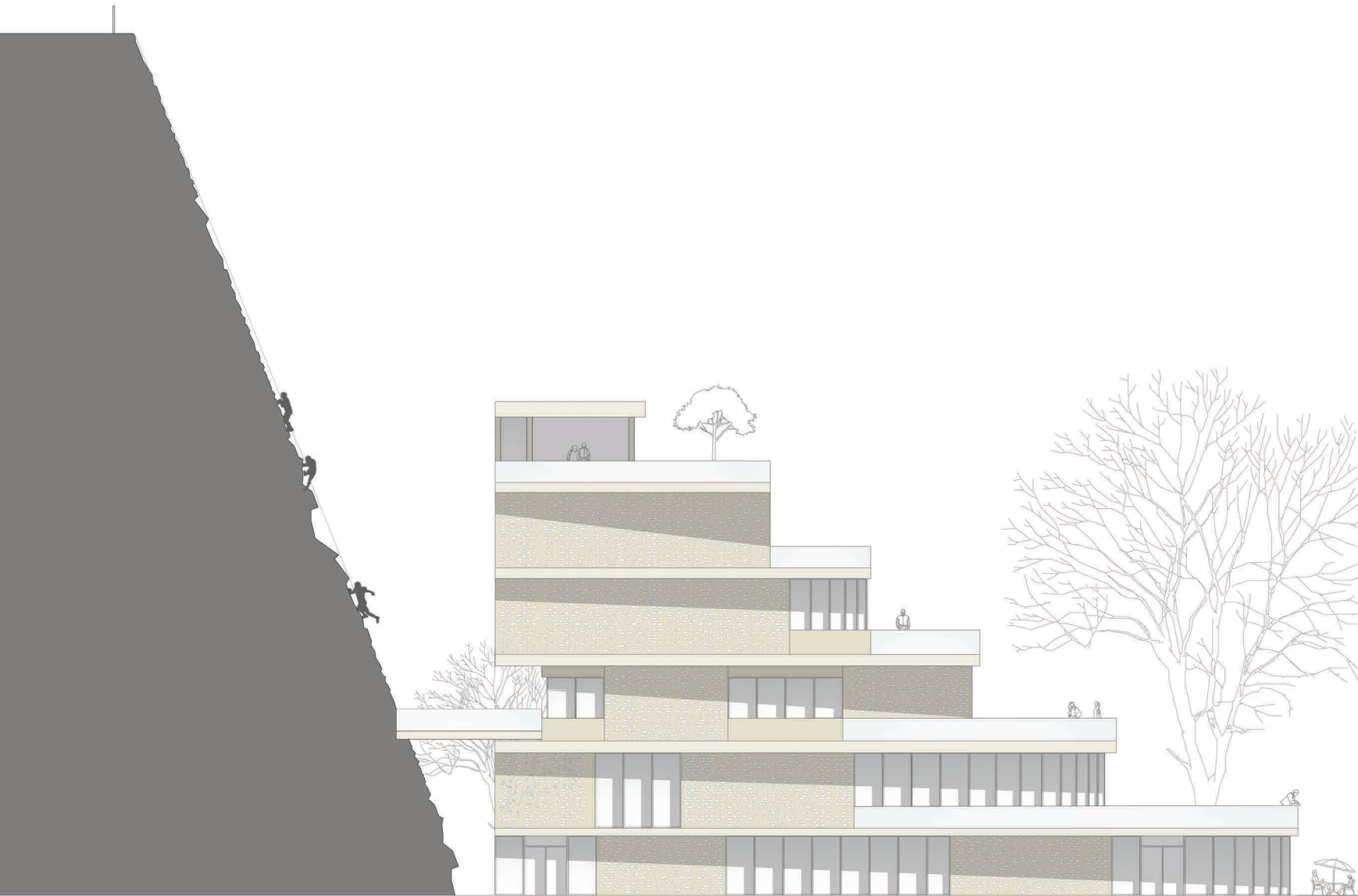




ELEVATION WEST  
1:250



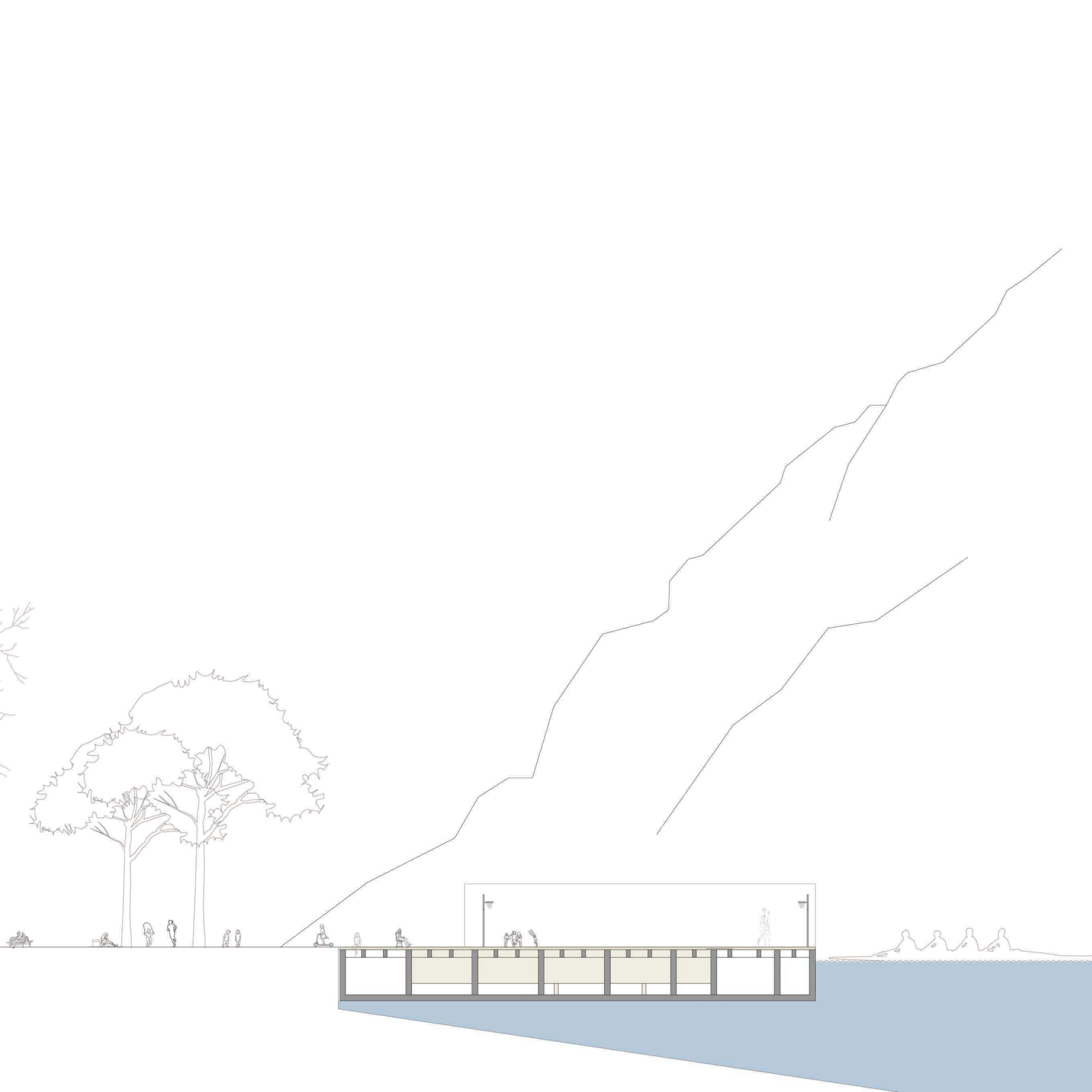


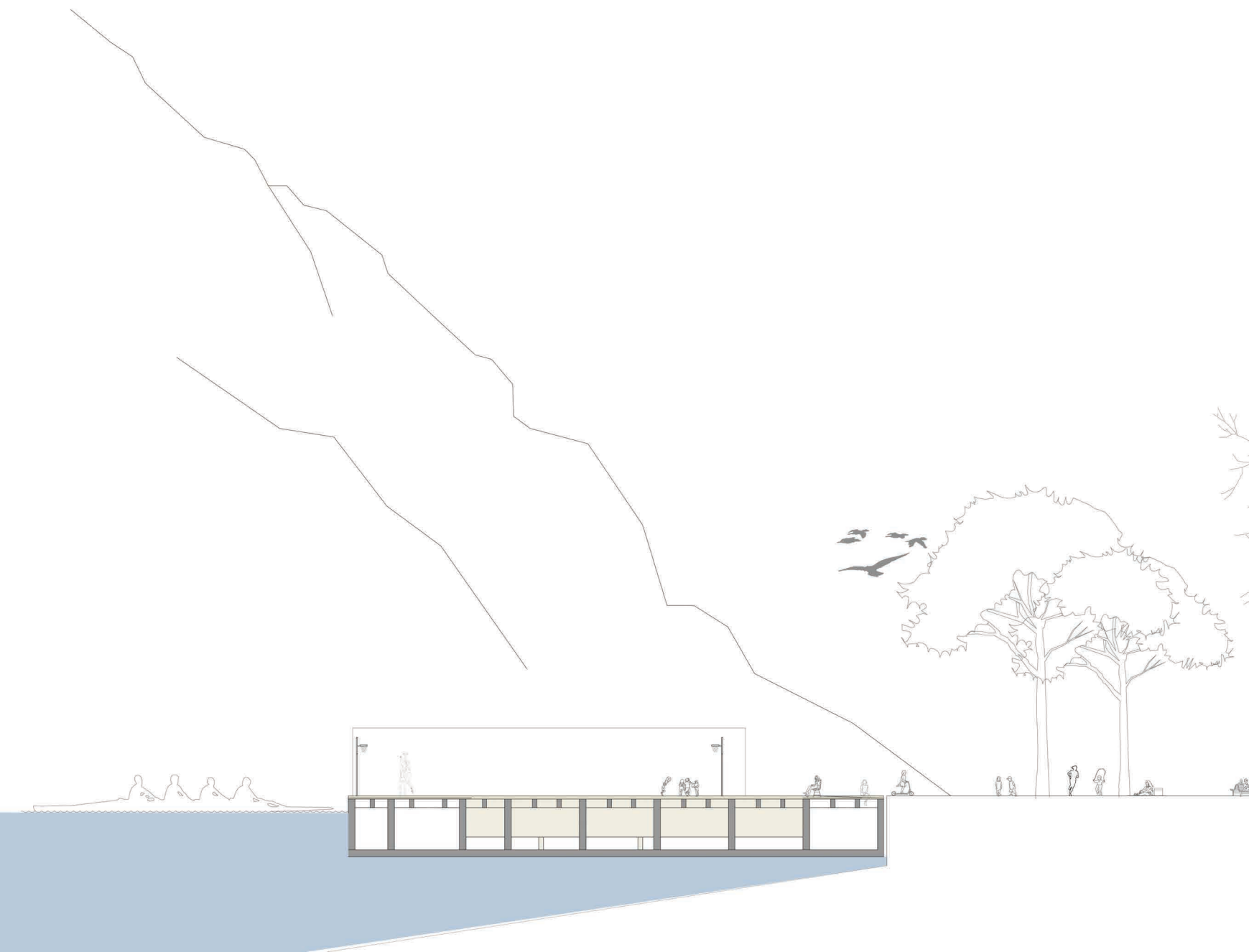


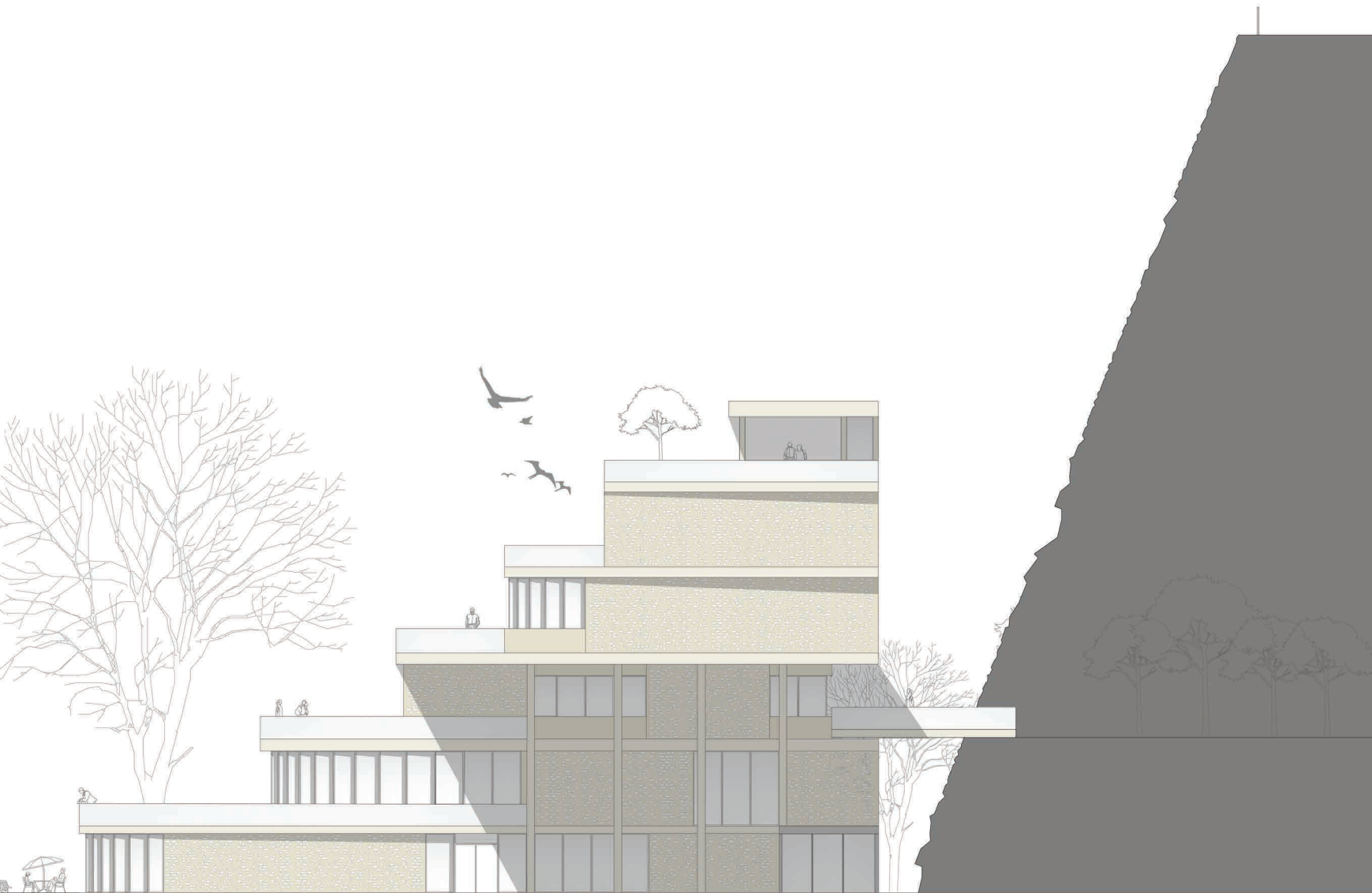
ELEVATION NORTH  
1:250











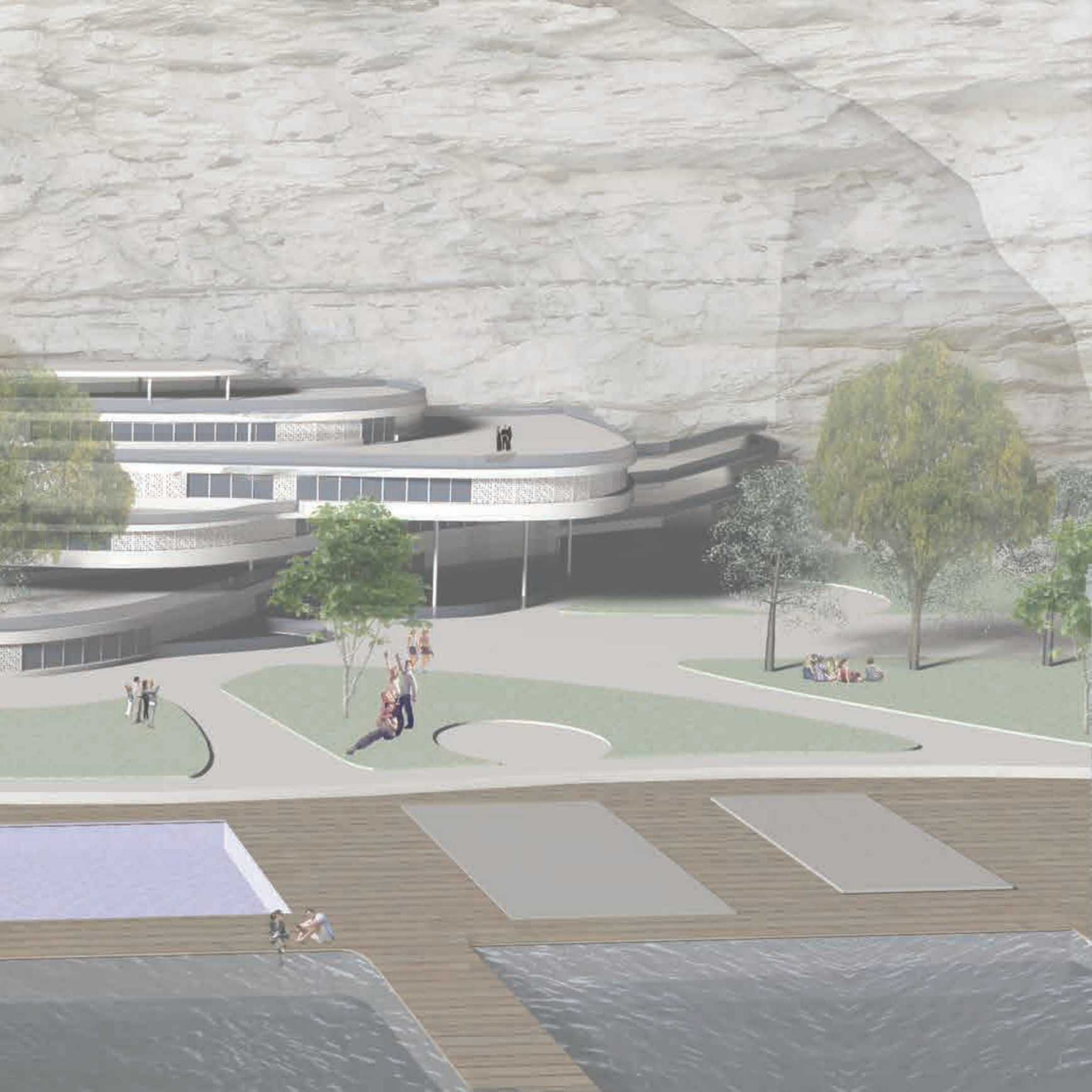
