

## Abstract

Fitness comes from the English fit that means fit, then the translation of the word fitness is fitness. According to KBBI, Fit is healthy and fresh so that fitness can be defined as an ability of the human body when doing physical activities in a long time without feeling exhausted. While wellness is defined as a long process to get a good life of positive thinking, optimal physical condition, psychological, and social function.

The methods used in this design are descriptive, analytical and syntheses. So that the newly created design can benefit human beings to always perform maintain fitness and health to achieve a productive lifestyle through an object and interior elements that can encourage spirit. The concept that will be applied in this Fitness and Wellness Center is active through physical active with the aim to support the user's activities and realize the benefits of activities undertaken in this design. The theme to be used in designing is a healthy lifestyle that can help to change the lifestyle of the people to better.

Keywords: Fitness, wellness, active