



March 11, 2025

To the City of Portsmouth – Planning Board:

We respectfully submit the following narrative to the Zoning Board of Portsmouth to address the Special Exception criteria for the proposed opening of a new health club (*dba 'Gym One'*) in the industrial zone located at 620 Peverly Hill Road, 1st Floor, Portsmouth, NH 03801.

Our vision is to provide the City of Portsmouth and surrounding communities with a health club that offers a modern, efficient, and clean space so that community members can fit exercise into their busy lives.

With this, we guarantee the following:.

Standard	Applicant Response
10.232.21 Standards as provided by this Ordinance for the particular use permitted by special exception;	Section 10.440, Use #4.42 is permitted in an industrial zone by Special Exception
10.232.22 No hazard to the public or adjacent property on account of potential fire, explosion or release of toxic materials;	The proposed use of the existing enclosed space as a health club poses no fire, explosion or toxic material release hazards to the public or adjacent property because that is not in the nature of the health club business. All necessary permits and inspections will be obtained to ensure compliance with the City of Portsmouth.
10.232.23 No detriment to property values in the vicinity or change in the essential characteristics of any area including residential neighborhoods or business and industrial districts on account of the location or scale of buildings and other structures, parking areas, accessways, odor, smoke, gas, dust, or other pollutant, noise, glare, heat, vibration, or unsightly outdoor storage of equipment, vehicles or other materials;	Gym One's proposed use of the existing enclosed interior space will not change the appearance of the physical, exterior building. The building currently has two similar health club offerings on the 2 nd floor (Portsmouth Akido, a martial arts dojo, and High Definition Fitness). The surrounding area has various retail locations, so a health club such as Gym One will fit well and compliment the area's characteristics. As a result, using the interior space as a health club will not pose a detriment to property values in the vicinity or change the essential characteristics of the area due to parking, smoke, other pollutants or unsightly outdoor storage.
10.232.24 No creation of a traffic safety hazard or a substantial increase in the level of traffic congestion in the vicinity;	With 60 parking spaces available at the site, there is sufficient parking for the current tenants as well as Gym One members. Also, the hours of operation for the current tenants at 620 Peverly Hill road and Gym One will have very limited overlap. Therefore, there will be no traffic safety hazards or substantial increases in the level of traffic congestion in the vicinity.



<p>10.232.25 No excessive demand on municipal services, including, but not limited to, water, sewer, waste disposal, police and fire protection and schools; and</p>	<p>Gym One will function similar to Akido and High Definition (other health clubs) currently existing in the building and will not create an excessive demand on municipal services.</p>
<p>10.232.26 No significant increase of stormwater runoff onto adjacent property or streets.</p>	<p>Gym One will not increase storm water runoff because it will not be changing the footprint of the existing exterior structure.</p>

Within the building’s history there have been several exceptions approved by the City of Portsmouth for health clubs:

- 2019 – High Definition Fitness LLC requested and was approved for exception and currently occupies space on the 2nd floor of the building
- 2019 – Rumble Tumble LLC, a kids' play gym requested and was approved for exception however, the business chose not to relocate to the space
- Pre-2019 – Akido Portsmouth, a martial arts health club was approved for exception and currently occupies space on the 2nd floor of the building

Please see additional details included in the following appendix pages providing amplifying information on the proposed opening of the new health club.

We sincerely appreciate your time taken to review this application and look forward to presenting the case to the board on April 15th, 2025.

Thank you,



Troy Collins (*dba Gym One*)

