

Case Study

# Spooky Nook Sports: Functional Training



## Details

Location: Manheim, PA

Products Installed:

Performance UltraTile® – approximately 1,200 SF

Performance Monster – approximately 2,560 SF

Performance Rally – 200-meter track

Bounce 2 – approximately 4,500 SF

## Project Needs

- Aesthetic
- Reliable
- Inexpensive

## Product Benefits

- Color & Style
- Durable
- Safety
- Ergonomics
- Acoustics

ecore™

Athletic



# Spooky Nook Leads the Industry with a Revolutionary Functional Training Space

Located in Manheim, Pa., Spooky Nook Sports is the largest indoor sports complex in North America. This 700,000-square-foot (SF) facility serves as a fitness space for locals and a training center for student, collegiate, and professional athletes. As such, the right surfacing was critical and Ecore flooring was specified throughout most of the facility.

“In the past, fitness facilities were focused on fitness alone, and the emphasis was on machines and how many they could cram into a space,” said Jim Launer, M.S. and Managing Director of Athletic Operations at Spooky Nook Sports. “There was also only a small focus on weights, and the floors were an afterthought. Typical fitness surfaces included carpet or thin rubber surfacing over concrete with the main benefit being that they were easy to clean. The focus is now on strength and conditioning – jumping, sprinting, throwing, and crawling.”

Recognizing the popularity of functional training, Spooky Nook converted six tennis courts into a fitness and training area for its members in December, 2015. This space features a performance track, turf field, turf

hill, basketball court, pickle ball courts, weight lifting area, sled lane, and Ninja Warrior course.

Spooky Nook’s functional training area is unique, because it features seamless surfaces with smooth transitions between spaces. Another distinctive feature is the performance track. “Ecore convinced Spooky Nook to install a track”, said Bo Barber, Vice President of Marketing and Business Development at Ecore. “Today, the track is one of the most used pieces of equipment. It’s the only 200-meter indoor track within 300-square-miles.”

Spooky Nook’s inlaid lifting platforms are also cutting edge. Featuring custom graphics, about 2,506 SF of Performance Monster was installed in the free weight and heavy weight training areas. Performance Monster is a 22.5mm system that creates a durable surface with firm footing; two attributes essential in strength training.

Another 1,200SF of Basic Fit Performance UltraTile® was installed in the machine training area. Performance UltraTile is a 2-foot by 2-foot by 1-inch performance rubber tile.

In addition to being functional and durable, aesthetics were also important to Spooky Nook. “How something looks is one of the most important things to consider when choosing surfacing, because not everyone understands functionality, but everyone understands design,” said Launer. “Ecore has a very sharp look and allows individuals to accomplish things from a performance standpoint as well.”

