

Project narrative - introduction of your project, what it is, and why this particular property and location of your project is important.

Welcome to FUEL Personal Training.

We are very excited about the opportunity to bring FUEL Personal Training to Portsmouth, NH.

We are a premier small group personal training facility that specializes in helping people over the age of 40 get started with their fitness routine, stick to it, and see amazing results so they can live their healthiest life. What we know is that starting and sticking to a fitness routine is incredibly hard. You have to think about what to do and how to do it. You have to motivate yourself to show up each week and do the work. It can be lonely, frustrating, and intimidating—especially at do-it-yourself gyms. This is why less than 30% of people use their home fitness equipment, and only 20% of do-it-yourself gym members actually use their membership.

Additionally, our demographic (40+) is wildly underserved when it comes to fitness. Large group fitness is for a younger crowd, as it's typically high-impact, doesn't provide the personalized coaching needed as you age to work around injuries, and do-it-yourself gyms are intimidating—you have to figure it out on your own. And home workouts are lonely and provide little to no support.

At FUEL, our mission is to create an environment that makes getting started—and sticking to your routine—easy. We do this through our fun, uplifting atmosphere that removes intimidation, personalized coaching that shows you exactly what to do and how to do it, and exercise modifications tailored to your fitness level and injury history. Working out in our small group setting also builds an amazing sense of community—making fitness fun and something you actually look forward to.

We can't think of a better town to bring FUEL to. Our current location is in Bedford, NH, and is thriving with an amazing community of people all working to live a longer, healthier, stronger life—and age well.

This project will take place at 145 Maplewood Ave in Portsmouth and will include the build-out of our facility.

145 Maplewood is a fantastic location for FUEL.

First, it's about our members. We want to provide them with the absolute best experience at FUEL. This includes providing them with the best in location, facility, and equipment. The new construction at 145 Maplewood is a perfect match for our aesthetic and the world-class product and experience we aim to provide. The square footage is perfect for our small groups and equipment, and the high ceilings and large windows allow the space to feel open, comfortable, and bright.

Our project will include:

- A bright, high-end look and feel
- Lobby and front desk area
- Apparel and supplement sales display
- LVP lobby flooring
- LED lighting throughout
- Ceiling fans
- TV screens for workout display
- Sonos sound system
- Drywall and paint (matching our black, white, and grey aesthetic)
- Storage room
- Rubber flooring and turf in the gym area
- Fitness equipment

The location is easy to get to for members and offers plenty of street parking and nearby garage parking.

We are so excited to bring FUEL to Portsmouth, NH.

1. 10.232.21 – Conformance with Ordinance Standards

The proposed use as a boutique fitness facility aligns with the intent and general purpose of the Zoning Ordinance. Although fitness facilities over 2000 gross sf are not explicitly permitted in this zone, granting a special exception for this use is consistent with prior approvals for similar uses in the area. The business operates by appointment and in scheduled class blocks, limiting occupancy and ensuring compatibility with surrounding commercial uses.

2. 10.232.22 – No Hazard to Public or Adjacent Properties

The facility presents no hazard to the public or adjacent properties. There are no flammable or toxic materials used or stored on site. Equipment is limited to standard fitness gear, and the interior space is designed to meet all applicable life safety and fire protection codes.

3. 10.232.23 – No Detriment to Property Values or Change in Area Character

The business is operated in a clean, professional, and well-maintained multi-tenant commercial building. There is no exterior storage, and all activity takes place indoors. Noise is contained within the building, and no odor, dust, smoke, or other pollutants are produced. The scale and operation of the business are in harmony with existing commercial activity in the vicinity and will not detract from property values or alter the character of the area.

4. 10.232.24 – No Creation of a Traffic Hazard or Substantial Congestion

The facility schedules small-group classes and personal training by appointment, which regulates traffic flow throughout the day and avoids congestion. The site provides sufficient on-street parking and clear access for vehicles and pedestrians. No traffic safety hazards are anticipated as a result of this use.