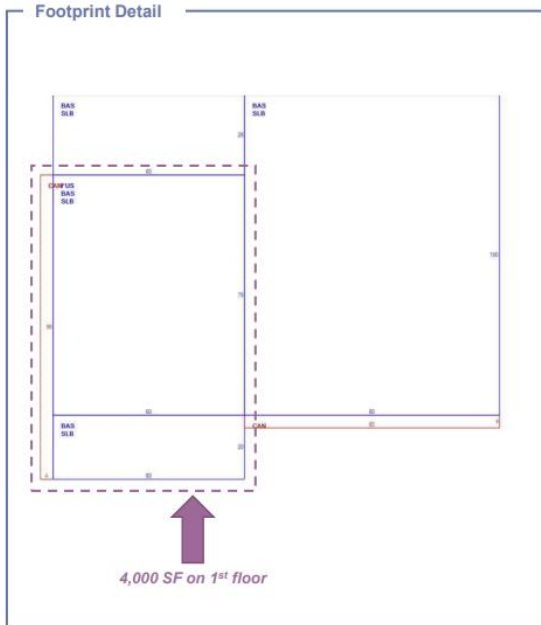


Appendix

Building Introduction – 620 Peverly Hill Road, Portsmouth NH

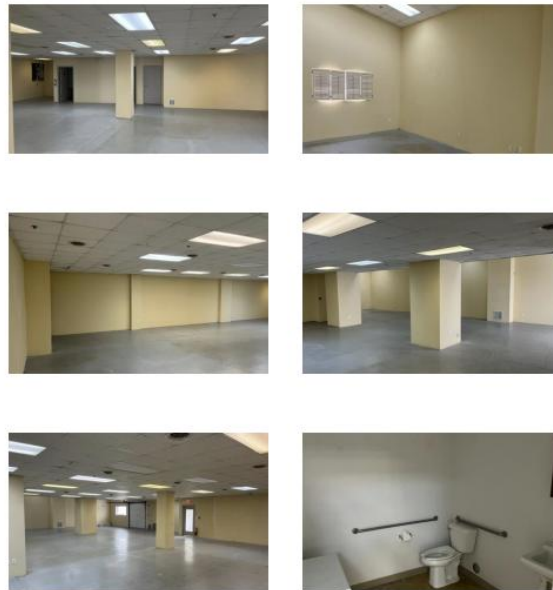
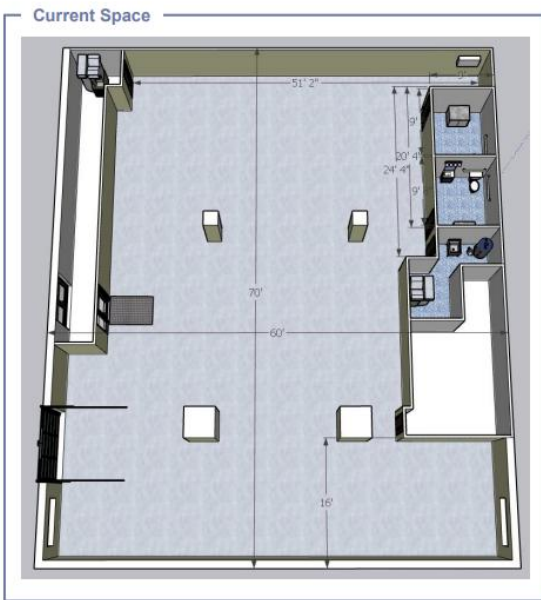
4,000 SF on the first floor of 620 Peverly Hill Road for a new health club

- Main building tenant is Johnson Paint (formerly A&M Paint) a local family business for +65 years
- Other building tenants (3) include Apria Healthcare (1st floor), and two health clubs on the 2nd floor, Portsmouth Aikido, a martial arts dojo, and High Definition Yoga. The building has 60 parking spaces and is zoned for Industrial activity



Existing Fit Up – 4,000 SF on the 1st Floor of 620 Peverly Hill Rd

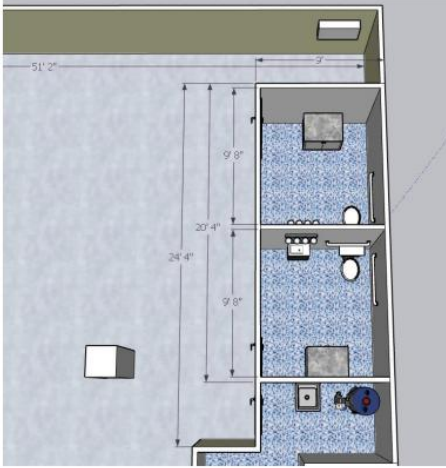
- Space has a sealed rubberized (grey / blue) coating over a poured concrete slab floor
- Two existing bathrooms in the back right of the space, with one ADA toilet, one sink and one small vanity cabinet in each
- Back wall partitions space with Apria Healthcare and right-facing walls partition the space with Johnson Paint
- The floor areas colored white (top left, and mid-right) are not included in the 4,000 SF space. These spaces house stair and elevator access to the two health clubs upstairs, Portsmouth Akido and High Definition Yoga



Shower Install – New 4,000 SF Health Club

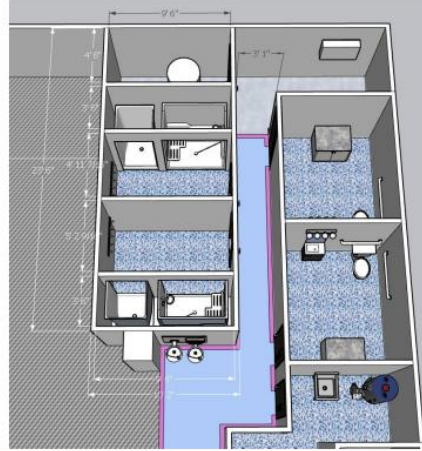
Existing Bathrooms

- Two existing ~9ft by ~10ft bathrooms are located in the back left area of the space. Each bathroom has one ADA toilet, one ADA sink, and one small vanity cabinet
- The combined existing bathrooms occupy a total of ~182 SF
- Below the bathrooms, there is an existing utility closet with one (of two) HVAC units, mop sink, and hot water heater
- The utility closet and existing bathrooms will not be modified, excluding the installation of a new hot water heater as the existing hot water heater is over 10 years old



