



PROJECT
Bally Total Fitness
Group Exercise Area

DETAILS
Special Color K-13®
1"-2" Thickness

People of all ages, from all walks of life are working out. The fitness and health benefits of working out are well documented and millions of people are turning to health clubs for their workout.

One area that is especially popular in health clubs across the country is the group exercise area. Here, patrons enhance their cardiovascular conditioning while also receiving strength training and adding to their flexibility in a dynamic workout

environment. Bally Total Fitness has really taken the group exercise area to the next step. A few of the classes offered include traditional aerobics, step aerobics, dance, tai chi, yoga and even karate.

Because so much emphasis is given to the group exercise area, the room has a variety of special design features. A specially designed floor, for example, reduces the impact to bone and joints as participants enjoy the many classes. A state of the art sound system delivers the music and instruction with digital clarity.

Because the room is enclosed and surrounded by highly reflective, hard surfaces, the group exercise area requires a high level of acoustical treatment. K-13 effectively controls the acoustics in the room. The resilient fibers of K-13 absorb

sound energy instead of reflecting it, reducing reverberation time and making speech and music more intelligible. Without the K-13 application, the wide open areas and reflective surfaces of the room would amplify noise to the point where instructions, music, and even communication during classes would be virtually impossible.

Health clubs, baggage claim areas, gyms, schools and restaurants are just a few of the many types of projects that benefit from our products. Contact International Cellulose Corporation today at (800) 444-1252 for complete details on how our line of products can improve your new construction and renovation projects. Visit us on-line at: www.spray-on.com.