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Light lines, straight and to the point

Prime Time Fitness Studio, Hamburg-Winterhude

Fitness training of the highest quality, fuss free and yet full of ambience, is how you might describe the USP of Prime Time Fitness. In their new gym located in Hamburg, PROLED lighting technology creates the right atmosphere with precision light lines, digitally connected to building services and the media control system.

A prime location, attractive architecture and a discerning clientele: The ground floor space situated in the prominent corner of a striking office building in Hamburg-Winterhude fits perfectly into the Prime Time concept. The growing fitness chain has been expanding across Germany's cities for several years now, from Frankfurt to Munich to Hamburg. "We're positioned as a premium gym provider," explains managing director Nils Kuprat. "Our members expect a matching premium ambience."

An expectation that the new premises certainly deliver on. Like a ship's bow, the corner building rises up out of the urban fabric of the popular and well-kept residential district. The building complex, designed by architects Bothe Richter Teherani in 2005, looks fresher and more modern than many newer buildings. Visible through the glass façade, striking V-shaped support pillars characterise the look of the ground floor outside as well as in. The double-height entrance foyer at the apex of the building further emphasises the feeling of space.

Working within this framework, the fitness studio's owners, supported by architect Thomas Hess of Frankfurt's Plan A Architekten, came up with an interior design that represents a successful evolution of the chain's corporate design. Surfaces like floors and ceilings are decorated in shades of dark grey, contrasting with the silver metal of the exposed ventilation ducts hanging from the concrete ceiling, as well as the wood panelling and fixtures. The workout equipment is uniformly dark in colour with seat covers picked out in a honey tone.

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As in the chain's newest fitness studio in Munich, Prime Time's Winterhude gym in Hamburg also employs an innovative lighting concept featuring linear LED elements throughout. These lines of light are built with components supplied by PROLED. Functional on the one hand, they provide the general lighting for the workout areas and side rooms, while they also realise a strong graphic effect on the ceiling. In combination with the ventilation ducts and installations, the light lines lend the fitness studio a very special ambience based around a futuristic aesthetic with a technoid touch.

Made to measure – by the metre

The lighting was planned and designed by Sota, a consulting firm specialising in technical and media equipment for fitness studios and similar interactive spaces. The Cologne-based team works with state-of-the-art technologies, such as 3D scan to BIM (Building Information Modelling).

The designers selected the L-Line Standard 24 aluminium profile as the basis for the light lines. Mounted directly on the reinforced concrete ceiling, these channel profiles are 60 mm wide and 50 mm deep, large enough to house not just one or two LED strips installed in parallel on a slide-in tray but also the control gear and all the wiring. The plastic diffuser in white opal ensures uniform, soft light distribution. Employing this modular system, the lighting designers managed to create a continuous line of light running through the two wings of the gym's V-shaped layout, bridging the different ceiling levels and converging in a sharp point in the foyer. Another line of light runs parallel, closer to the inside wall. The light lines branch off it at right angles, guiding visitors into the side rooms where the changing rooms, showers and toilets are located in the space between the fitness studio's two wings.

The lighting manufacturer supported the designers in configuring the light lines. "Some 180 metres of aluminium profiles were installed for this project in all," reports Marc Ritter, Key Account Manager at PROLED. "The desired output of 1800 lm per metre is achieved by two Mono 400 HE LED strips mounted in parallel inside the channel profiles." The work of cutting the profiles to size, especially for the more complex T-shaped connections or to accommodate the changes in ceiling level, was done

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on site – with no special tools needed. Finished in black, the aluminium profiles also conceal the slimline drivers, each of which supplies 2 x 5 metres of LED strip, as well as DMX dimmers. The entire lighting control system installed at Prime Time is based on the DMX protocol.

