

IFT 6570
Field notes

Oct 7
Cepsum, university gym

After entering from the entrance there is a long long staircase which brings us up to the first floor which contains the information cube and the student card reader. After scanning the student tID we can enter the gym premise.

First thing I can see is the locker rooms , everywhere I look there is a water fountain. The gym is very quiet and calm. I can hear the ball noises and shoe noises from the people playing table tennis on the lowest floor.

All the table tennis tables(3) are full and I can see the squash rooms are mostly full (4/6).

There are not many people on the first floor but as I come down the interior staircase I can see a class of Judo has finished and 20 people come out of the room heading to the locker room.

Some are in pairs and some are individual. All have sweaty, red faces, and seem very tired.

One floor down there is the setting area for squash rooms.

I pass the long long hallway and reach the gym. I passed another water fountain in the hallway.

I have to scan my card again to enter the gym salon.

At the left of the card scanner there is the information center with 2 men sitting in it.

At the right of me I can see a room divided by glass. The room is empty.

There is some music playing in the gym.

Entering the gym there is fake grass and people are stretching while using the matts. Parallel to it ,there are 3 lines of cycles.

All around the gym there are treadmills. Then there are the weight lifting racks and weights and benches. All over the gym is a mirror.

Gym is very crowded. Most machines and racks are full.

Most people are individuals but I can see some groups of 3 and some couples(2). One is working and the other is waiting patiently.

Even Though the gym is crowded, I can't hear much conversation noises.

Just the music and some machine (clicking) noises.

Between working out most people are on their phone or talking to their friend.

Most people have their own headphones and listen to music.

The number of men and women are not the same. There are just 6 girls in my sight but I can count over 30 men.

Even Though gym is very crowded, I never bumped into anyone.

Suddenly around me is more crowded around me and I can hear more chattings.

I can see a tv with hockey games going on. Noone is paying attention to it .

[[The air quality is good]]. Two fans are working in my sight, and 2 others are off.

The most used machines are weight lifting ones and most of the treadmills and cycles are unused.

The colors used here are just black and gray and some dark blue. People are wearing colorful outfits.

Gym got empty and less crowded over time. It's 9:58 P.M. and the gym closes at 11 P.M but suddenly the number of people is reduced.

It's much quieter. Just a lady on the treadmill and all the other ones are empty.

People do their exercise and put everything back in their places.

There are cleaning stations with cleanser spray and paper towels and garbage cans. Some people are using them to clean the machines after themselves or before their use.

Gym is mostly clean and in order. The free towels that you can pick at the entrance are being used and forgotten behind. They can be found under the seats or behind the machines. More people joined running on treadmills. 2 girls and 1 boy.

Between each 4 treadmills there are benches for setting. These benches are in use. People sitting on them and using their phones.

People are in the age of 20-30.

I can't see anything throughout the windows as the outside is dark, they just show insides reflections.

As I walk towards the end of the gym, containing leg training machines, the distribution of both genders becomes more balanced but in the middle of the gym I can see just two girls on treadmills and men using the weights and benches. [[I think more ladies uses treadmills and leg exercises machines.]]

The gym divides to two lines in the middle with two sided mirror panels everywhere I look there are mirrors.

The TV is showing some sportif advertisements. There are 4 TVs in the gym showing the same thing at the same time.

Most people are wearing NIKE airforce sneakers.

It's 10:26 and the gym is getting less and less crowded. 2 more ladies joined.

Gym crew in blue shirts and black pants walking around the gym and sorting out the pieces and collecting the towels which were left behind. It's 10:40 and the gym is very quiet and empty.

Music is still going on.

All the fans are off. Gym is quiet. 2 crews keep going around.

[[not much women come to gym at this time]]

MEMO:

During my observations at the gym, I noticed a striking contrast between how busy and populated different areas were at different times. While the gym itself became less crowded as the night progressed, it was interesting to see the high turnover in specific areas, such as the weightlifting racks and stretching zones, which remained in use even as people began to leave. The gender imbalance, particularly in the weightlifting area, stood out, as well as the predominance of individual workouts over group sessions. Despite the crowded environment, people managed to avoid physical interactions, which made me reflect on the spatial awareness and unspoken social etiquette present in shared spaces. The cleanliness and orderliness of the gym were also apparent, with cleaning stations being utilized by a majority of the gym-goers. This shows a sense of responsibility among the attendees, though the occasional forgotten towels point to minor lapses in attention.

For the next session, I intend to shift my focus towards different patterns of interactions, especially among smaller groups and couples, to explore how their dynamics differ from those

working out individually. I also plan to observe different time slots, perhaps during the gym's quieter hours or earlier in the day, to understand whether the behaviors and activities change with the number of people present. Lastly, I want to pay more attention to the specific usage of equipment, particularly less common machines like the cycles and stairmasters, to see how people rotate among different types of workouts and whether this differs between genders or fitness levels.