

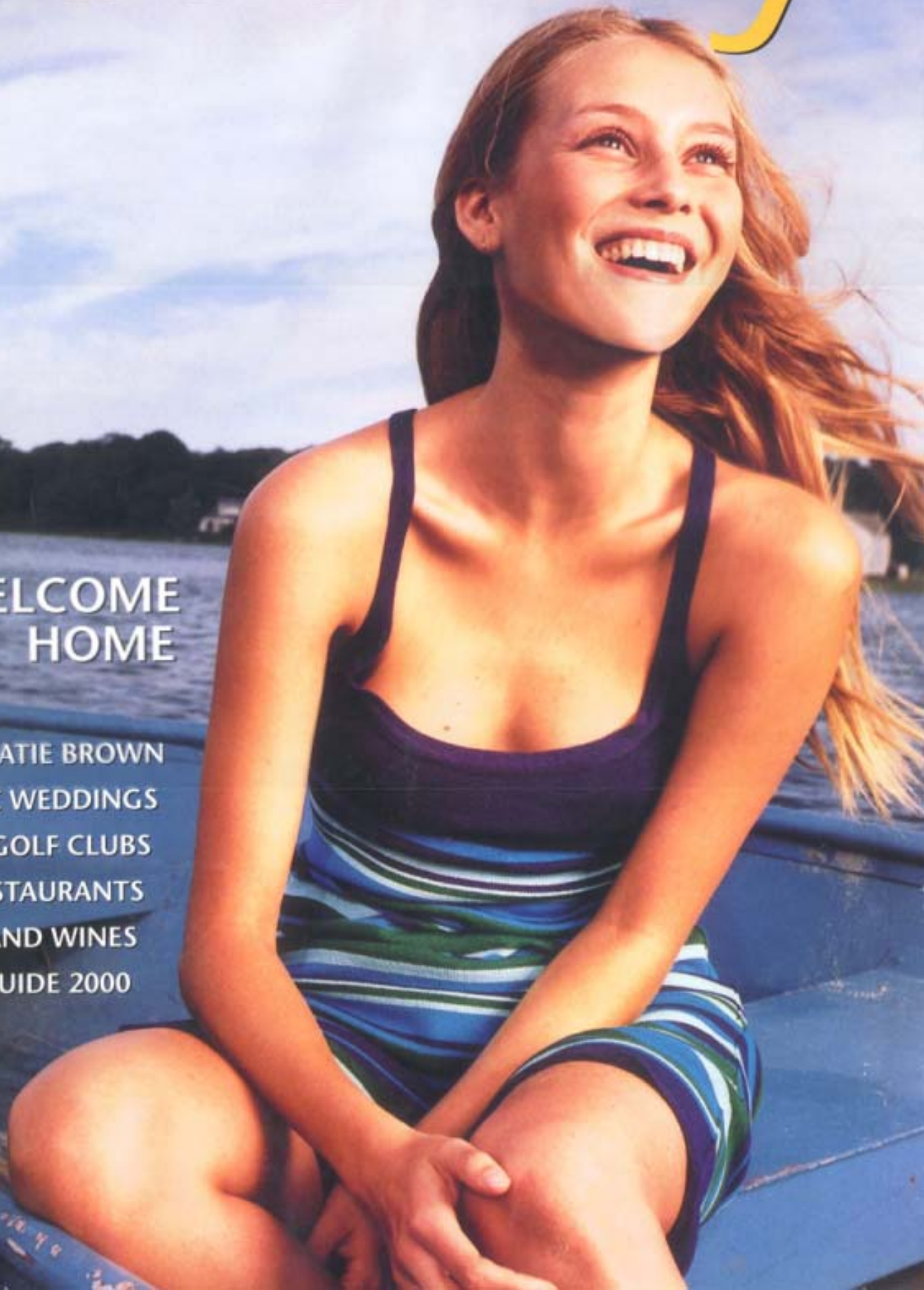
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HAMPTONS

# Country

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# Indoor Training

Why travel to a gym, wait for a machine, and then sweat with strangers if you don't have to? "Home fitness centers are now as common to a home as a den or living room," says builder Ben Krupinski. Krupinski prides himself on creating rooms equal to, if not superior to, leading sports clubs. And he tailors rooms to your specifications. "Many people work with their personal trainers in the selection of their machines," adds architect Frank Greenwald.

Added features like air ventilation systems and a rubber-based floors that are "beautiful, cushioned, and soft to the feel" distinguish an exercise room from a mere mat and dumbbells.

"It's in the details, from the wall-to-wall mirrors to sandstone leather rails," says Krupinski.

Sound from overhead satellite televisions or Bose sound systems is further enhanced with Krupinski's signature soundproofing. "It makes our homes more special in their sensitivity to noise."

Saunas and steam rooms are natural extensions for your home gym. According to Krupinski, these amendments are basically fabricated. For a sauna you will need the units before choosing the wood. Ash or redwoods are typical choices. For the true sports enthusiast, however, personal training goes beyond just fitness rooms. There are also putting ranges, indoor climbing walls, squash courts, "and don't forget bowling alleys," adds Krupinski.

## THE SOURCE

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