Feel-good lighting

After a few months of experiencing the new lighting in operation, the client and the gym members alike are happy with the lighting concept. “We wanted a soft, uniform light in the workout areas without any separate bright spots,” says managing director Nils Kuprat. With the warm white provided by the 3000 kelvin temperature alongside the good colour rendering (Ra>90), the lighting solution makes gymgoers look good. “On the other hand, we don’t want our members to feel like they’re on show when they’re working out behind the glass façade,” stresses Kuprat – and the lighting achieves that, too: In the workout areas themselves, the illuminance is slightly reduced to 200 to 400 lx, while the back walls with their rustic, weathered decking boards are powerfully accentuated with Alliance track lights from UNI-BRIGHT, a member of PROLED Group. This gives the room depth when viewed from outside, and to those looking in, gymgoers are only visible as silhouettes against the illuminated back walls. The DMX controls enable the balance between general lighting and accent lighting to be adjusted at any time. The same system controls the RGB spotlights which are used to bathe the façade’s support pillars in coloured light at certain times as well. With the futuristic aesthetic they convey, the light lines at Prime Time Fitness are both a symbol and an element of today’s digitally connected lighting and media technology – totally state of the art.

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Project data

Project:	PRIME TIME Fitness, Dorotheenstraße 84, 22301 Hamburg www.primetime-fitness.de
Opening date:	Mai 2021
Architecture (existing building):	Bothe Richter Teherani, Hamburg
Interior design:	Thomas Hess, Plan A Architekten, Frankfurt/Main
Building services, lighting and media technology:	SOTA (State of the Art GmbH), Köln
Photos:	PROLED / Frieder Blicke

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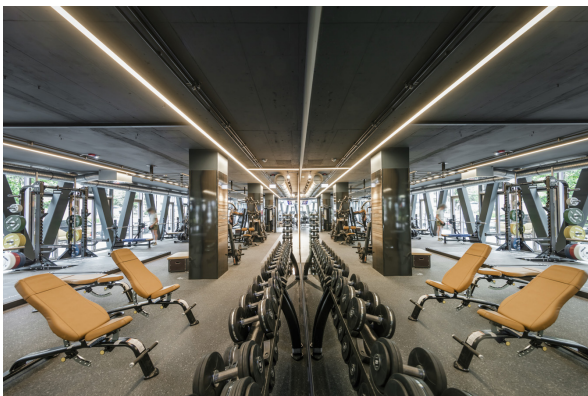
Prime Time Fitness Club, Hamburg-Winterhude; Photos: PROLED / Frieder Blickle



01 The building complex that houses the Prime Time Fitness Club is a design by architects Bothe Richter Teherani from 2005.



02 Fitness training of the highest quality, fuss free and yet full of ambience, is how you might describe the USP of Prime Time Fitness.



03 Prime Time's Winterhude gym in Hamburg employs an innovative lighting concept featuring linear LED elements throughout.



04 The lines of light are built with components supplied by PROLED. The plastic diffuser in white opal ensures uniform, soft light distribution.



05 The light lines provide the general lighting for the workout areas and side rooms.



06 In addition, the light lines realise a strong graphic effect on the ceiling.

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Prime Time Fitness Club, Hamburg-Winterhude; Photos: PROLED / Frieder Blicke



07 The designers selected the PROLED L-Line Standard 24 aluminium profile as the basis for the light lines.



08 The PROLED L-Line Standard 24 aluminium profile is mounted directly on the reinforced concrete ceiling.



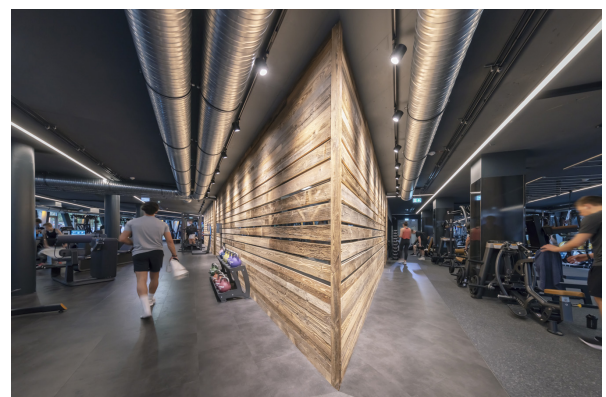
09 In the entrance area, the LED light line forms a precise peak.



10 Finished in black, the aluminium profiles also conceal the slimline drivers, each of which supplies 2 x 5 metres of LED strip, as well as DMX dimmers.



11 The decking boards are powerfully accentuated with Alliance track lights from UNI-BRIGHT, a member of PROLED Group.



12 This gives the room depth when viewed from outside, and to those looking in, gymgoers are only visible as silhouettes against the illuminated back walls.