

# Space Cycle

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參與者 陳怡如 莊明哲 林麗紋 林蕙慈 葛祝緯 芮意琇  
圖像設計 洋葱設計  
攝影者 黃鈺威  
空間性質 健身中心  
坐落位置 臺灣臺北市  
主要材料 水泥質感漆、擴張鐵網、白色人造石、超耐磨木地板、烤漆玻璃  
面積 330 坪  
設計時間 2014 年 10 月至 2015 年 2 月  
施工時間 2015 年 3 月至 5 月

**Designer** CJ Studio / Shi-Chieh Lu  
**Participants** Yi-Ru Chen, Ming-Zhe Zhuang, Li-Wen Lin, Hui-Ci Lin, Zhu-Wei Ge, Yi-Xiu Rui  
**Graphic Design** Onion Design  
**Photographer** Yu-Wei, Huang  
**Category** Gym  
**Location** Taipei, Taiwan  
**Materials** cement texture paint, metal wire lath, artificial stone, rustic resistance wood floor, painted surface glass panel  
**Size** 1091m<sup>2</sup>  
**Design period** October 2014 – February 2015  
**Construction period** March – May 2015

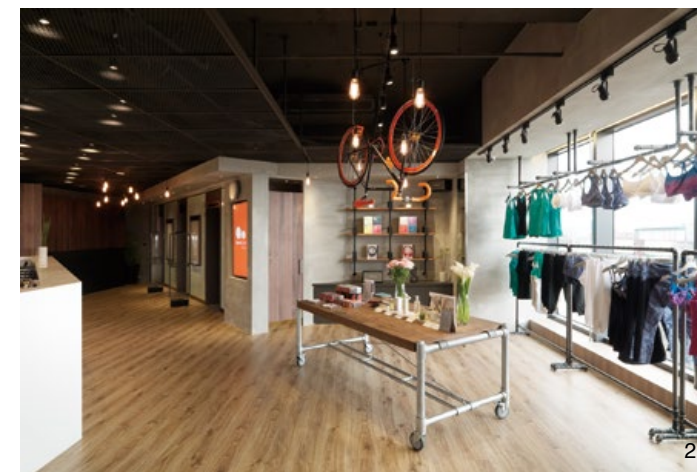
陸希傑設計事業有限公司 / 陸希傑

1965 年出生於臺北，1989 年畢業於東海大學建築系，1993 年取得英國 AA 建築聯盟碩士學位，在英國期間曾於 Raoul Bunschoten 事務所擔任設計師，爾後回國成立 CJ Studio，從事建築及室內設計、家具設計、產品設計等相關研究開發，曾任教於實踐設計學院空間設計系、銘傳大學空間設計系、臺北科技大學、東海大學建築系、國立交通大學建築研究所，並榮獲國內外重要設計首獎。著有《鍛造視差》（2003）、《空間設計要思考的是》（2015）及《形錄》（2015）。

CJ Studio / Shi-Chieh Lu

Graduating from Architecture Department of Tung-Hai University and Architectural Association in London, Lu loves to engage in the research and development of architectural and interior design, furniture as well as product design. He has taught in the Graduate Institute of Architecture, NCTU, and the architecture Departments of Tung-Hai, Shih-Chien and Ming-Chuan Universities. His writings include Forging Parallax in 2003, Space Design Thinking and Registration Form in 2015.

Shi-Chieh Lu



滴滴車潮流駛一片曠霧夜色裡，深靛蒼穹下，臺北盆地之南的象山化作了孤遠磐石，驚望著城市萬家燈火還有那凌風於空、清麗嶙峋的 101 高樓。大都會暮晚似存一股遊走動靜間的潛勢，當日光早熄得沉暝黯黯時，街上依舊錯雜著明明滅滅、高低錦簇的燈箱，天際也同讓高廈霓虹燒成了鏤金如錦。這次陸希傑為 Space Cycle 所打造的健身場域正眺瞰這幅城區即景，故而設計恰是捕捉都會生活多元複雜的表情，一條遊廊般動線貼著窗牖發展，醞釀某種都市散步的印象和寬適寧靜，至於各種澹濶材質，如水泥、如石牆、如鐵件、如木料，則於混合穿插間調和成粗獷時髦的當代感。它摩登、層次交疊，洗鍊卻非純粹，將品牌強調音樂、社交、健身與

時尚的「新夜店」概念體現於空間。

## 簡約裡的豐富

強調音樂帶動健身的 Space Cycle，“Moved by Music”為其品牌核心概念，它引入歐美時下流行的飛輪和芭蕾舞，並藉由輕重緩急旋律與氛圍燈光去創造動靜間的感官體驗。由於場域載負健身機能，又須納容尖峰時段的會員人流，因此格局不僅力求開放簡單，亦強調動線邏輯和流暢性。室內除了四間瑜伽和飛輪教室，另有接待、lounge、換鞋、更衣、淋浴及 VIP 私人教室各分區，因而設計在歸納機能單元時必須呼應活動的先後、推敲合理化走道配置，乃至最後佈構形成陸希傑口中「四通八達路徑的環繞式動線」，一時景韻儼如城市街巷阡陌。