ELEVATION SOUTH  
1:250











SOUTH VISUALISATION  
ENTRANCE TO THE HEALTH CENTER





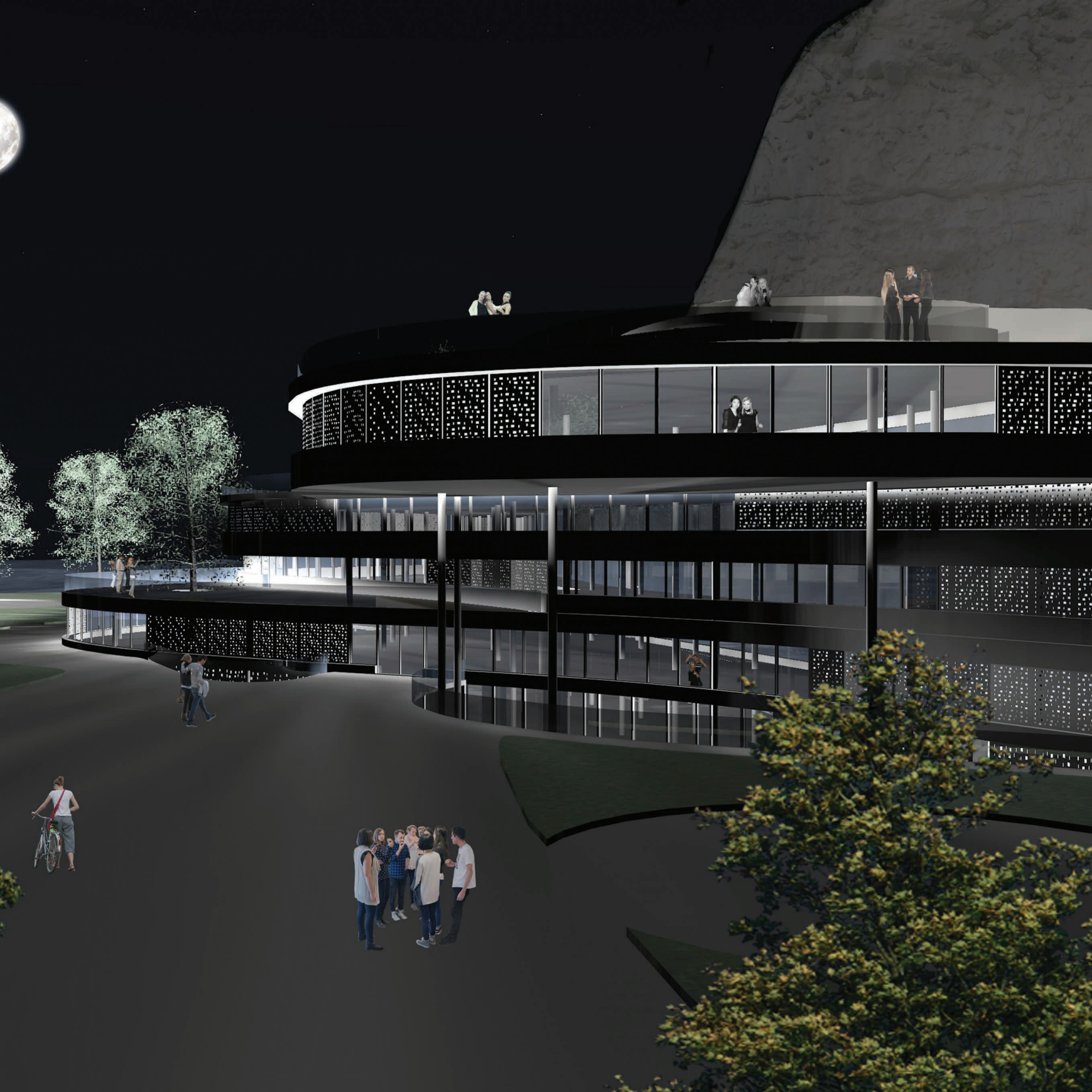


VISUALISATION, NORTH



VISUALISATION  
SOUTH, by night

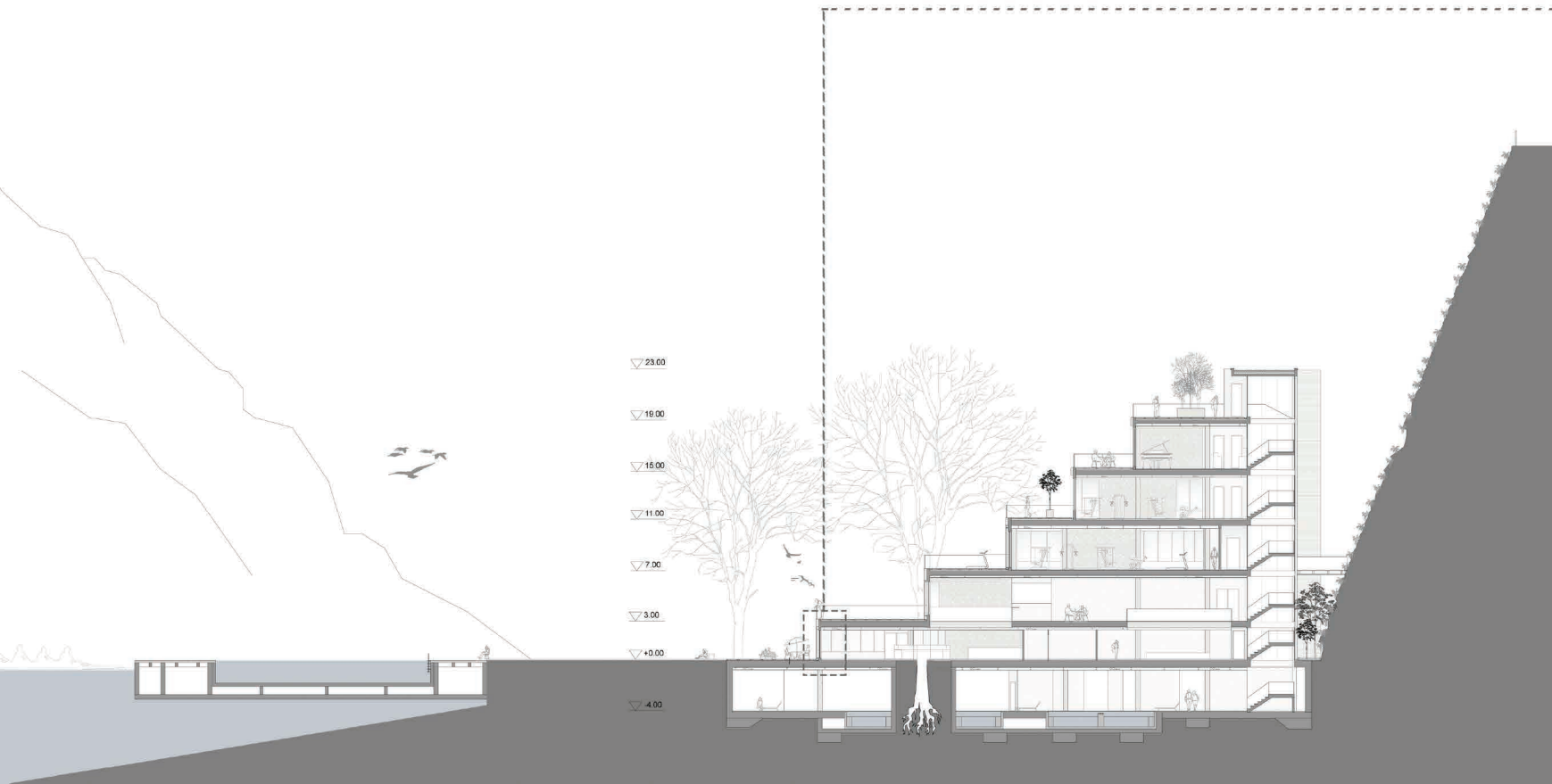




