

IFT 6570
Field notes

Oct 9

It's 7:45 P.M., and the gym is very lively as I enter. The atmosphere is noticeably more energetic than on previous days. After scanning my student card, I head towards the main gym area, passing the same familiar water fountains and locker rooms. The locker rooms are busier than usual, with several groups of students chatting and laughing as they make their way out. There is a group of people in the locker rooms talking and laughing. A group of three passed me while talking. They had their badminton rackets on. A guy with a big bag is wearing his hat. He has a big box of badminton shuttles.

Two people talking in the middle of locker rooms. Inside the gym is crowded. There are 4 people in the fake grass area. Two of them are using some blue balls and a guy is using a jump rope. There are three stairmaster machines and 2 of them are full. The one in the middle left empty. Except for two treadmills, all the others are full and most people are running on them except three people. Two ladies are walking on the treadmill while talking. The machine is in incline mode.

There are two guys sitting in the information booth tonight. All the machines are full and it's hard to pass the hallway without bumping into people. The hallway is full of people. At the end of the gym all benches are full and some people are standing waiting left and right in the area. At the last corner of the gym there is an empty area that most ladies are using for exercising with a bar. There is no mirror in this corner but the glass is reflecting as the outside is dark but noone is looking at them.

People have some interaction with each other. They ask questions and wait in line.

There is a group of 4 guys working out in the same area and they cheer each other up loudly.

The one working out making some noise and the rest shouting.

The gym is very noisy. TVs are showing sports news but no one seems to watch it.

Even Though gym is very crowded and people are in line, everyone seems very relaxed and unbothered. There is a man with a notebook and a book . He works out alone but from time to time goes to a group of people and talks to them. He reads his book between his workouts and writes something in his notebook while sitting on the ground.

There is a lady watching a workout video and trying to do the same. She looked at the video and started the exercise and stopped and looked at the video again. I can see the video from youtube.

Water fountain in the gym is mostly free but in some moments there are some people in line to use it but the line passes so fast and it's all empty again.

All the fans are working but the temperature seems hotter than usual.

There is a group of people [[I have seen in past nights as well that seem very present in the gym.]]

The gym crew came to them and talked in their group for some time, they lagged and after some time everyone went back to their workout.

There is not much interaction between gym crew and members except when members enter the gym and the usual hello and greeting and taking the towel and at the end the great and leave the gym.

There are two ladies walking around the gym with gym crew and [[I assume it's a gym tour]] later he explains some workout and guide them into how to use some machines. he didn't leave their side and stayed till the end of workout. The number of crews is unusual. There are more gym crew present in the gym tonight.

MEMO:

On my final observation day, I noticed a distinct shift in the gym's atmosphere compared to previous visits. The energy was notably higher, with people interacting more, forming workout groups, and even cheering each other on, which created a noisier and livelier environment. This highlighted how certain groups create micro-environments within the gym, contrasting with the typically quieter, individual-focused workouts I had seen before. The presence of people using the space for varied activities, like the man with a notebook and the lady following a workout video, added a layer of diversity to how the gym is used. The heightened activity levels, paired with a noticeable increase in gym crew presence, made the space feel more structured yet social. This made me think about how group dynamics, staff involvement, and specific types of workout activities shape the overall gym experience.

Moving forward, if I were to continue these observations, I would focus on deeper comparisons between peak and non-peak hours to see how the different levels of gym attendance influence these group dynamics and interactions. I would also aim to follow up on the role of the gym crew in maintaining the order and flow during busier hours, especially their interactions with both regulars and newcomers, as demonstrated by the gym tour. Additionally, I'd explore how these patterns of behavior shift depending on the size and familiarity of groups, to understand how comfort or routine influences how people engage with both the space and one another. This final visit raised new questions about how structured guidance (like the gym tour) impacts user engagement and if that differs for experienced versus new gym-goers.