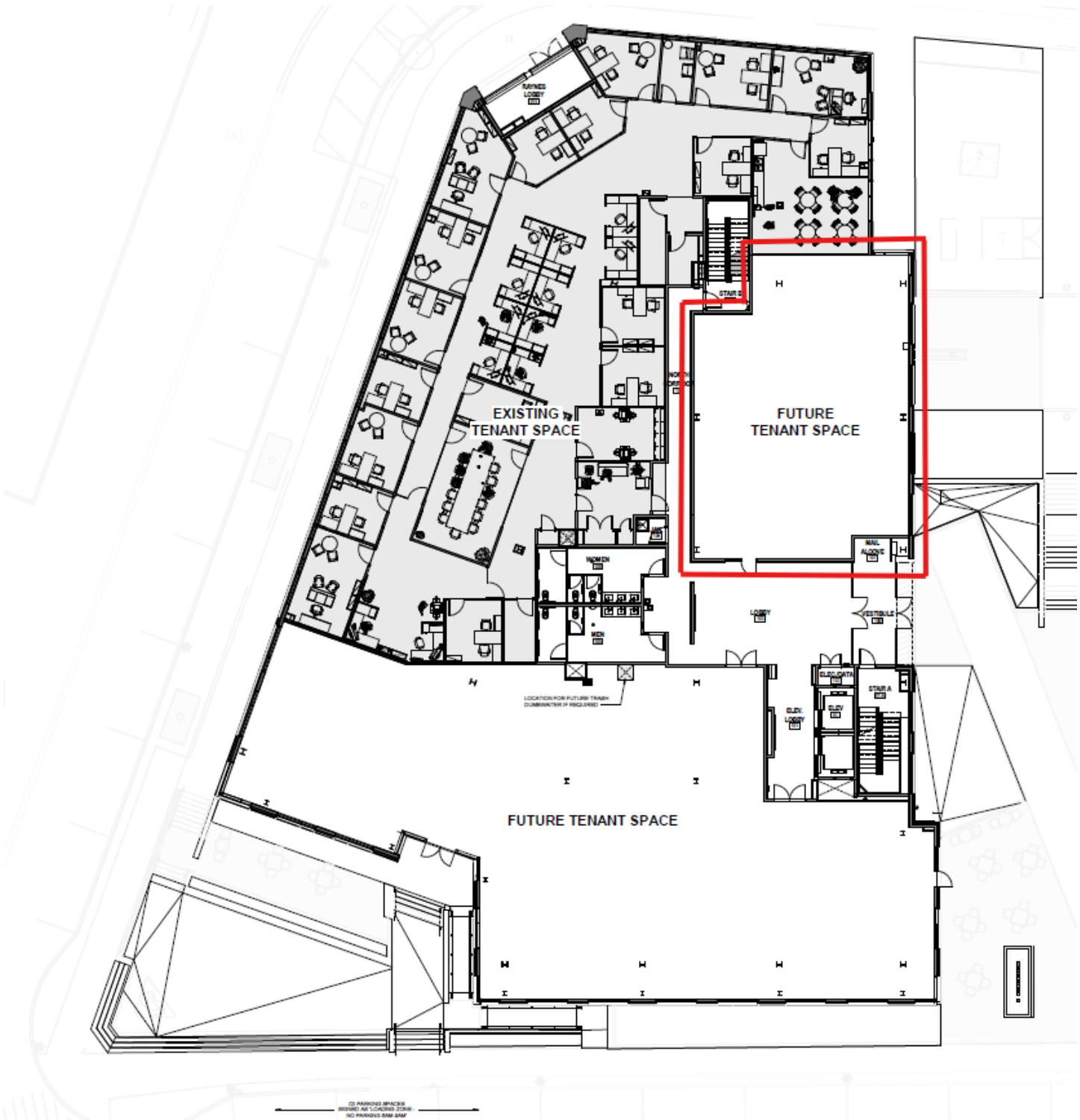
5. 10.232.25 – No Excessive Demand on Municipal Services

The use will not create excessive demand on municipal services. Water and sewer usage are minimal and comparable to other small businesses. The operation does not impact school enrollment or create significant need for police or fire services beyond typical commercial use.

