

CALIFORNIA HOMES

THE MAGAZINE OF ARCHITECTURE
THE ARTS & DISTINCTIVE DESIGN

Fresh Start
WITH INTERIORS
TO INSPIRE



HOME
+ GYM
DESIGN

BUTLER ARMSDEN

San Francisco-based firm Butler Armsden created this family-friendly space. The swimming pool and grill area are at the front of the house, while the private gym faces the rear yard and overlooks the kid's play space below.

The hangar door that can be opened rain or shine with sports court material on the outdoor portion doubles the gym's space. The rowing machine can be rolled out to the deck, along with yoga/mat work and ropes, with the weights and bosu ball placed on the back wall, out of sight while working out.

butlerarmsden.com



GOOD INTENTIONS

The Home Gym can be a Place of Inspiration and Beauty

JON DE LA CRUZ

For this bachelor's exercise room, designer Jon de la Cruz used Benjamin Moore's Vermillion Red coupled with Maharam's "Infinity" mural by artist Udomsak Krisanamis. The brilliant cinnabar paint ignites strength and power, passion, energy, and motivation for his daily workouts. The lucky number eight is associated with wealth, prosperity, success, and status and represents infinity or longevity.

dlcid.com



KAA DESIGN

The primary goal of Grant Kirkpatrick FAIA and the design team at KAA Design was to enable the occupant to connect to the natural world. The large sliding glass pocket walls open the space to create an indoor/outdoor environment, merging the efficient gym with the organic world of gardens, fountains, and the tranquil pool. The subtle but effective recessed lighting, cedar, limestone, and copper create an inviting and relaxing space for working out.

kaadesigngroup.com