陸希傑談到在這樣明確的場域裡，美學渲染實則有限，設計感彰顯範疇多半是弧線、飛輪元素這些動作，故而大量留白空間裡，他所觀照處是如何在洗鍊中追尋變化。嗣承簡潔主軸下，只見灰白色調與木地板自接待櫃檯向內蔓延，橘色企業識別語彙、人造磚牆、水泥皮層、鐵件與擴張鐵網交織出場域表情，材料風味雖是寧穆清爽，卻得因層次錯綜疊映而不失豐富。佇盼入口空間，與櫃檯共置此處的商品區，天花懸吊一只自行車作為耐放視覺焦點，再入內的換鞋區，則可見形象牆挪用一大一小尺幅輪圈搭成藝術裝置，至於擺放其中的箱型玻璃椅凳，內部中空亦填入齒輪作為點綴，裡裡外外、由淺至深，無不巧妙地勾摹並呼應飛輪意象，也將品牌訴求在這條水平動線上積漸浸滲。

1. 接待櫃檯後方以人造石來詮釋都會粗獷氣質那一面。2. 衣架及展示桌的條狀金屬為鋁管凹折製成，藉工業感元素增添粗獷情調。  
1. Artificial stone cladding right behind reception 2. Aluminum tube hangers are all custom designed and fabricated



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3. 商品區向內即為飛輪換鞋區。設計將自行車輪圈作為形象牆裝置，呼應健身中心的運動項目。4. 沿著玻璃帷幕劃開的 lounge 休憩區，日光娉婷裡，城市街景一覽無遺。5. 綿延動線彷彿一條城市長廊，窗邊擋牆內再擺置一株株青葉植栽，使場所蘊藉身心沉澱的風韻。6. 利用腳踏車桿架構成的吊燈，漆上豔橘企業色後，渾放著強烈設計感。

3. Shoe changing area and a prominent image of cycling wheels 4. Lounge area faces outdoor 5. A linear pathway and interior greenery along the long windows 6. Bicycle rack reshaped into a lighting fixture

### 新夜店場域

街邊慢跑、下班後的有氧或重訓課程已然是都會夜生活熟悉情境之一，蔚然風潮下 Space Cycle 突破健身房的意象桎梏，並以新型態的健康夜店為概念重新詮釋。Space Cycle 飛輪教室一如 night club 有情境燈光明滅閃爍，LED 色燈搭乘節拍時而繽紛、時而綺靡，不僅感官耽溺在旋律搖擺間，腳下飛輪踩踏亦緊湊齊驅而未有鬆懈。這片場域裡，夜店祭典式的膜拜狂歡不再以酒精和狂騷舞蹈為中介，人們輾轉從樂音和健身運動中來體驗快感。除了迷幻、跳躍和均質的燈光系統，飛輪教室內還規劃專業 DJ 臺，讓健身與現場放歌鑄合一體。瑜珈教室則因融合芭蕾舞，牆面配置全身鏡與扶手桿，另一班熱瑜珈則將帶狀燈光與熱板做筆直駢行排列，一方面保留垂直尺度，並盡量將機能與美學整合。

夜店所具社交氣息也體現於空間規劃，毗鄰落地長窗的 lounge 休息區幕蓋在雋爽灰白材料間——水泥天花輝映著橡木紋地板，如陶瓷勻質的壓克力砌成階梯式平臺，橘褐色塊皮質軟墊則疏疏闊闊散置於上。調性輕愜悠哉如此，健身前後，人們便可三兩簇聚坐臥交談和小憩，抑或利用環繞周邊的 iPad 機臺聆聽樂曲，這般明豁敞亮長空間，一股隨興無拘的情愫自然潛動，如流瀉音符混漾於內。對此陸希傑談到：「會將 lounge 打造成開放格局，是因為 Space Cycle 屬於健康的夜店，希望人們來這享受另類夜生活，所以 lounge 除了選課、音樂諮詢兩個重要機能，人們也能在此稍事休息，與大家進行社交活動。」飛輪運動意涵在此則化成一盞蜘蛛狀水晶燈來隱喻，陸希傑利用腳踏車桿組構出燈體，塗染上豔橘企業色後，這只高懸天花的當代裝飾儼如舒瓣吐蕊的鶴頂蘭，襯以磚牆上吳耿真四幀回應人體律動意象的藝術創作，場域靈魂自然掩映，不矯造地摹繪出品牌應是的稟賦本色。



