

# Freedom Hall

## (Navy Physical Training Facility)

Freedom Hall is a \$31 million physical training facility that was completed August 2002 and is located at Great Lakes Recruit Training Center in North Chicago. Great Lakes Naval Recruit Training base is the largest military base in Illinois and is the only Navy recruit training base in the U.S. Navy.

Freedom Hall, is a 183,000-square-foot facility- almost twice the size of the largest commercial fitness centers. 1760 recruits (20 divisions), can use the center simultaneously. With an interior about the size of a football field, Freedom Hall design and success includes four six-lane, 1/8-mile running tracks to meet the critical need for the divisions timed runs. It is the Navy's largest fitness facility, and can operate 24 hours a day, 365 days a year and serve 55,000 recruits a year.

To camouflage the building's huge size and fit into its tight site, the building sunk the first floor of the building 10 feet below grade to lower the building's height and stacked the facilities in two stories, with a mezzanine "quarterdeck" entry area with lobby space and offices. Sophisticated structural modeling and anti-vibration systems enable the building to hold up to the massive live loads of 20 divisions of recruits running, jumping and exercising at once.

The three-level building features two floors of fitness space, each with 20-foot-high ceilings to accommodate gymnasium space for the six volleyball courts, two full basketball courts and 6 half-court basketball courts. Each level also include exercise areas with cardiovascular training equipment, weight-lifting areas and aerobics floor space.

To maintain the ambience of Great Lakes , Freedom Hall's exterior is sheathed in the same red brick seen throughout the training center, with clerestory windows and a peaked roof to further echo the traditional architecture. Approximately 145,000 bricks, 2,000 tons of structural steel and 7,000 cubic yards of concrete.

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A series of decorative louvers along the building disguise a network of intake vents to maximize the amount of fresh air brought into a interior where 2,000 people may be sweating at once.

Courtesy of

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Freedom Hall is the largest fitness and physical training facility constructed by the Navy to date. Its massive size was camouflaged by designing the first floor 10 feet below grade.