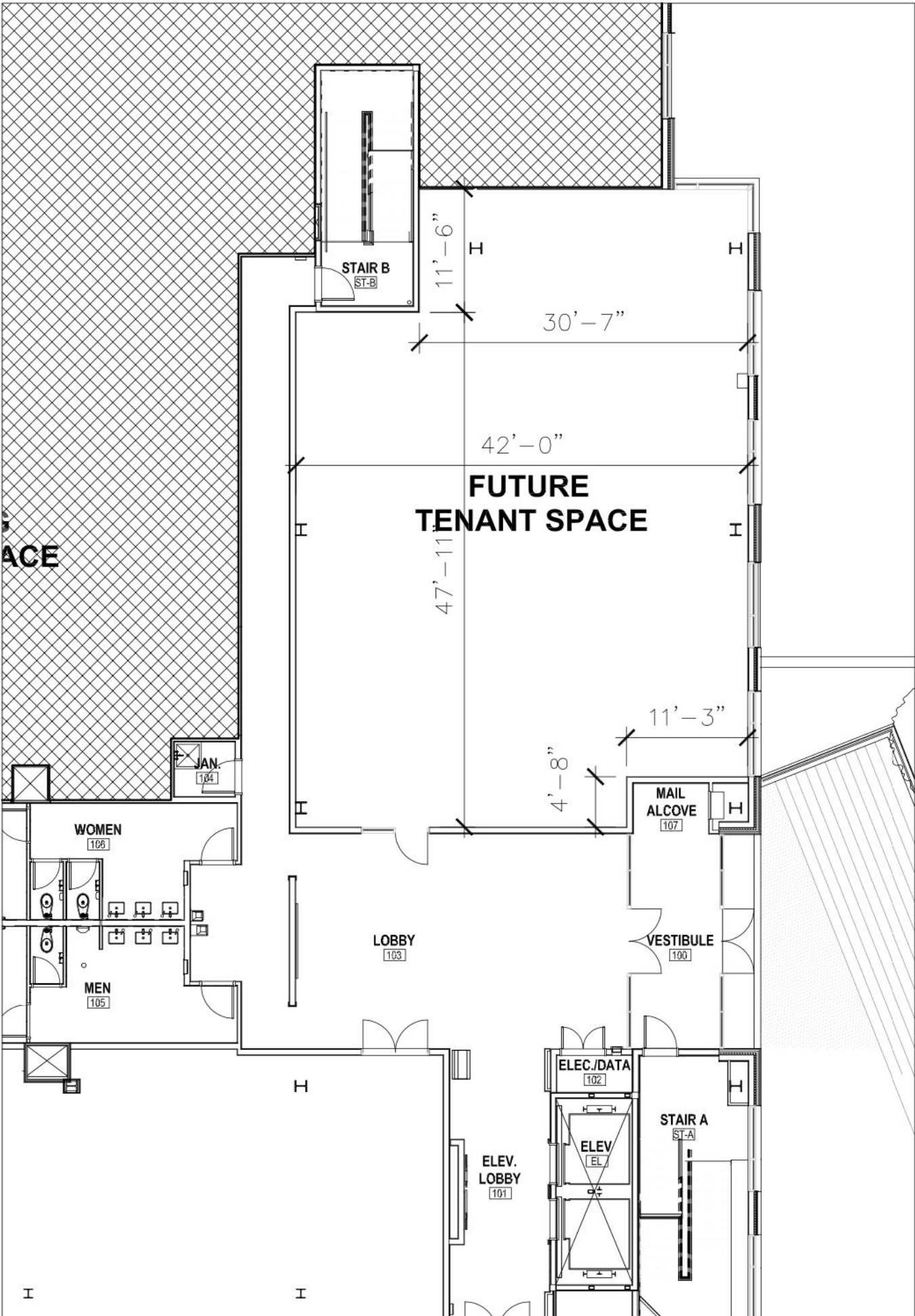
6. 10.232.26 – No Significant Increase in Stormwater Runoff

There are no proposed changes to the building footprint or impervious surfaces. Therefore, there will be no increase in stormwater runoff to adjacent properties or the public right-of-way.

