

PERANCANGAN STUDIO PILATES DAN YOGA DI KOTA TANGERANG DENGAN KONSEP ZEN DESAIN

ABSTRACT

A healthy lifestyle is increasingly becoming a vital necessity for urban communities, especially amid busy routines and limited free time. Modern women, who now play dual roles as homemakers and professionals, often experience stress due to heavy workloads and demanding daily activities. This high level of stress is exacerbated by a lack of physical activity and inadequate sports facilities in urban environments, including Tangerang City. In fact, exercise and relaxation are essential activities for maintaining physical and mental balance. Tata Studio emerges as an alternative solution by providing low-impact workout facilities such as yoga, pilates, and pole dance, tailored to suit urban women. Located in the Modern Hub area of Tangerang City, Tata Studio offers a modern, minimalist, and cozy atmosphere to encourage public interest in adopting a healthy lifestyle. Through an innovative and functional design approach, this fitness center is expected to serve as a space for both relaxation and physical activity, supporting not only physical wellness but also enhancing the overall quality of life for urban communities.

Keywords: Zen Design, Modern, Minimalist, Comfortable