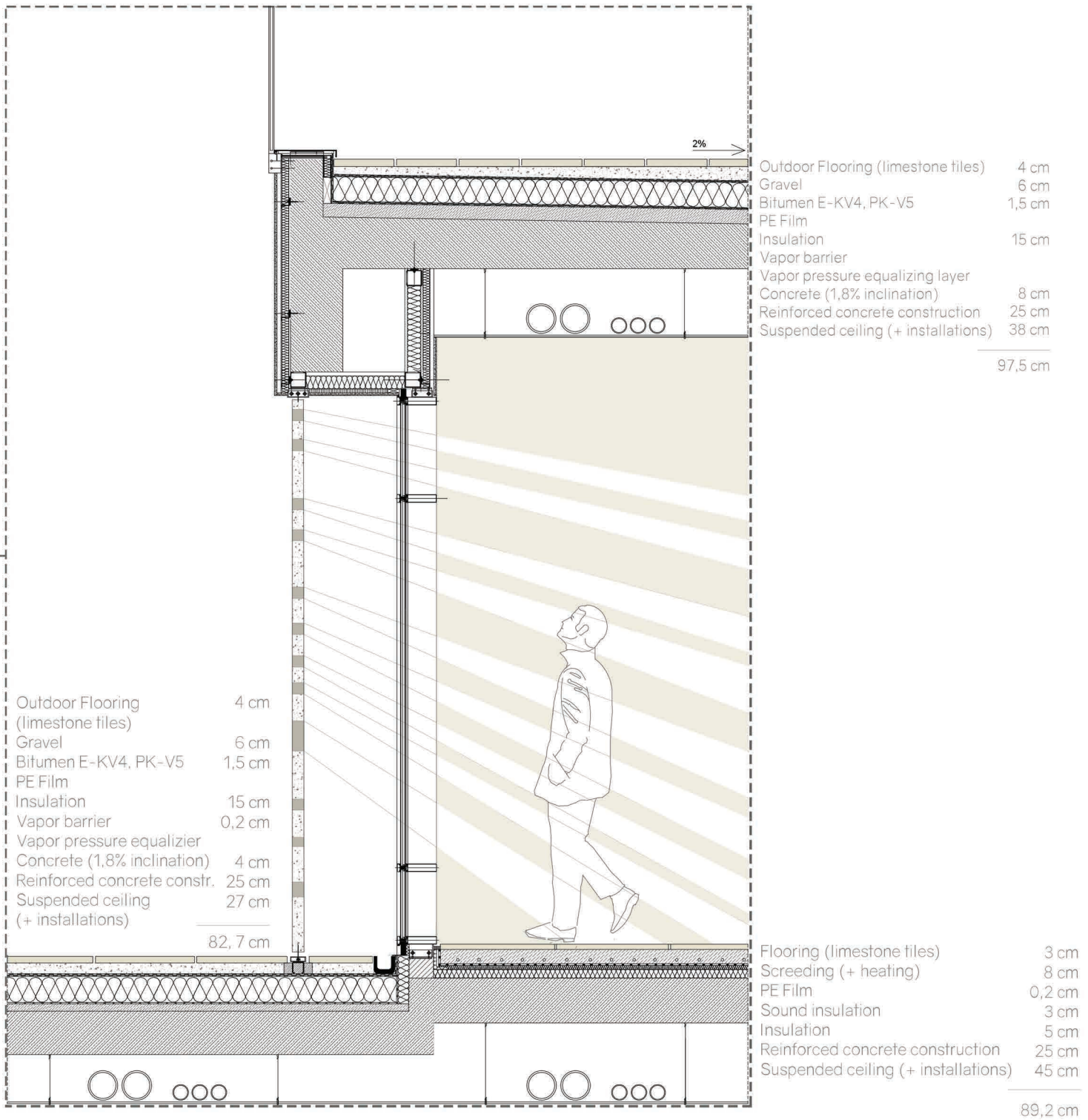




FACADE SECTION  
1:25







## FACADE CLADDING

### Limestone

The façade's cladding material is limestone. The mountain behind the Health Center is partly made of limestone, so no other stone could be more appropriate for cladding than this one. Limestone has a light sand like color and it is one of the most common cladding materials, seeing that it is one of the most widespread stones in the world. In Europe, limestone can mostly be found in France, Germany, Austria, and Italy.