145 Maplewood Ave Floor Plan



Floor Plan 2



FUEL Portsmouth Future Location Buildout



TORQUE[®]USA

Brandon Brambilla | Torque Fitness | Director of Key Accounts, Midwest

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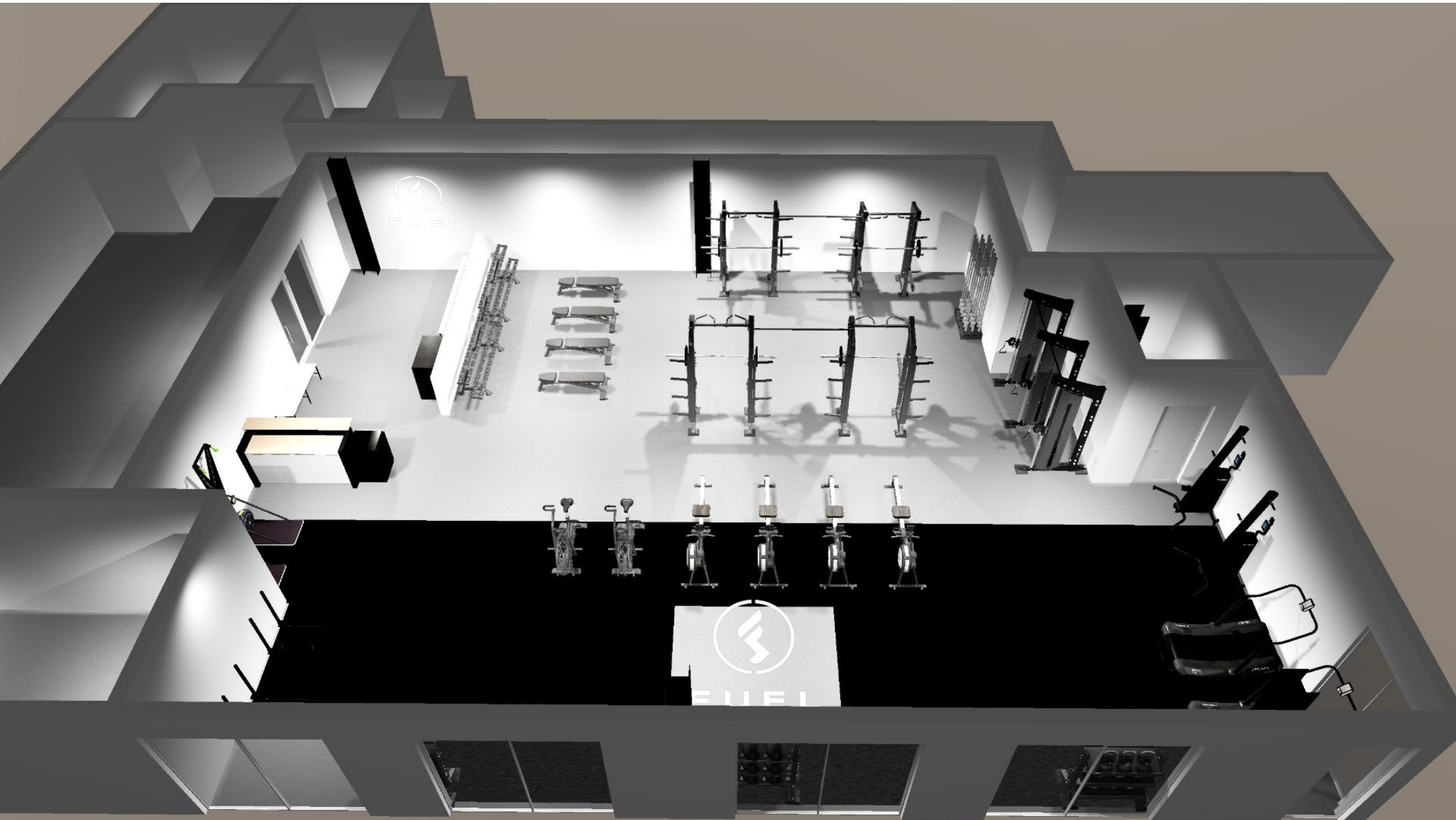
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Fuel – Layout Concept



