



The nation's leading provider of fitness center design, procurement, and management services.

# DESIGN & DEVELOPMENT



## WHAT MAKES EXOS UNIQUE?

### AN INTEGRATED APPROACH

We combine science with art to help support the unique design objectives of each project.

### SUBJECT-MATTER EXPERTISE

Our team serves as an objective third-party expert, leveraging our experience in designing more than 500 fitness centers over the past two decades.

### DEDICATED DESIGN SUPPORT TEAM

We feature an entire division dedicated to fitness center design support and procurement services throughout the world.

### SEAMLESS INTEGRATION

The EXOS team serves as a seamless extension of your goals and mission, reducing stress, increasing productivity, and providing the experience to help maximize the design of the center.

### RESPONSIVE PROJECT MANAGEMENT

EXOS's team works closely with you to provide resources and support through every step of your project design process.

### DESIGNED FOR SUCCESS

We provide design support based on our experience with operating more than 350 fitness centers nationwide. The EXOS team knows how to design centers that attract, engage, and retain members at a higher rate.



## WHAT EXOS OFFERS

EXOS employs a proven process supported by operational excellence and collaborates with corporations, community centers, universities, medically-integrated fitness centers, and multi-tenant campuses. Our team works with developers, architects, end users, and designers throughout the nation to design and develop facilities ranging from 1,000 to 100,000-plus square feet. The EXOS planning process is designed to help identify the objectives, expectations, integration points, and strategies that lead to an accessible, dynamic facility.

### AS YOUR EXPERIENCED PARTNER, OUR TEAM DELIVERS:

- + Feasibility studies and demographic analysis
- + Design of multiple fitness center operating models, when applicable, including full subsidy, private/commercial hybrid, and profit/loss
- + Peak member utilization projections
- + Square footage allocations
- + Utility, heating, ventilation, and air conditioning (HVAC) performance targets
- + Audio-visual performance specifications
- + Power and data performance specifications
- + Computer-aided design (CAD) equipment test fit floor plans
- + Furniture, fixtures, and equipment (FF&E) budget creation and management
- + Fitness-specific finish recommendations for: lockers, flooring, and storage
- + National Account Pricing for all fitness-related equipment
- + Green fitness center design options
- + Americans with Disabilities Act (ADA) and American Society for Testing and Materials (ASTM) requirements

## WHAT EXOS CLIENTS ARE SAYING

"EXOS seamlessly partnered with our interiors team and client from inception to completion to construct a 225,000-square-foot facility in New Jersey. The team provided a complete layout, planning assistance, and benchmark information during design and documentation to help make the project a complete success."

—lead architect of an international firm

## WHO IS EXOS?

### WHY WE'RE HERE

Our mission is to upgrade lives. We design and deliver health and performance game plans that guide people to achieve higher levels of success.

### OUR HISTORY

EXOS is a leader in the field of human performance, a category it created more than 15 years ago. With award-winning facilities, technology, and services, EXOS connects people to the solutions they need and provides individualized plans based on time-tested fundamentals and research in order to help people take control of their health and performance. We employ our tested methodology to provide the best in fitness center management, design, innovation, and proven performance solutions to more than 200 clients in over 400 locations worldwide.

### WHO WE WORK WITH

We've become a leader in proactive health and human performance, trusted by hospitals, health systems, community centers, universities, and employers worldwide, as well as elite athletes and the U.S. military.