



Village of
Glenwillow

Honoring the Past - Welcoming the Future

Special Planning Commission Meeting

August 31, 2016

6:00 p.m. Meeting

PRESENT: Gregg Bowen, Mayor Cegelka, Eric Johnson, Jerald Hoover, Anthony DeCarlo, Engineer Mike Henry, CBO Bob Rodic, Law Department Mark Marong

Gregg Bowen called a Public Meeting to order at 6:03 p.m. for the purpose to discuss the case of 7630 LLC, owner of the property at 7630 Bond Street on behalf of the tenant, who is requesting a conditional use permit to allow the occupancy and operation of a personal training and group fitness facility within a multi-tenant structure on their property. The property is zoned Limited Industrial District.

There were no comments and the Public Meeting Closed at 6:04 p.m.

NEW BUSINESS:

REQUEST FOR VARIANCE TO PERMIT A SECOND PROJECTION SIGN ON THE FRONT FACADE AT 29695 PETTIBONE ROAD:

Mark Marong stated; Chapter 1157.06(a) (2) of the new code outlines that only one projection sign per building facade. Earlier in August a request for a projection sign was approved on the front facade. The request this evening is for a second projection sign.

Bill Gartner, President of Empire Window Company was in attendance this evening. Bill stated; their occupancy consists of the entire unit and is not split between offices like some other units. There is only one entrance, located at the front of the building. Putting a sign on the rear of the building would do no good. The additional sign would be exactly as the present one there.

Bob Rodic stated; Farmer's Insurance, located next door, and has two signs that were adopted prior to the adoption of the new code. Mark Marong explained there are two types of variances, a use or area variance. Bill is requesting an area variance.

Motion by Eric Johnson seconded by Jerald Hoover to approve the second sign based on the sign approval from the earlier ARB meeting and have found that a practical difficulty exists pursuant to 1119.08 (b)(2).

Yeas— Bowen, Cegelka, DeCarlo, Hoover, Johnson

Nays—None

5 yeas – 0 nays

Motion carried

REQUEST FOR A CONDITIONAL USE CERTIFICATE TO ALLOW OCCUPANCY AND OPERATION OF A PERSONAL TRAINING GROUP FITNESS FACILITY IN A MULTI-TENANT STRUCTURE LOCATED AT 7368 BOND STREET:

Ross Staadecker and Brenda O'Hara, owners/trainers of Iron-Oak Fitness were in attendance. Ross stated; personal training times run on clientele's schedules, Sunday through Thursday. There will also be group classes as well, Monday through Wednesday and Fridays and Saturdays. Eric Johnson asked if group classes are unlimited and wanted to know when those classes are scheduled due to the past, when Cross Fit Nexus occupied the space, group classes got a little loud during the day. Mark Marong stated; section 1117.11 of the code allows for similar uses. He asked for the Board to analyze operations,

parking, noise, hours, etc. to determine that the use will be similar in character as to what is going on the street before approval. Section 1117.10 of the code talks about harmonious character. Mayor Cegelka stated the previous tenant had the same type of business and there were no issues. Bob Rodic stated; Ross submitted written documentation of hours and use and the owner of the property submitted written documentation with information on parking. Bob inspected the space for Building Code and found it satisfactory along with the Oakwood Fire Department. Anthony DeCarlo asked if the adjacent business will have any issues with outdoor fitness equipment that will be used. Laurie Hoover stated; she has talked with the adjacent tenants and nobody has a problem with it. She also stated; there are not very many businesses open on Bond Street on the weekends. In the past when Cross Fit was occupying the space, they would occasionally hold competitions and there would be an excess of cars. As long as the Police Department was notified, cars could be parked in the street. The previous tenant also ran relays down the street on the weekends when traffic was minimal. She asked to consider these circumstances.

Motion by Eric Johnson seconded by Anthony DeCarlo for approval of a Conditional Use Certificate to allow occupancy and operation of a personal training group fitness facility in a multi-tenant structure located at 7368 Bond Street.

