

Appendix 1

Participatory Workshop I IAT 333 Interaction Design

Instructions: (5 min)

Thank you for participating in our design workshop. My name is _____ and I will be the facilitator for today. Here is the rest of my design team (goes through each team member). The objective of our workshop today is to learn from you the potential improvements that can be made to the Steve Nash Sports Club. We and would like to focus on identifying issues in the aspect of the overall experience. This workshop will take approximately 1.5 hours, where we go through a few collaborative activities to spark some ideas regarding your own workout experience. _____ will be observing and taking notes on your feedback, while _____ will be recording the entire session. You are allowed to pause and/or quit the workshop at any time if necessary.

Before we begin our activities, we would like to give a brief introduction about the Steve Nash Sports Club, also known as the SNSC. The SNSC is the largest fitness centre in Vancouver with multiple locations. The SNSC's core value is the concept of sustainable living. It integrated green design to create a new kind of fitness club. Its features include: 38,500 square foot facility built with green design standards, state of the art equipment, Vancouver's finest certified fitness professionals, sauna, steam rooms, digital lockers and daily locker rentals, just to name a few. (Ask the participants if they are aware of SNSC's core values).

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Part 1 I Questions (15 min)

1. What motivates you to work out?
2. What do you think motivates people to work out?
3. What usually stops you from going to work out?
4. If you had to pay \$100 for a gym membership, what type of services and features would you want the gym to offer?
5. Do you prefer working out alone or with others?
6. What would motivate you to renew your membership?
7. How much value do you see in having an environmentally friendly gym?

Part 2 I Designing your ideal Gym! (15min)

If you had the opportunity to design your own gym what would it look like? Try to sketch your ideas out and of course, you can label or write down any idea you might have that might help us understand your design.

Please also consider the following factors in design: **Location, environmental factors, equipments and facilities, services, layout.** Remember, this is your ideal gym so you can also include any unique idea you might have!

Part 3 I Share your ideas! (15 min)

Now that you have designed your gym, we would like to share your idea with other participants. Once you have communicated your ideas, we would like to collaborate with a partner and pick 5 of the best ideas from any of the designs and create a new layout together. Remember to think about the design factors mentioned in the previous activity.

Part 4 I Public Gym! (15 min)

If your collaborative gym idea were a public gym, walk us through your gym and explain why we should use it.

Please show us how you would work out if you have a private workout facility at Home

Please show us how you would work out at a public gym.