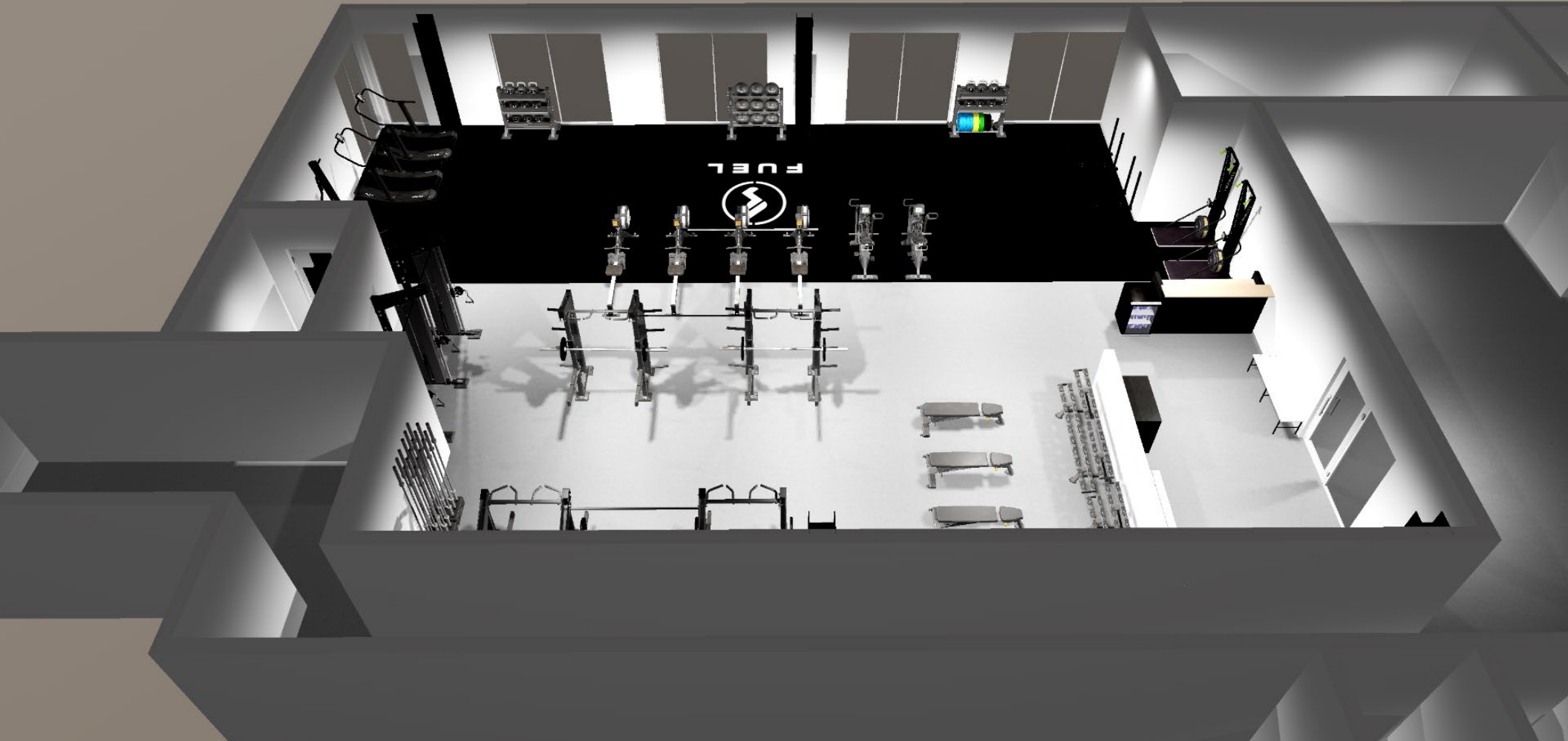
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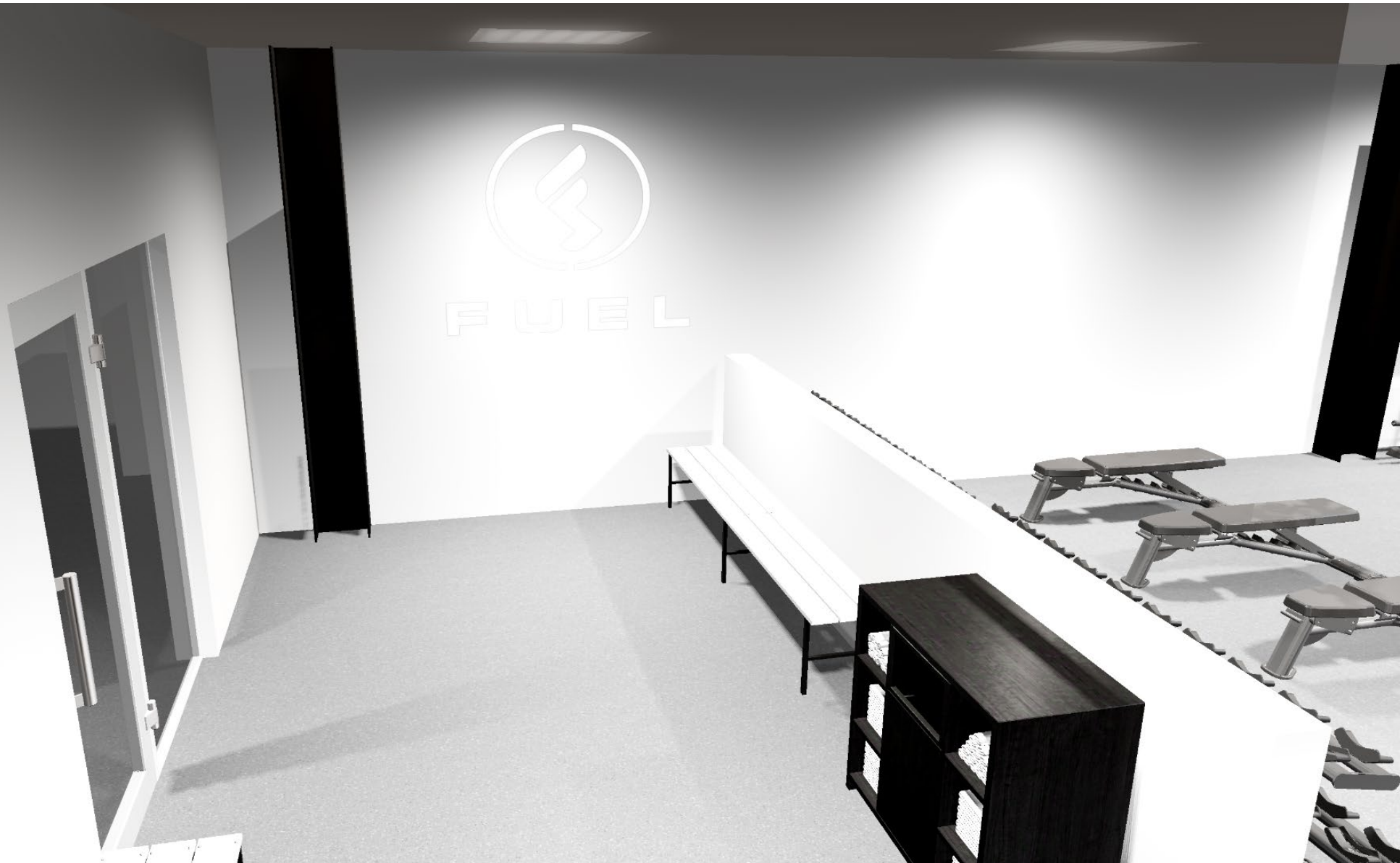
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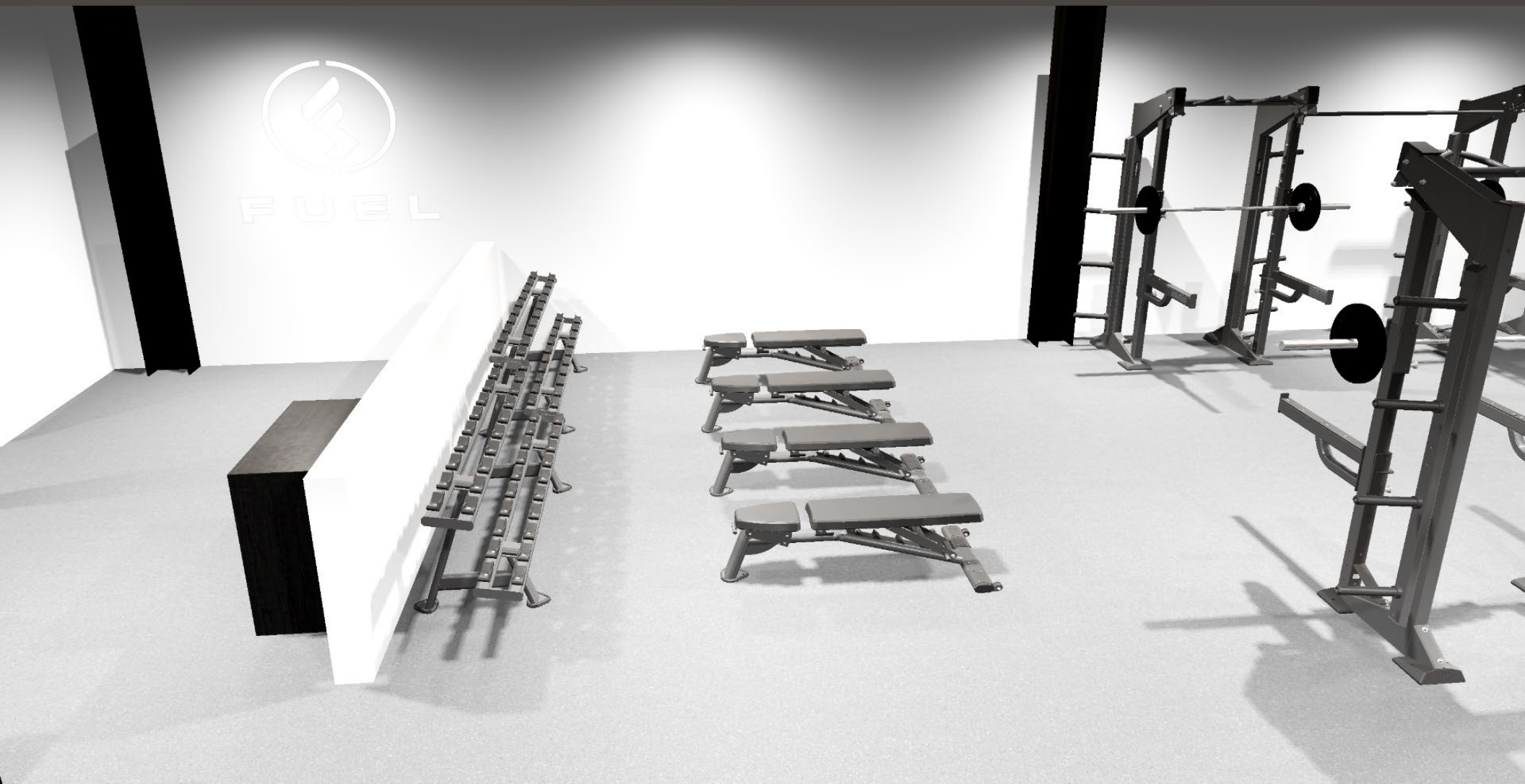