The rest of the façade is glazed so that everyone can admire the breathtaking view, and because of better lighting, since the building is 34 m wide. Large glass windows are not energy efficient, so there will be solar shading systems installed on the outside. Solar shading systems give the façade an important role in the management of the building's energy. The desire for greater transparency of the building envelope means that the building needs to be equipped with advanced technology. The worldwide energy usage in buildings is around 40% of the total. About half of a building's energy costs include heating and cooling, and here lies great potential to significantly improve energy efficiency. Meanwhile, modern glass office buildings often consume more energy on cooling in summer and heating in winter. Still, the energy saving potential

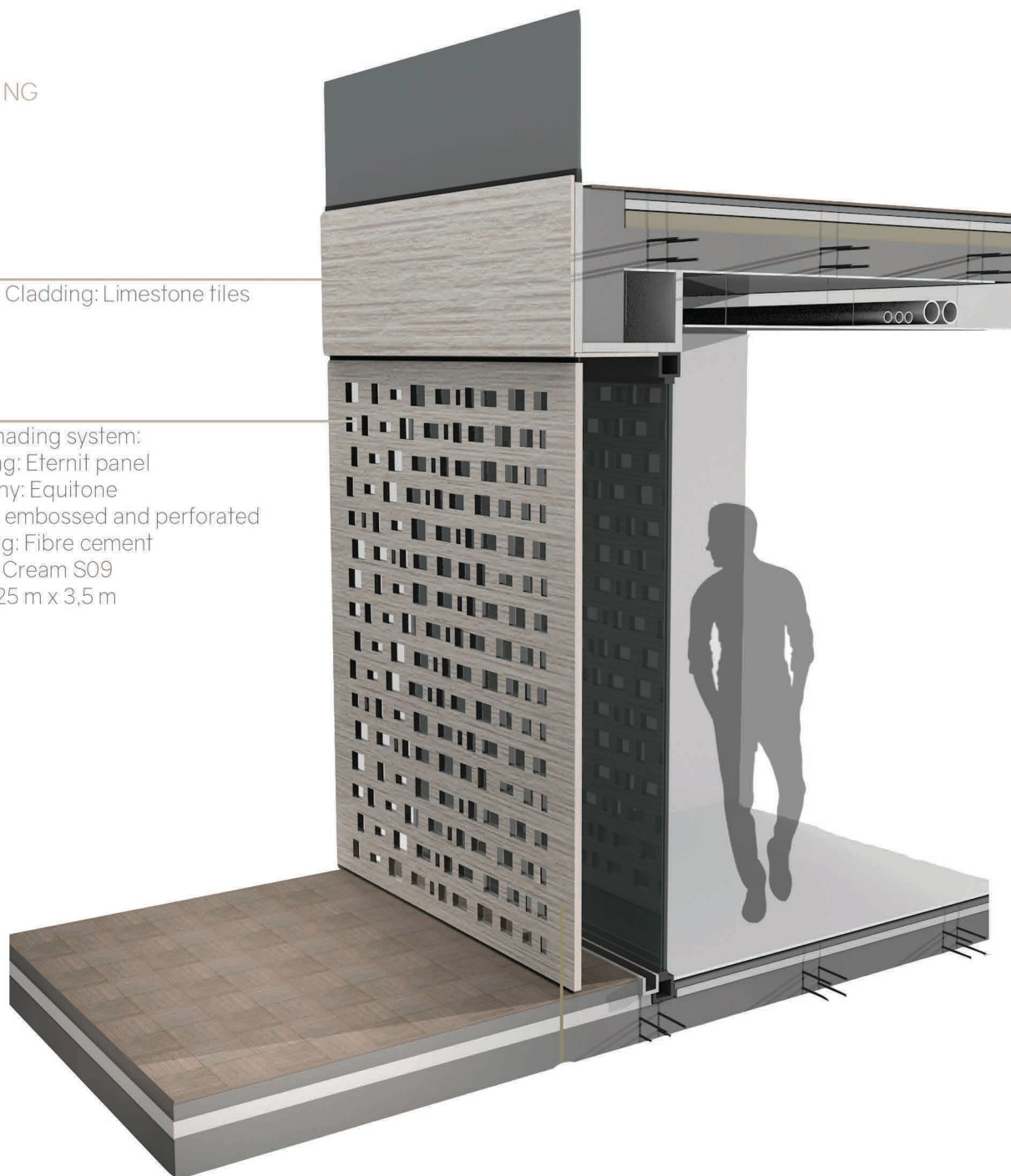
is enormous. A recent study (ESCorp-EU25) by the Physibel Institute in Maldegem, Belgium, found that, just in Europe, solar shading systems could reduce the amount of carbon dioxide (CO<sub>2</sub>) needed for the heating and cooling of buildings by approximately 111 million tons.

