

ATTACHMENT 2

SECTION 6: Project Description

To:

The City of Lake Forest
100 Civic Center Dr.
Lake Forest, CA 92630

From:

Train-X Wellness Centers, LLC
Andrew Goldstein, DC
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Train-X Sports + Wellness is a membership only facility that allows each member access to preventative care and exercise plans facilitated through small group training. We would like to operate at 21088 Bake Parkway Unit 108 Lake Forest, CA 92630. Based on conversations with Associate Planner, Amanda Lauffer we are applying as an Instructional Studio and are conducting a parking study to confirm appropriate parking sufficiency. 21088 Bake is a 3,200 sq. ft. industrial/office unit in the Spectrum Center Business Park (BP – Business Park Zoning). We intend to break down the space use as follows: 2,547 sq. ft. for fitness/recovery (79.6%), 149 sq. ft. for restroom/showers (4.7%) and 504 sq. ft. for treatment rooms and reception (15.8%) (non-scale floor plan provided as Attachment A). Our intended uses for the space are fitness (small group training), recovery (stretching/flexibility) and an accessory use of chiropractic care. While we do intend to keep the majority of the unit as is our improvements will be turning the existing restrooms into unisex shower restrooms, creating a third private room from the existing office space for a body scanner, and adding a sand pit in the warehouse for athletic training purposes (10x7 ft).

At Train-X Sports + Wellness we aim to spread a healthier lifestyle allowing our members to live without restriction. We seek to provide a fun community atmosphere while still maintaining the personalized, hands on training and chiropractic care required to suit individual needs. Our business will benefit the surrounding community by helping our members feel balanced, physically and mentally, enabling them to give their community, job and family their best every day. The wellness component goes beyond traditional “gym” facilities empowering our members to fulfill their goals and in turn become better citizens of their communities.

As a membership only business, each member will be processed through an initial assessment to address their current health and future goals. From the initial assessment, each member will have a specific exercise regimen that will be carried out by our personal training staff. They will also have access to our recovery services which will include stretching plans, compression/ice therapies and access to our staff chiropractor(s) for adjustments as needed.

Train-X Sports + Wellness hours of operation will be 6:00AM – 7:00PM (M-T), 6AM – 4PM (F), and 7:00AM - 1:00PM (Sat). Classes will be small group training with a maximum of 8 members per class (average will be 4). All classes will be booked in advance using scheduling software through our receptionist; there will be no walk-in availability. We intend to have 5-6 employees: 2 Personal Trainers, 2 Doctors of Chiropractic and 1-2 Receptionist(s); expected staff on premises at the same time is 3 staff members.

We will not be using, manufacturing or generating any hazardous materials and/or waste.

Thank you for your consideration,

Andrew Goldstein, DC

Attachment A:

Sh/T = Shower/Toilet, Tx = Treatment Room. Also please note this is a rough sketch of the proposed unit. Architectural drawings submitted as well will provide exact details.