Shower Installation

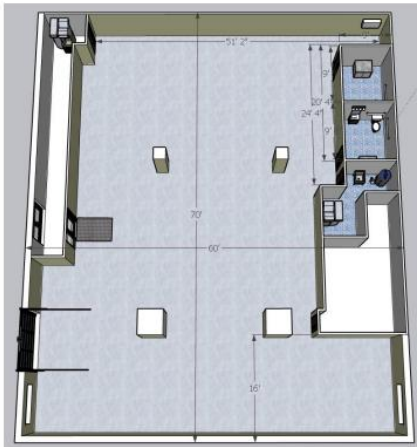
- All necessary permits and inspections will be obtained to ensure compliance with the City of Portsmouth
- Bob Hart of Hart Plumbing and Heating is contracted to perform all plumbing work, as he and his team has a long history of strong cooperation and with the City of Portsmouth and consistently produces a high quality and exemplary finished product
- Shower installation includes constructing a 10' by 24' area, forming a 37" hallway along the existing bathrooms. The 10' by 24' area would house a small closet for a pump, with the remainder of the area holding two separate shower spaces
- Existing ADA unisex bathrooms are left unmodified
- A water fountain will be installed for health club member use



Updated Flooring – New 4,000 SF Health Club

Existing Flooring

- Space has a sealed rubberized (grey / blue) coating over a poured concrete slab floor
- Two existing bathrooms in the back (right) of the space
- The floor areas colored white (top left, and mid-right) are not included in the 4,000 SF space. These spaces house stair and elevator access to the two health clubs upstairs, Portsmouth Akido and High Definition Yoga

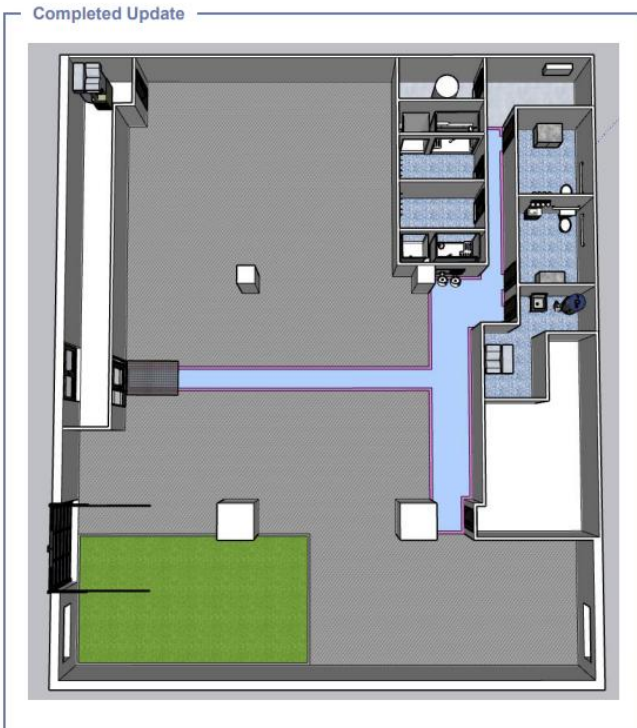


Updated Flooring

- All necessary permits and inspections will be obtained to ensure compliance with the City of Portsmouth
- The update flooring consists of installing 1/2" rubberized flooring over the existing finished concrete for exercise spaces, a small indoor turf area (bottom left corner), and refinished / updated weatherized coating over member walkways leading from the health club entrance toward the bathroom areas and emergency exit



Finished Health Club – *New 4,000 SF Health Club*



Furniture & Fixture Summary

Health club includes:

Main entrance

- Keyless entry, floor mats, clean towels
- Main entrance and exit will be door on the left side of the building, which opens out to the rear parking area
- Emergency egress on the right side of building
- 24 / 7 monitoring

Member Bathroom Area

- Two unisex ADA compliant bathrooms (unchanged from current building fit up)
- Two shower / changing areas with ADA compliant shower
- New water heater
- Water fountain

Exercise Area

- Small indoor turf area for body weight exercises