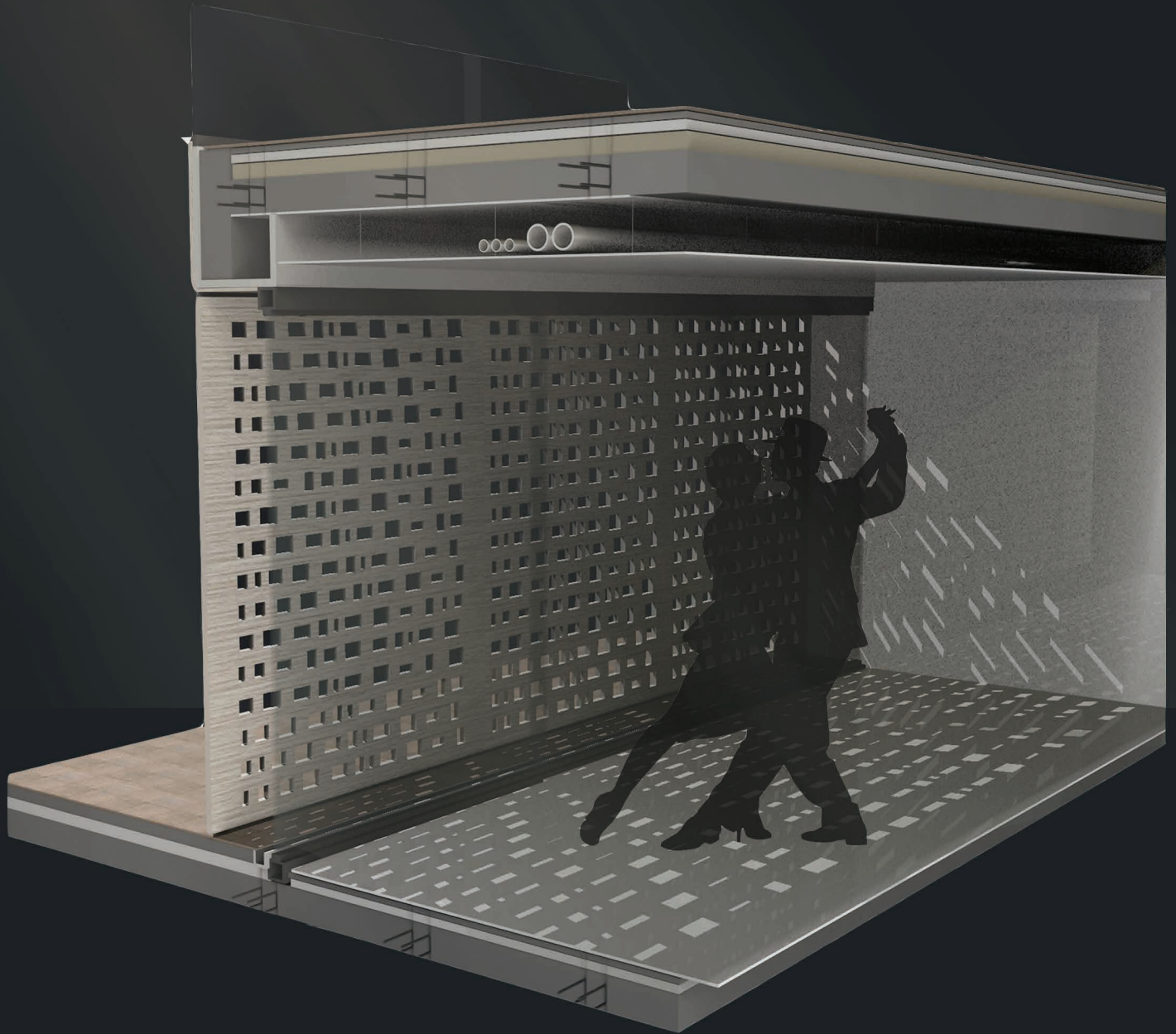
The versatility of such systems is in adapting to any lighting situation that provides the façade with a unique dynamic – from complete blackout to light-diffusing or total illumination of a room. These solar shadings will be made of asbestos cement panels from the Equitone Company, since they have a vast range of finishing to choose from. Fiber cement base material of these panels consists of cement, cellulose, and mineral materials, strengthened by a visible matrix. These panels will be appropriately painted to match the limestone façade. They are special in that they will be perforated, so that the light can still shine into the building. This will create a particular atmosphere in the building when there is sun outside because the rays will pass through the tiny holes, and the interior will become quite pleasant. On the other hand, when it gets dark, the building will resemble a beautiful perforated lighthouse.

FACADE CLADDING  
3D

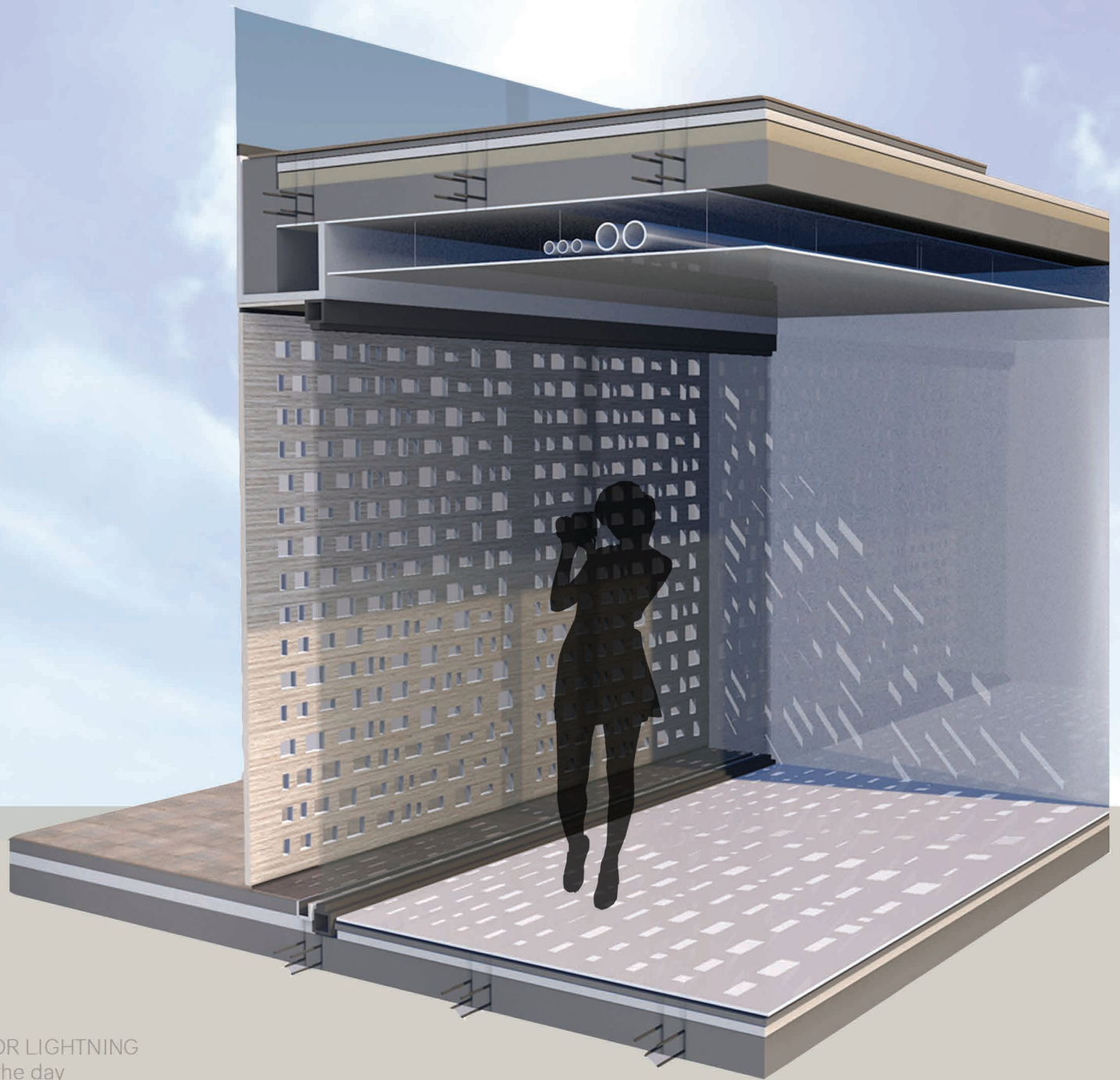
Facade Cladding: Limestone tiles

Solar shading system:  
Cladding: Eternit panel  
Company: Equitone  
Design: embossed and perforated  
Finishing: Fibre cement  
Colour: Cream S09  
Size: 1,25 m x 3,5 m





INTERIOR LIGHTNING  
During the night



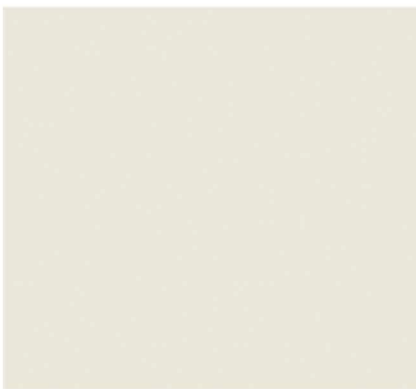
INTERIOR LIGHTNING  
During the day

## INSIDE & OUTSIDE CLADDINGS

### Limestone

#### SOLAR SHADING SYSTEM

Cladding: Eternit panel  
Company: Equitone  
Design: embossed and perforated  
Finishing: Fibre cement  
Colour: Cream S09  
Size: 1,25m x 3,5m