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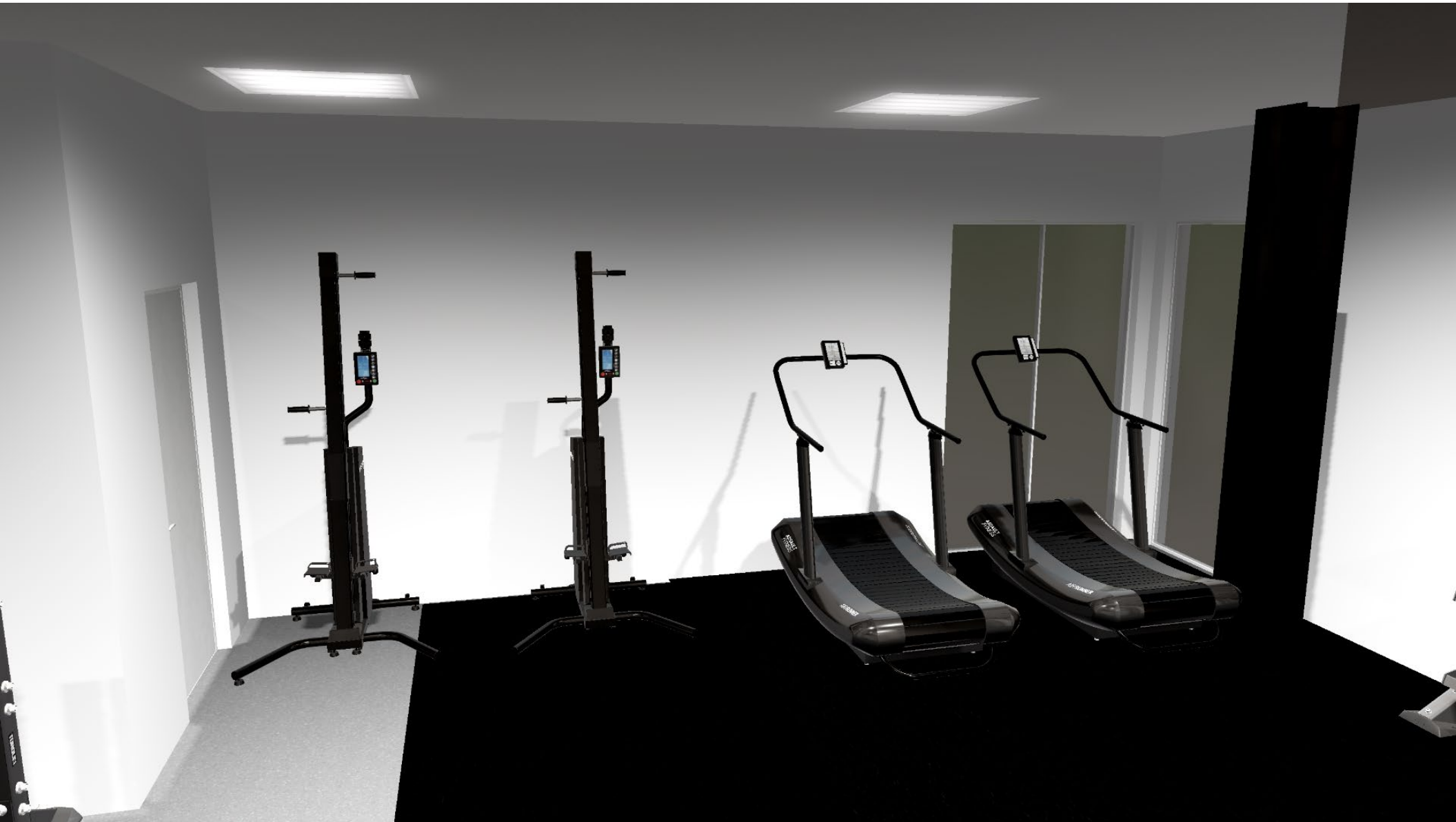
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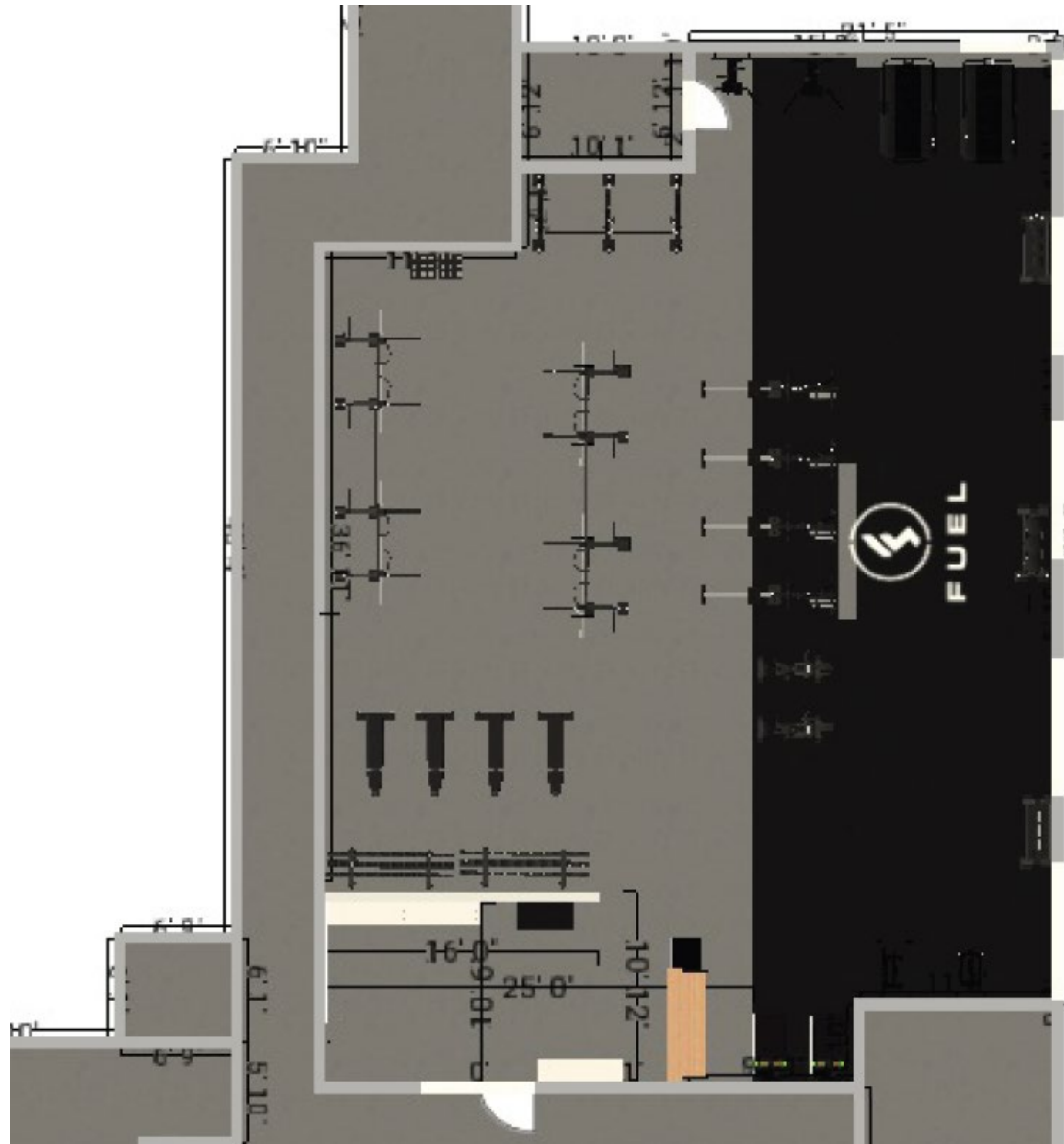
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ADDITIONAL TERMS OF SALE

Manufacturer **REQUIRES** that the following products be secured to the floor to stabilize and eliminate rocking or tipping over: any X-Create, X-Lab, X-Rack system, and any of the following systems any of the following systems if they will be used for body weight strap training – X-Siege, Half Cage, Power Cage, Arsenal, Armament, and any Multi-Station Jungles.

Current FUEL Location in Bedford, NH



