

IFT 6570

Field notes

Oct 8

It's 8P.M. and I'm using the tunnel from the metro station to the gym. Its very crowded, people passing me are single individuals. They are using their phones in silence.

Entering the gym, it's full of people. All machines are full. cheerleaders team are training, all ladies in pink outfits.

Passing some people in the hallway, everyone is smiling and laughing with sweaty, red faces.

The distribution of women and men is 1 to 3 tonight. [[at this time more women seem to come to the gym]]

Most treadmills are full (14/20).

The gym is full. All the machines are full but there is not much noise. Some music is playing but its not heard well.

TV is showing football. Noone is watching.

Most people are in the age of 20-35. People are wearing colorful sportswear but I can see black is the most common color.

People are either talking with their friend or using their phone while having airpods oni can't see any individuals without headphones (airpods or big headphones). I can see the number of people using airpods or headphones is the same. I can see 4 men in front of me with big headphones and 2 women one with airpods and the other with headphones. 3 men using airpods.

People either stair at their phone or in the mirror when they are not exercising.

2 gym crew for tonight. One woman and one man. Moving around the gym and sorting out things- picking towels up, putting weights back on the rack.

I can see 6 people with judo outfits in the gym working out and 2 other men with university team outfits.

Gym is crowded. All the machines are in use. Even though the gym is crowded, I can't see long lines for the machines. Seems people figured out how to have a flow between machines.

There is no traffic or bumping into each other.

More people joined in running, every new person chose the corner treadmill if it's available or they tried to choose the one without any neighbor treadmill in use.

I have been here for so long observing people but I made no eye contact.

People during exercising don't look around and while resting they seem busy looking in their phone or looking at themselves in the mirror.

There is a man with a big tripod. He carefully placed the stand near the machine he wanted to use, he checked the image and then carefully passed the tripod and sat in the machine. After finishing his workout he moved the stand with him to the next machine.

Some people run on the treadmills and some walk on it. A man approached another man and asked a question [[I think he asked how much more he needed the machine]] and then he stood in the corner waiting. The first man finished his workout and cleaned the seat and the machine with the spray and towel. The second man thanked and took over the machine.

The lighting in the gym is so bright. Outside is all black but inside is very bright and fresh.

Some people finish their workout and then head to the stretching area.

2 ladies finished their work with the dumbbells and moved them to their stand by rolling them on the ground with their feet instead of picking them up.

MEMO:

Today's observation revealed a lot about how people move and interact within the gym space, particularly in terms of how the flow of individuals between machines seemed natural and efficient, even during peak hours. It was striking to see how people navigated the crowded environment without the usual jostling or waiting times, suggesting an unspoken understanding among gym-goers. The presence of various teams, like the cheerleaders and the judo practitioners, added to the diversity of activity, but didn't seem to disrupt the overall flow. The minimal interaction between individuals—most people absorbed in their workouts or phones—was notable, reinforcing the idea that the gym is more of an individual space, even when crowded. Additionally, the tripod user caught my attention as an anomaly, and I'm curious how people felt about being filmed or whether they even noticed.

Next time, I plan to shift my focus to those who use equipment like the tripods, or those taking group classes, to understand how they interact differently with the space and others. I also intend to pay closer attention to specific equipment that isn't as popular—like the cycles or lesser-used machines—and how people decide when and if to use them. This could reveal patterns in machine usage based on gender, fitness goals, or even time of day. Finally, I'll aim to observe interactions between staff and gym members more closely, as they seem like key figures in maintaining the order and flow within the gym, even during busy hours.