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#### 摩登都會格調

漫遊十三樓窗牖地帶，目光迎睇是一片開放平面攀附著玻璃帷幕直馳擊劃，尺度鋪敘敷暢，眼界深淺矚望間是曠達天際線和櫛比鱗次稠疊屋廈構成的畫卷。事實上新夜店作為品牌概念之餘，場域尚需創造別於企業體下 Space Yoga 的氛氳，因此在不悖離基礎調性中，設計就著基地俯臨臺北東區鬧衢的特質，彷彿感官上的蒙太奇，從時髦、粗獷與生活感的面向拼貼出某種大都會容顏。對此陸希傑如此描述：「貼著窗的長向動線設計，形成一種都市廊道的韻致，空間不用太裝飾性的元素，而以愛迪生燈泡、磚牆和水泥材料搭配當代感畫作與陳設，達到粗獷時髦兼備的都會空間。」舉凡木頭、鐵網天花，抑或清水磚搭配水泥，能窺品項選幾輒止，但見和諧融糅鋪展成用料主軸。

繞往前去教室的廊道，瑜珈與飛輪教室即在兩片深牆之後，為讓品牌識別有效整合於空間，立面再以企業色做符號標幟，搭配灰階語彙用色、木地板和金屬擴張網的延續性材料，繁簡有度，也穩定場域洗鍊清爽的格調。Space Cycle 有其特殊運動主張，飛輪和瑜珈皆強調核心肌群，兩者都指向“core”這樣的概念，因此空間實踐層面就仰賴圖像設計來傳遞這些觀點，輔借文字標語去整合品牌哲學和健身基礎。而前去教室的內外轉折間，亦能瀏覽色韻橘灰遞嬗的動態，指示空間也產生對比。採訪 | 劉芝君

#### 建材分析 Material Analysis

1. 商品區衣架和展示架為鋁管凹折製成。2. 開放空間立面為人造石、水泥；天花材料是金屬擴張網，地面為橡木色超耐磨地板。3. 設計挪用自行車輪圈、齒輪以及腳踏車桿作裝飾語彙。4. 窗邊帶狀擋牆為人造石。5. 更衣室地面為水泥色地磚，不鏽鋼做立面收邊。6. 淋浴間門片為烤漆玻璃。  
 1. Aluminum tubes are the source of object hangers and display racks 2. Partition wall uses many material – artificial stone, cement; ceiling uses metal mesh web; floor is clad with resistant oak wood 3. Decorative motif uses mechanical parts of a bicycle 4. Artificial stone window curb 5. Changing room uses cement tile and stainless steel 6. Painted glass panel of the bath door

#### 溝通重點 Communication Note

1. 選課以音樂做分類範疇，飛輪課程亦強調音樂帶動。因此空間規劃必須將音樂功能整合其內，也包含隔音設備考量。2. 作為健康的新型態夜店，空間格外注重音樂呈現與情境燈光系統。3. 內部有芭蕾舞瑜珈、熱瑜珈教室，設計必須將鏡面、扶手桿、熱板與燈光設施與美學做整合詮釋。4. 設計用清爽材料與開闊空間來捕捉心靈沉澱的品牌理念。5. Space Cycle 需有別於企業另個體系 Space Yoga 的店風格。  
 1. To avoid noisy penetration the class room had to be soundproof 2. "New Night-Club" uses proper lighting to enliven the spatial impression 3. For best use for the classes of ballet yoga, dancing yoga, class rooms should implement mirror, supporting bars, and professional lighting fixtures 4. Simple and light color materials were used extensively 5. Space Cycle had be built in a spatial impression different from Space Yoga

7. 芭蕾舞瑜珈教室。熱板與燈光系統採取合乎機能美學的手法並列於天花。8. 前往教室的廊道，標識利用企業色做出鮮明形象。  
 7. Ballet yoga classroom and its professional lighting fixtures 8. Bright color business logo appears at vista end of a hallway



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9. 女更衣室與淋浴間以走道相連，沐浴清潔後可直接使用一旁吹整設備，動線服務空間使用邏輯。10. 廁所空間，再向內即為淋浴間。11. 前往更衣室和淋浴間的廊道上，可領略色彩由橘轉灰的對比效果。12. 女更衣室內的置物櫃，水泥及木紋語彙延續於此，形成清爽雋永氣息。13. 淋浴間門片為橘色玻璃烤漆，襯底材料則為灰白滄彩。一收一放讓空間得以平衡。14. 橘色隔牆以一段標語傳遞品牌對運動的思維。