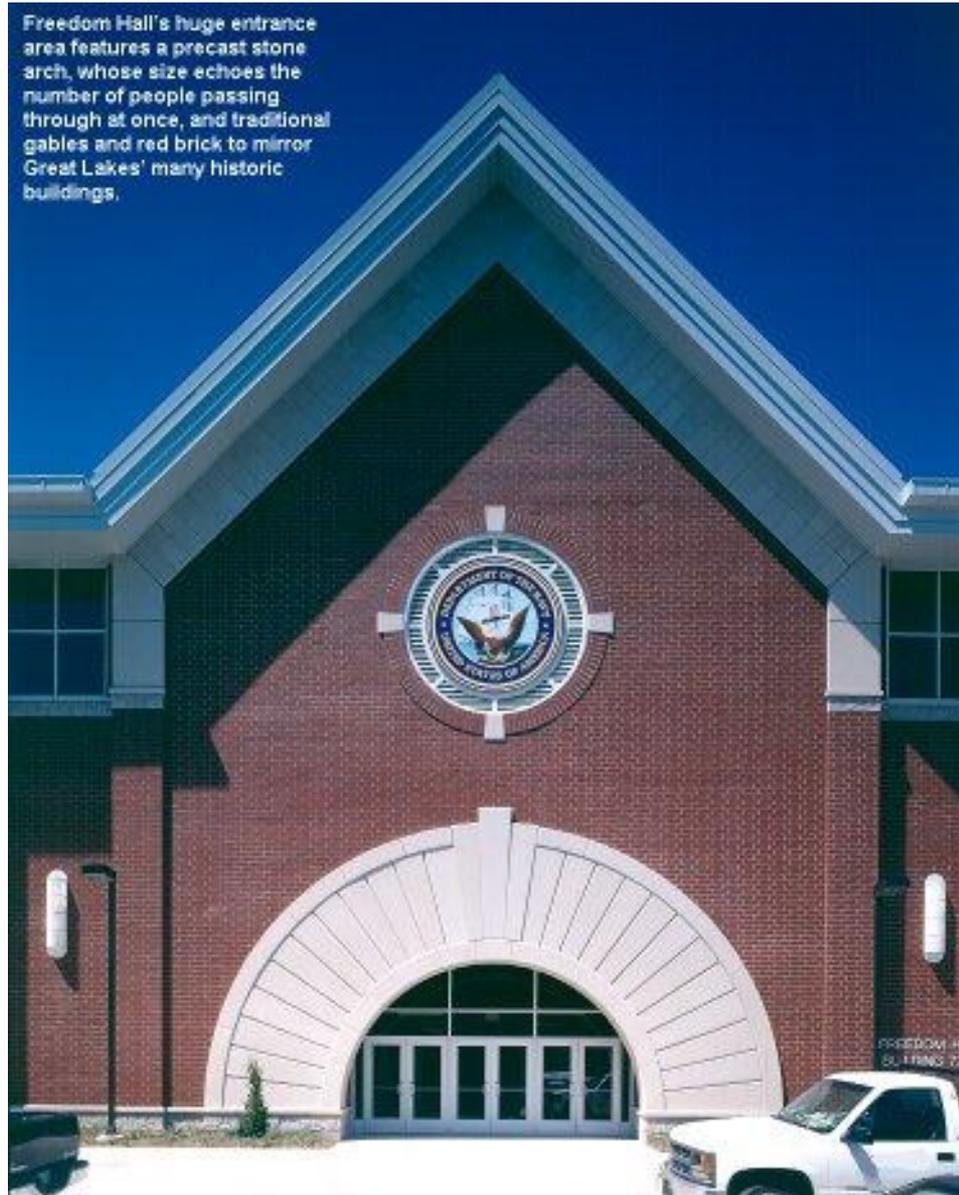


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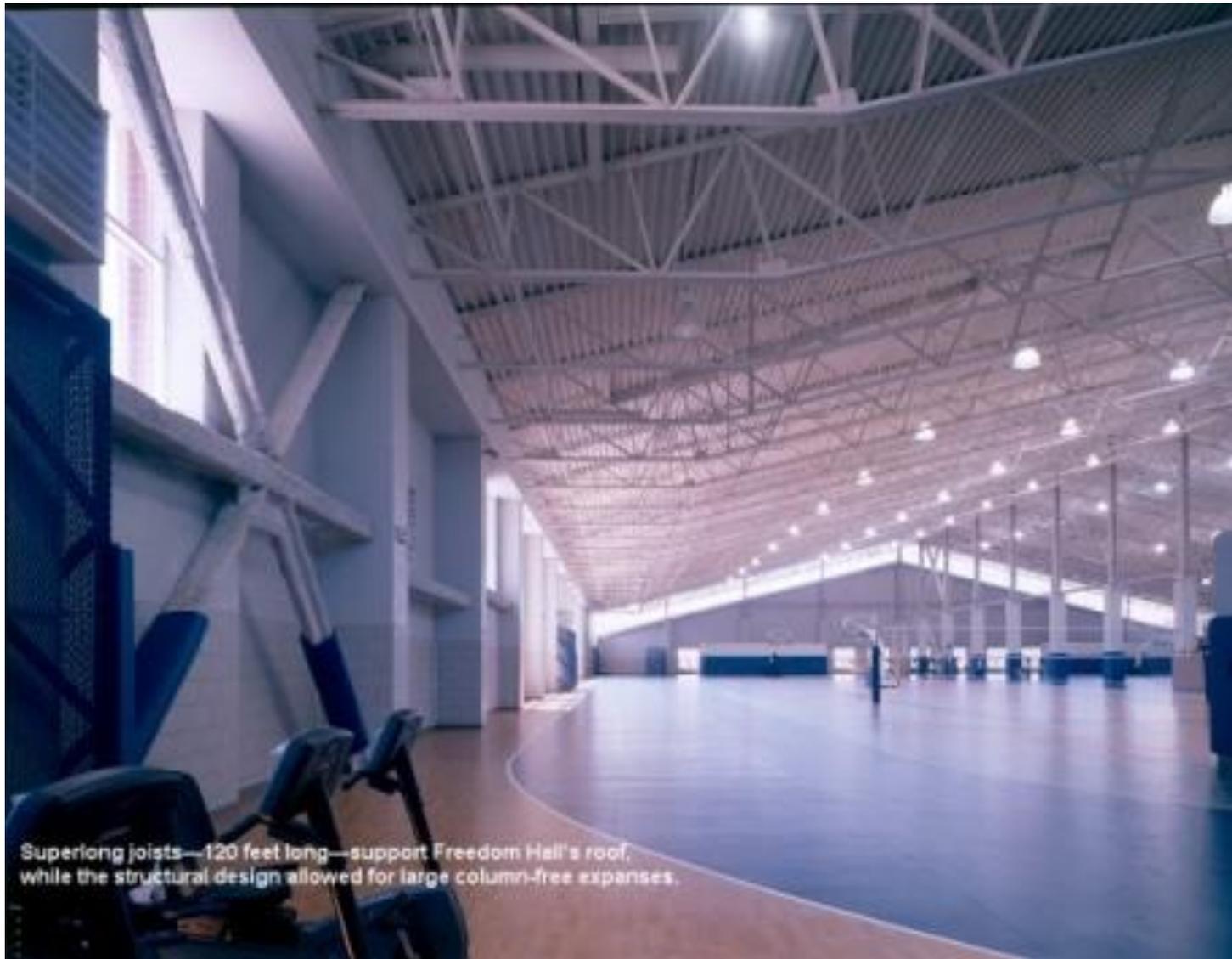
Freedom Hall's huge entrance area features a precast stone arch, whose size echoes the number of people passing through at once, and traditional gables and red brick to mirror Great Lakes' many historic buildings.



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Superlong joists—120 feet long—support Freedom Hall's roof, while the structural design allowed for large column-free expanses.

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The weight room includes a wide array of the latest circuit training equipment.