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NYC Residents Court Better Health In Building Fitness Facilities

By: Jeffrey Steele



The 75-foot, glass-enclosed Sky Pool at One Wall Street, featuring a wraparound terrace with ... [+]ONE WALL STREET

A recent World Health Organization report stated physical activity provides substantial benefits to hearts, bodies and minds. Movement contributes to the prevention of cancer and diabetes, reduces symptoms of depression and anxiety, enhances learning, thinking and judgment abilities and improves overall well-being.

Despite these upsides, one in four adults across the globe do not get the recommended levels of physical activity. And those who are insufficiently active face a 20 to 30% increased risk of death, vis-à-vis those who remain active.

What to do? Developers of New York City's luxury residential buildings believe they have an answer. In designing their buildings, many are going above and beyond

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standard fitness facilities, each introducing a unique aspect or quality to their fitness amenities that may serve as the inducement some residents need to get moving.

Case in point: The new residential development 111 West 57th Street, an enormous ultra-luxe edifice that overlooks Central Park on Billionaires Row. The building features a pair of adjacent structures. The elder is the landmarked Steinway Hall, former home to Steinway & Sons piano company. The newer is a 1,428-foot tower – the Western Hemisphere’s second tallest residential building – designed by SHoP Architects. The unique feature is New York City’s only padel tennis court in a residential development, allowing residents to play the increasingly popular sport of padel tennis.

Terming it “a point of pride for our residents,” Michael Stern, founder and CEO of JDS Development Group adds “the padel court has been a highlight.”

If good enough for soccer superstars Lionel Messi and Cristiano Ronaldo, who count padel tennis as a favorite activity, it’s likely good enough for 111 West 57 residents.

Here are a few other New York City residential buildings with unique sports amenities.

One Wall Street

Seeing as how One Wall Street helped remake the enclave into a world-class residential neighborhood, the Financial District’s most recent watershed moment may have been the creation of this Art Deco skyscraper. The property’s 100,000 square feet of residential amenities drew their inspiration from the finest social clubs on either side of the Atlantic.

Arguably the most striking amenity is the 75-foot, glass-enclosed Sky Pool, featuring a wraparound terrace with panoramic Hudson River and Downtown Manhattan views. Coming in second is the 75,000-square-foot Life Time fitness resort at the building’s base, serving up private training, classes and physical therapy. “Our residents have been especially taken by the energetic water aerobics classes we schedule in the 75-foot pool, featuring views of the Statue of Liberty set to the tunes of The Beatles, Tina Turner and Broadway musicals,” says Michael Lawrence, building lifestyle manager.

Olympia DUMBO

There may be no more convincing evidence Brooklyn’s DUMBO neighborhood has made the big time than the arrival of this waterfront development.

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Now more than 50% sold, Olympia DUMBO provides residents with a panoply of enviable fitness amenities. Among them is a boxing gym, spin studio, movement studio, bowling alley and fitness center.

The consummate differentiator is the highest-altitude private outdoor tennis court in New York City, situated at the bridge level of the 38,000-square-foot indoor-outdoor amenity suite. When not keeping their eyes on their opponents' serves, residents are likely to marvel at the inspiring view of the Brooklyn Bridge and beyond.

378 West End Avenue

Located on Manhattan's Upper West Side, this new COOKFOX Architect-designed 48-residence condominium from developer Alchemy Properties encourages residents to stay in shape. When not practicing high-arching jumpers from beyond the arc of the building's hoops court, they can take to the same basketball/squash court with a racket in hand to enjoy a stirring workout session that also stokes their competitive spirit. The building has multiple sports courts, Joel Brietkopf, Alchemy Properties principal says, adding, "But in particular, the gym and basketball court are exceptionally popular."

Sutton Tower

Located on Sutton Place, the Thomas Juul-Hansen-designed new development tower is the tallest tower on Manhattan's East Side.

In addition, it offers a hard-to-surpass sports simulator amenity, permitting residents to practice sports including archery, dodgeball, hockey and horseshoes, along with such major sports as basketball, soccer, and football. The simulator also allows residents to golf legendary courses St. Andrews and Pebble Beach.

<https://www.forbes.com/sites/jeffsteele/2024/04/19/nyc-residents-court-better-health-in-building-fitness-facilities/?sh=3fd7b5b570f1>