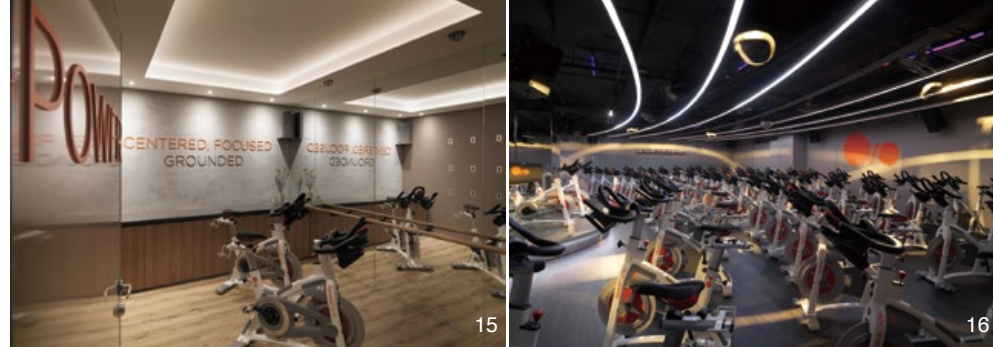
9. Ladies dressing room and bath 10. Lavatory links to the bathroom 11. Color changes from bright orange to gray in a pathway towards the changing room and bath 12. Ladies locker rooms and its interior furnishings 13. Orange color is used in the bath door set against the light color panel 14. Emblem and slogan



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### Richness in simple style

Space Cycle, promoted by the slogan "Moved by Music", provides quite fashionable body-fitting style in ballet yoga and spinning. To fit the proper accommodations and satisfy the necessary capacity for study sessions the program demanded every flexibility in the spatial demand. There are four flywheel rooms, VIP training rooms, and necessary service space. The complicated spatial demands imposed a critical challenge to meet functional needs and provide interesting experiences in the space. At the end, the designer team headed by C.J. Lu, offered a looping layout and free access system.

Lu confessed that the spatial restriction was tight so he could only try and keep as much void space as possible. To impose a more vivid spatial interest he used rich material such as artificial brick tile, cement panel, metal members and metal web. At reception there is a sales counter where customers will certainly be attracted by a bicycle hung below the ceiling. Behind reception is space for changing shoes. Lockers and the main partition wall show image of wheels apparently linked vividly to the mechanism of a spinning and bicycle wheel.

### A new type of night club

Jogging or aerobic exercise is pretty popular for city people, and often changes the living habits for many after a hard day of work. Space Cycle is a new type of gym and more like a nightclub that bedazzles with glaring and changeable rhythm of lighting. It transforms a typical night club for people enjoying roaring rock-n-roll music and alcohol into a venue full of healthy energy. The spinning classroom is equipped with a professional DJ machine, and the ballet yoga classroom is fully surrounded by mirrors and ballet support bars.

A rich material combination displays a sensitive effort to create a lounge for everyone in an elegant ambience. Oak wood dialogues with cement panels on the ceiling while the archly surfaced steps communicate with soft cushions on top. The lounge is a gathering venue and a space for making friends or checking class information. C.J. said: Space Cycle is a healthy night club. I would like a lounge space to be shaped as a venue for making friends, a place to enjoy social links by interest. To emphasize its business identity as requested by the client, C.J. cleverly displayed the company logo in an artistic way. Bicycle parts were re-constructed and rearranged like a flower pedal. Four artist's work in paper cuttings show eurythmic human figures thereby providing a strong impression of a space that is full of energy.



15. VIP 私人健身教室，牆面配有懸吊特殊器材的掛鉤。16. 飛輪教室作為新夜店型態，繽紛閃耀燈光和教練帶領的舞臺，洋溢律動快感。17. 情境燈光隨音樂旋律轉換，時而迷幻，時而瑰麗刺激。  
15. VIP training room and its special training equipment 16. Spinning classroom is full of energy and dazzling light 17. Lighting is computer programed and synchronized with the musical beats



### Cityscape glance

Situated on the 13th floor, Space Cycle has quite a surreal view when looking out towards the high-rises and reflections of neighboring business towers. C.J. said he knew the strong impressions of the cityscape coupled with no interior style can suppress the larger scale so he tried to make a contrasting dialogue with the exterior view. By using materials with both old and aging textures C.J. successfully created a contrast yet harmonized the interior vis-à-vis the metallic and stylish exterior. A pathway that leads to the yoga room and spinning rooms provides a precise message of brand and color. The materials used also state the business's ideology. Graphics and slogans were all mixed into the design and appear all with good manners.

18. 窗邊一帶配置音樂諮詢區，讓會員休憩時能聆賞樂音並作為選課參照。19. 牆面漆上“Moved by Music”標語，將品牌理念深植人心。20. 選課區一隅。21. 平面圖。  
18. Rest corner provides class information 19. Big slogan “Moved by Music” is visible in many positions 20. Class information corner 21. Plan

