



## Watching the Kids While Working Out

Interior Designer Syntha Harris' clients had one main goal for their fitness room: They wanted a safe, private space where they could work out while also keeping an eye on their kids. The solution was a closed-off workout room in the basement adjacent to the children's playroom. A picture window between the two rooms meant Mom and Dad could work out without worrying what the kids were getting into.

Harris' other goal was to bring in as much light as possible. "Because many home gyms are located in the basement, they can have a closed in and dark feel," Harris says. "In addition to recessed lighting, we added large French doors with no panes that could potentially break the view to the outside."

Commercial grade rubber flooring from Eco Surfaces had the durability necessary to handle the heavy workout equipment, which included an elliptical machine, free weights, Nautilus system and BOSU balls.

**Cost:** \$20,000

**For more information:** [Storybook Rooms, Potomac, Md.](#)

*Photo courtesy of Syntha Harris*