

RE-DESIGNING THE INTERIOR OF FIT FOR TWO FITNESS CENTER IN BOGOR WITH A WELL-BEING DESIGN APPROACH

ABSTRACT

***Abstract:** The shift in modern lifestyles has led to an increased demand for fitness facilities that accommodate a variety of exercise trends. The Fit for Two Fitness Center in Bukit Cimanggu City, Bogor, requires redesigning to meet these needs. This redesign aims to support the community's fitness activities by creating open, warm, and welcoming spaces that align with the residential culture. A "Well-Being Design" approach is employed to address identified design challenges, such as ventilation, space organization, and adherence to standards. The "Warmly Welcoming Fitness Spaces" concept is implemented through inclusive design and the use of interior elements that align with well-being principles. By focusing on current fitness trends*

***Keyword:** interior, fitness center, well-being, sports.*