

Target group age 42 จำนวนประชากร 3274 คน ข้อมูลเดือน กรกฎาคม 2566

อ้างอิง [สถิติประชากรทางการทะเบียนราษฎร \(dopa.go.th\)](http://dopa.go.th)

Business Fitness and Wellness Center

Area 120 square meters

Fitness Studio

1. Reception Area 12 square meters
2. Fitness Equipment Zone 84 square meters
3. Changing Rooms and Restrooms 24 square meters

Fitness Equipment Zone

1. Cardio Zone 32
 - a. Treadmills
 - b. Stationary Bikes
 - c. Elliptical Trainers
2. Strength Training Zone 29
 - a. Multi-Functional Cable Machine
 - b. Adjustable Benches
 - c. Dumbbell and Barbell Area
 - d. Smith Machine
3. Functional Training Zone 13
 - a. Resistance Band Anchor Points
 - b. Medicine Ball Area
 - c. Stability Ball Area
 - d. Bodyweight Exercise Space
4. Stretching and Flexibility Area 8
 - a. Yoga Mat Area
 - b. Foam Roller and Mobility Tools

Cost once.

1. Equipment Costs
2. Interior Design and Build-Out
3. Amenities and Facilities
4. Licensing and Permits

Cost always.

1. Rent
2. Staffing
3. Marketing and Advertising
4. Utilities and Maintenance
5. Insurance

6. Technology and Software
7. Initial Supplies