#### FACADE CLADDING

Cladding: Limestone  
Company: VeroStone  
Type: Jura Beige  
Design: gratinated and fluted  
Colour: Cream S09  
Construction: 4mm + carrier panel



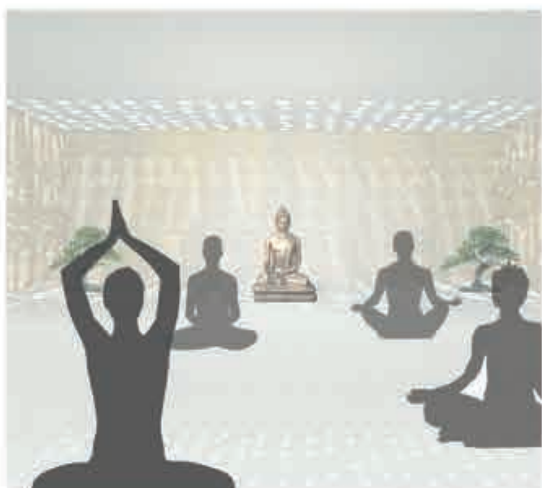
#### INTERIOR CLADDING

Cladding: Limestone  
Company: VeroStone  
Type: Jura Cream  
Design: sandblasted and brushed  
Colour: Natural Pearl, matt 89119  
Construction: VeroStoneSlim





Cladding design



Meditation chamber (Wellness & Spa)



Interior wall cladding (VeroStone, Jura Cream)

## INTERIOR WALL CLADDING Limestone panels

Interior walls in the Health center will be cladded with VeroStoneSlim limestone panels, as they are very easy to install, and of a grate quality. The thickness of the limestone panels is only 4 mm, and they are fixed with a carrier profile board on the wall, with no visible screws on the outside – pure stone. Limestone panels will be cut in a larger scale, approximately 1.5 m x 0.75 m, to further enlarge the space. Their design will be individual, and it will incorporate different dimensions of the panels in an interesting way (as shown in the picture above left).

Limestone cladding in the interiors will enhance the natural surrounding experience, it will give a more elegant and delicate look, and it will lighten up the space.

Some walls within the Wellness & Spa area will be cladded in mosaic tiles. Tiles color will be golden – brown, as this color was always associated with well-being and healing. It will give a special inspirational and relaxing touch to the saunas, Kneipp circuit and the meditation chamber. The rest of the Wellness & Spa area will be cladded in Vero StoneSlim, Jura Cream limestone panels.

GROUND FLOOR, FOYER  
View: Bar & Pond

Flooring: Portland stone,  
Limestone  
Antiqued & Rustic

Wall cladding: VeroStoneSlim, Limestone  
Jura Cream

Bar Stools: Bertoa, wire style, white

Deck chairs: Acapulco, lime

Plants: Water Lilies, Lotus flower,  
Cattails, Reeds and Rushes,  
Bamboo, fragrant herbs

Lightning: PondMAX  
LED lights (spotlights)

