

# Choice Health & Fitness Center

## Grand Forks, N.D.

PHOTOS BY MARK SCHLANSER/APC ARCHITECTS ENGINEERS



**The low-pitch roof angles help the building blend into the surrounding residential neighborhood while still creating visual interest through various slopes and exterior materials.**

**Community rooms, a comfy lounge and tenant spaces provide residents with access to programs, services and a robust social environment.**

**C**hoice Health & Fitness Center is a first-of-its-kind facility in Grand Forks, integrating fitness, medical and behavioral health, nutrition, arts, recreation and research while allowing all residents an opportunity to participate.

The center's design creates a strong visual anchor for the neighborhood while honoring Grand Forks' history through such architectural forms as pitched roofs; simple slopes; a combination of masonry, metal panels and glass on

the exterior; and the use of earthy colors and warm tones on the interior.

The facility was paid for entirely through fundraising, donations and partnerships, which created a unique challenge that permeated every aspect of the project. All donors and partners became stakeholders in its successful outcome.

The Grand Forks Park District and the Altru Family YMCA developed a membership-sharing concept, while Altru Health System (a longtime

partner of the park district) organized and implemented a robust plan to provide on-site medical care that includes physical therapy, nutrition and dietitian services, sports medicine, genetic prevention services and aesthetic services.

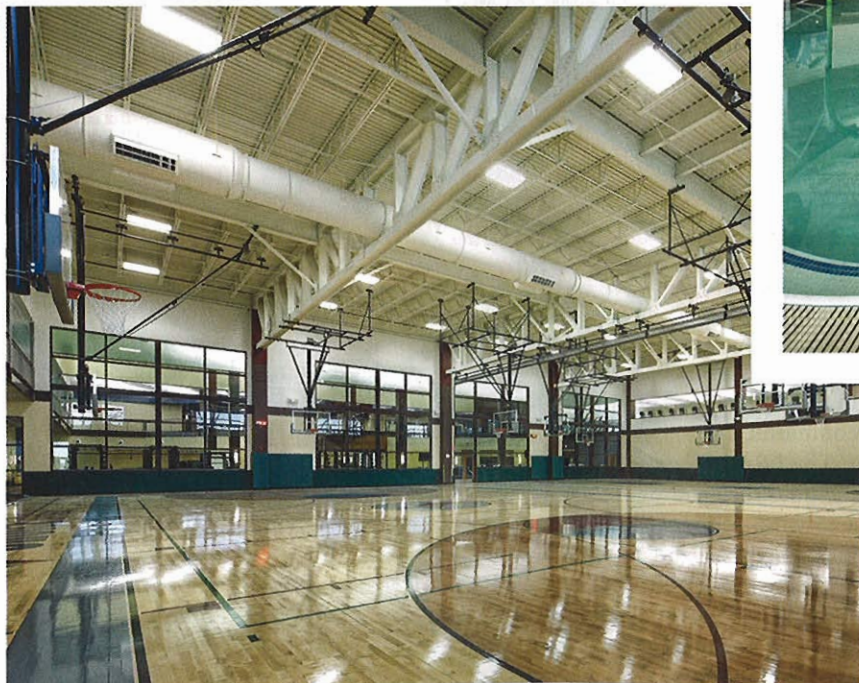
USDA-ARS Grand Forks Human Nutrition Research Center is one of six federally operated nutrition centers in the United States. The center houses its satellite laboratory, where the organization conducts obesity-related research.



The sweeping expanse of the atrium spine welcomes members and visitors with many exciting visual cues.



Pre-engineered metal panels and glass curtain walls allow visitors to peer into the aquatic park and other areas.



The design concept was developed around the necessity of organizing spaces for several key stakeholders in one large facility.

**ASSOCIATE ARCHITECT:**  
Ohlson Lavoie Collaborative  
Denver, Colo.

**ARCHITECT OF RECORD:**  
EAPC Architects Engineers  
Grand Forks, N.D.

**SQUARE FOOTAGE:** 160,000  
**COST:** \$23.4 million  
**OCCUPANCY:** September 2012