Yeas— Bowen, Cegelka, DeCarlo, Johnson

Nays—None

4 yeas – 0 nays

1- abstain- Hoover

Motion carried

Ross requested permission to put up temporary banners at intersections for just a few weeks. Mayor Cegelka suggested he call the Chief Building Official before he does so.

There being no further business to come before the Planning Commission, motion by Eric Johnson seconded by Jerald Hoover to adjourn the meeting. Vote on the motion to adjourn was all yeas and no nays.

The meeting was adjourned at 6:25 p.m.



Planning Commission



Clerk of Council-Lori A. Pepera

Iron-Oak Fitness

What will group training consist of?

The coaches at Iron-Oak have a diverse background in training methods and sports. We believe that the combination of strength training (not getting “huge”), in addition to metabolic conditioning (i.e. cardiovascular exercise through the means of gymnastic movements such as pull-ups, plyometric exercises like box jumps, and other compound movements, running/rowing, etc.), is the key to successful goals in both weight loss, lean muscle mass gains, and overall improvement through daily life. We also believe in constantly varied workouts. In other words, no workout (unless for tracking progress) will be repeated. It is through these types of workouts that anyone can become an athlete, as well as be able to perform daily activities better and recover from injuries faster. Additionally, we have the knowledge in training to be able to scale/modify any movement to accommodate ability levels and/or pre-existing injuries.

While CrossFit offers the same belief system, we differ in that CrossFit adheres only to particular movements. Iron-Oak believes there are many more “functional” exercises that can be incorporated to round out one’s fitness success.

Our programming:

As previously mentioned, we believe in constantly varied workouts. This keeps you having fun, the workouts interesting, and allows for peak performance. All classes will include a warm-up and end with mobility and/or stretching. In between the warm-up and cool-down, the days will vary. One day may offer a strength piece followed by something killer for 5-10 minutes. Another day may include no strength training at all and strictly focus on metabolic condition and muscular endurance in a workout that is a brutal 20-30 minutes long.

What are the hours for personal training? What is the style?

Our trainers have each established their own unique style and feel confident in creating a training routine for a variety of different goals. The hours for training are open-ended. It is up to the trainer and the client to determine training times. Essentially, this means that Iron-Oak will be open for business at any given time of the day or night.

Group Class times:

AM classes:

Mon, Tues, Wed, Fri: 6-7, 7-8, 8-9, 9-10

Sat: 7:30-8:30, 8:30-9:30, 9:30-10:30

PM classes:

Mon, Tues, Wed, Fri: 5:30-6:30, 6:30-7:30

Pricing:

Group Rates:

Unlimited Month-to-Month - \$150/mo.

Unlimited 6 Months - \$135/mo.

Unlimited 12 Months - \$120/mo.

10-Session Punch Card - \$100 (2-month expiration)

Drop-In Fee - \$15

Full-time Students, Law Enforcement, Armed Forces, and First Responders qualify for 15% discount

Saturday Special - \$5 drop-in for the 8:30-9:30am class

Personal Training: 30/60 minute sessions

	3-month contract		6-month contract
	30 / 60 min.		30 / 60 min.
<i>12 sessions</i>	<i>45 / 67.50</i>	<i>24 sessions</i>	<i>40 / 60</i>
<i>24 sessions</i>	<i>40 / 60</i>	<i>48 sessions</i>	<i>35 / 52.50</i>
<i>36 sessions</i>	<i>35 / 52.50</i>	<i>72 sessions</i>	<i>30 / 45</i>

SIGN IN
SHEET

PUBLIC HEARING

8/31/16

6:00 P.M.

	<u>Name</u>	<u>Address</u>	<u>Phone</u>
1)	Brenda O'Hara	10015 Windhammer Trl	Amesbury, OH 44001 (440) 668-0203
2)	Ross Staadecker	2414 Ashdale Dr. Twinsburg, OH	702-427-5993
3)	Hannie Hoover	28450 Pettibone	440-343-4957
4)	Gery Eisen	WARREN, OH	(513) 205-4175
5)			
6)			
7)			