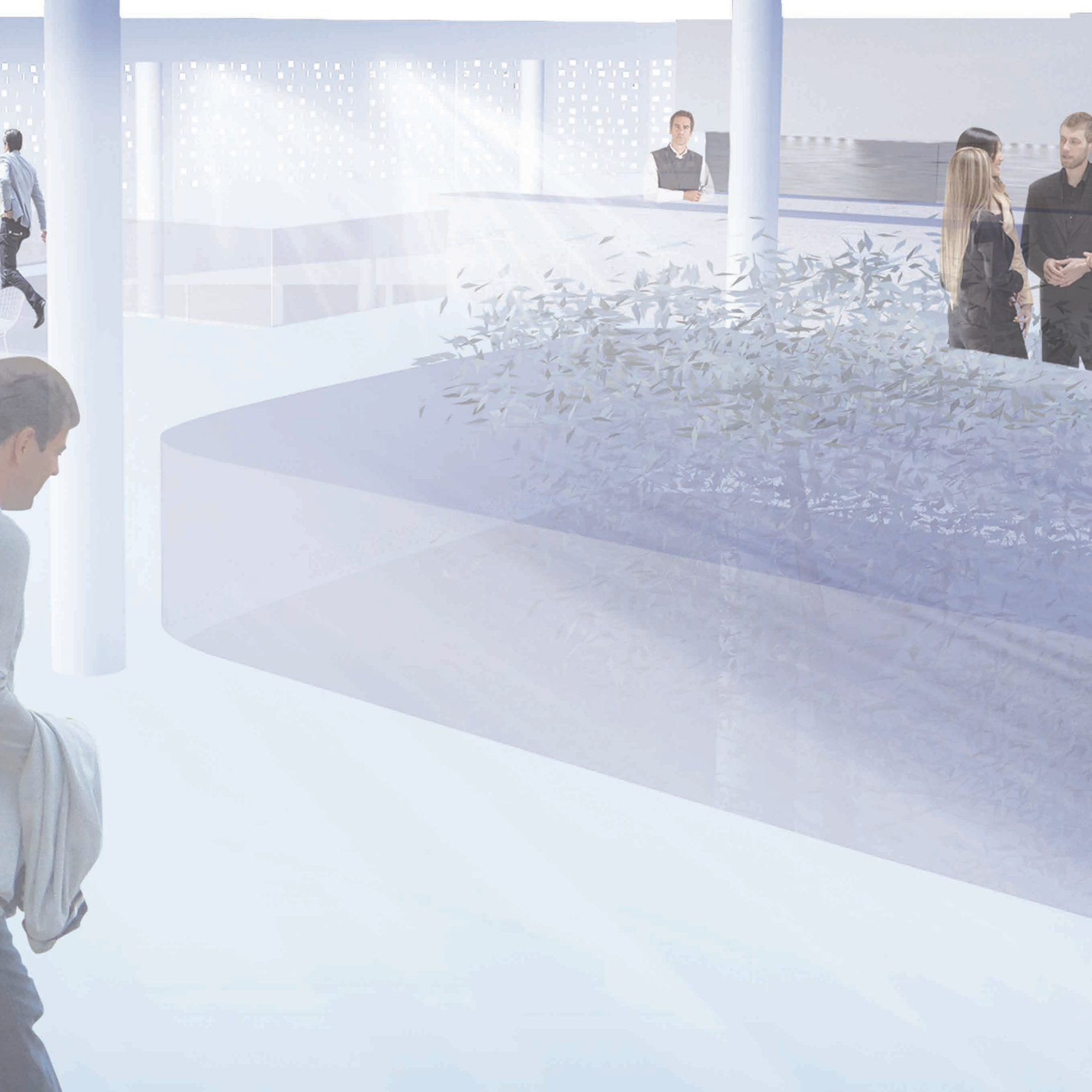






FIRST FLOOR  
Conference hall, lobby



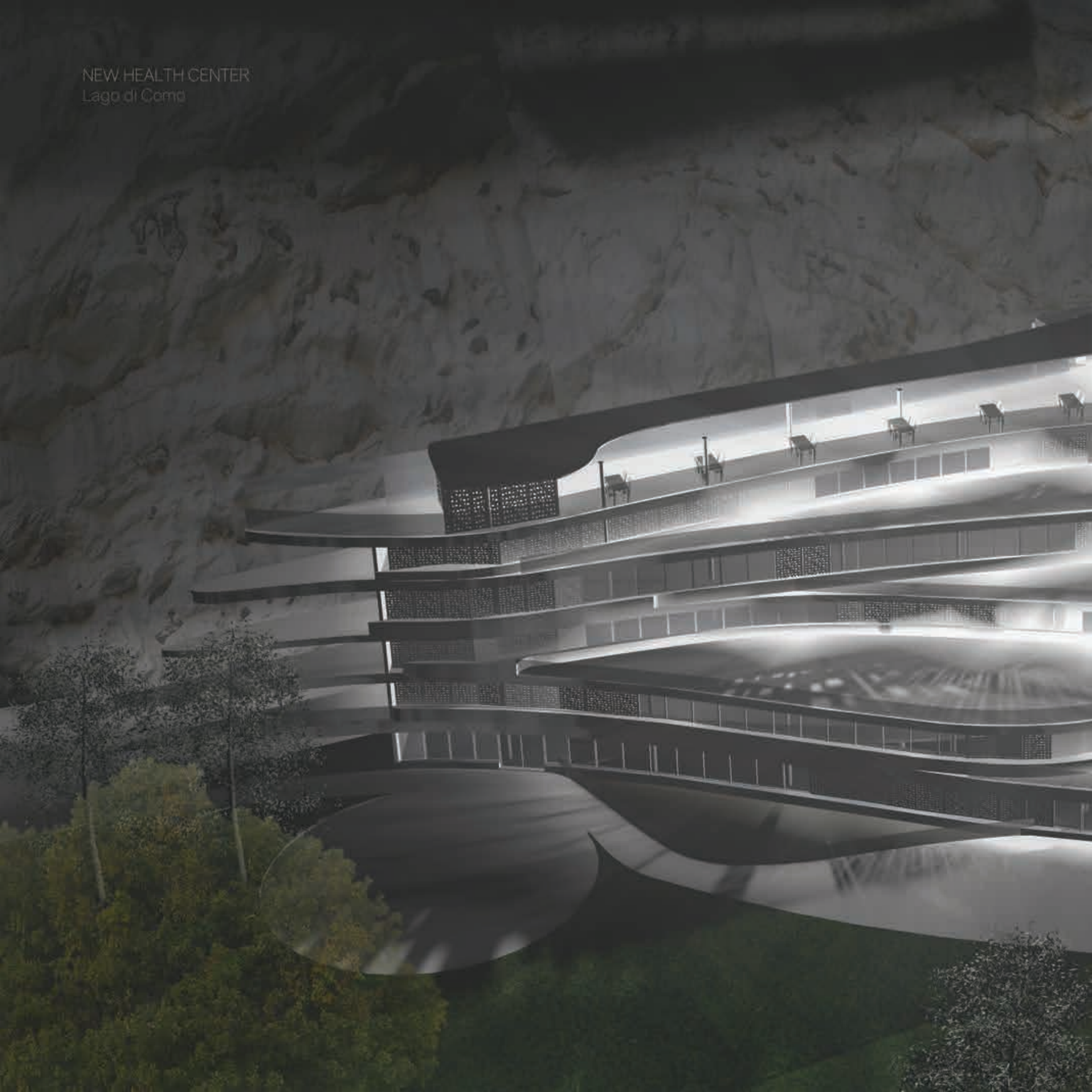


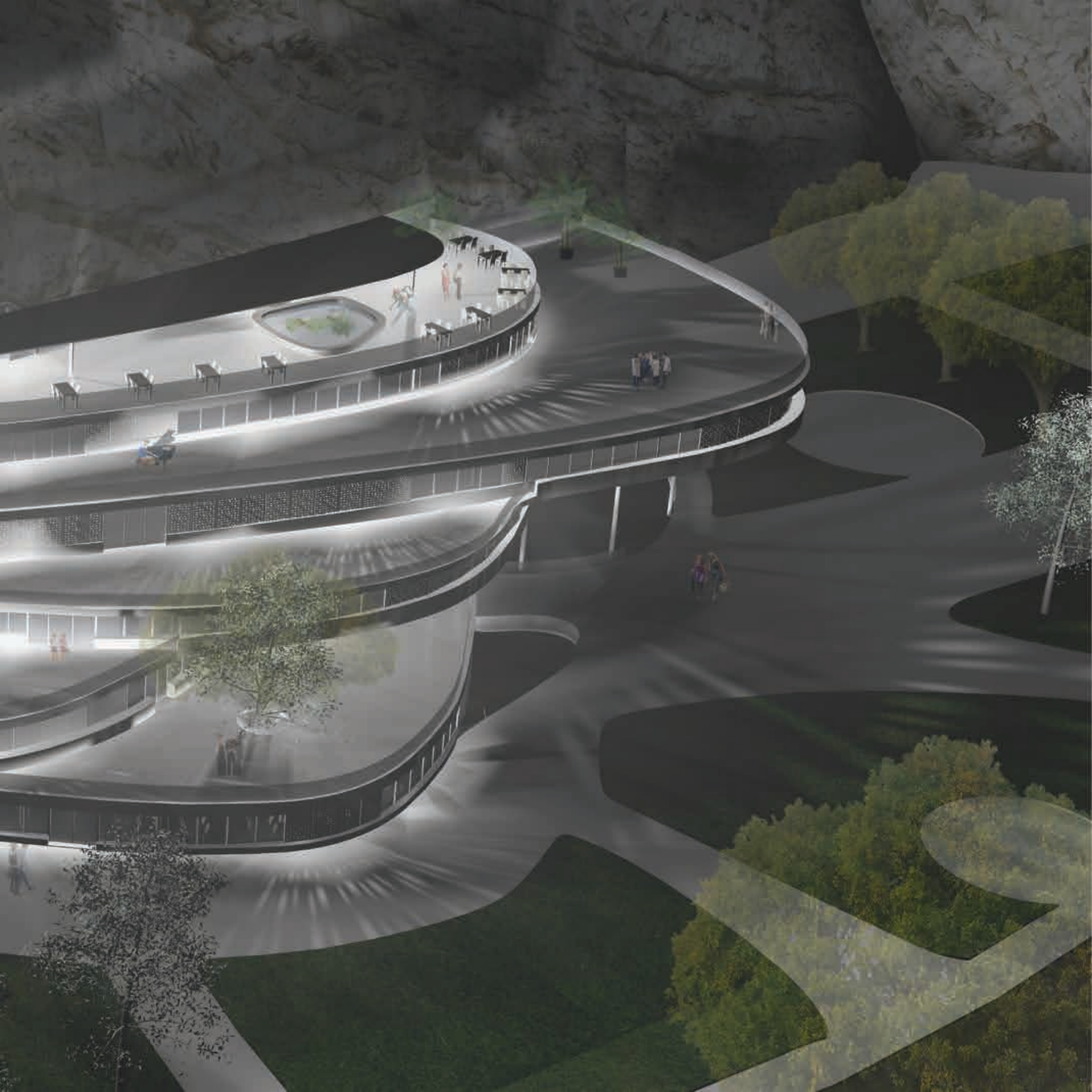
ROOF TERRACE





NEW HEALTH CENTER  
Lago di Como









## THANK YOU...

This work was created thanks to the inseparable support of my family and friends. I dedicate this work to my Parents, who devotedly supported me in my studies in Vienna, and to who I owe my biggest gratitude and love.

For the indispensable reliance and loving kindness I thank my sweet sister, Paulina Sara, who was always by my side, cheering me up.

I would like to thank Maurizio Savio, who supported me readily and supremely during my studies, and to whom I owe my appreciation and caring.

Special thanks goes to my supervisor Franz Karner, for his patience, understanding, technical guidance and his readiness to assist me during my master-thesis.

To all of my friends, acquaintances and others, who contributed and made my six-year-long journey prettier, I would hereby like to express my biggest gratitude. You made this experience fantastic! Thank You...





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Bingula Adela Tea: Health Center, Restructuring of Villa Geno area  
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