On November 10th 2016, NC State Recreation in association with CRA Architects and HOK Architects hosted four open house sessions for students, faculty, and staff to gain a better understanding of the needs and priorities for the Carmichael Addition and Renovation Project.

The four sessions of the day were well attended and well represented by all groups from campus. With an average of 25 attendees in each session, the recreation staff and design team were able to have energetic interactions with each group. Each discussion centered around topics including top trends in collegiate fitness, keys to success, and the best + worst at Carmichael.

Included in this document is a summary of the most common themes derived from the comments shared by the students, faculty, and staff and some of the images shared by the design team.
CARMICHAEL ADDITION + RENOVATION
“CLEAR FOR LAUNCH!”
A New Era for Recreation Centers

SPORTS + RECREATION + ENTERTAINMENT

NC STATE UNIVERSITY
TOP FITNESS TRENDS
QUESTION: WHAT IS THE TOP TREND IN FITNESS FOR 2017?

*According to the ACSM 2008 & 2016*
## Top Fitness Trends: Then & Now

**2008**

1. Educated Fitness Professionals
2. Exercise Programs for Children
3. Personal Training
4. Strength Training
5. Core Training
6. Fitness Programs for Older Adults
7. Pilates
8. Functional Fitness
9. Swiss Ball
10. Yoga

**2017**

1. Wearable Technology
2. Body Weight Training
3. High-Intensity Interval Training (HIIT)
4. Strength Training
5. Educated and Experienced Fitness Professionals
6. Personal Training
7. Functional Fitness
8. Fitness Programs for Older Adults
9. Exercise and Weight Loss
10. Yoga

*According to the ACSM 2008 & 2016*
GROUP PERSONAL TRAINING
Clearly defined entry. Should be open, welcoming, accessible, and full of natural light.

Should reflect the ‘Think + do’ mentality of NC State and showcase innovation

Forward thinking architecture, continue to improve Cates Avenue and Neighborhood, Sustainability is critical, focus on wellness.

Multi-Purpose spaces, convertible modular spaces, open to all students

Open, flexible space. Indoor turf for functional training
BEST THINGS

- Lots of Space, Overall Space, Footprint
- Location on campus, Hub of Activity
- Fit Ground + Outdoor Field Space
- Locker Rooms, Lounges, Hangout Space
- Support from leadership, fitness classes

WORST THINGS

- Intimidating, disconnected, no main entry
- Building feels old, outdated
- Indoor track
- Access control, security, safety
- Weight room above studios