

Docket Item #5  
SPECIAL USE PERMIT #2005-0002

Planning Commission Meeting  
March 1, 2005

**ISSUE:** Consideration of a request for a special use permit for the expansion of a personal fitness studio and a parking reduction.

**APPLICANT:** André Prue  
3PT Fitness Studio

**LOCATION:** 814 N. Saint Asaph Street

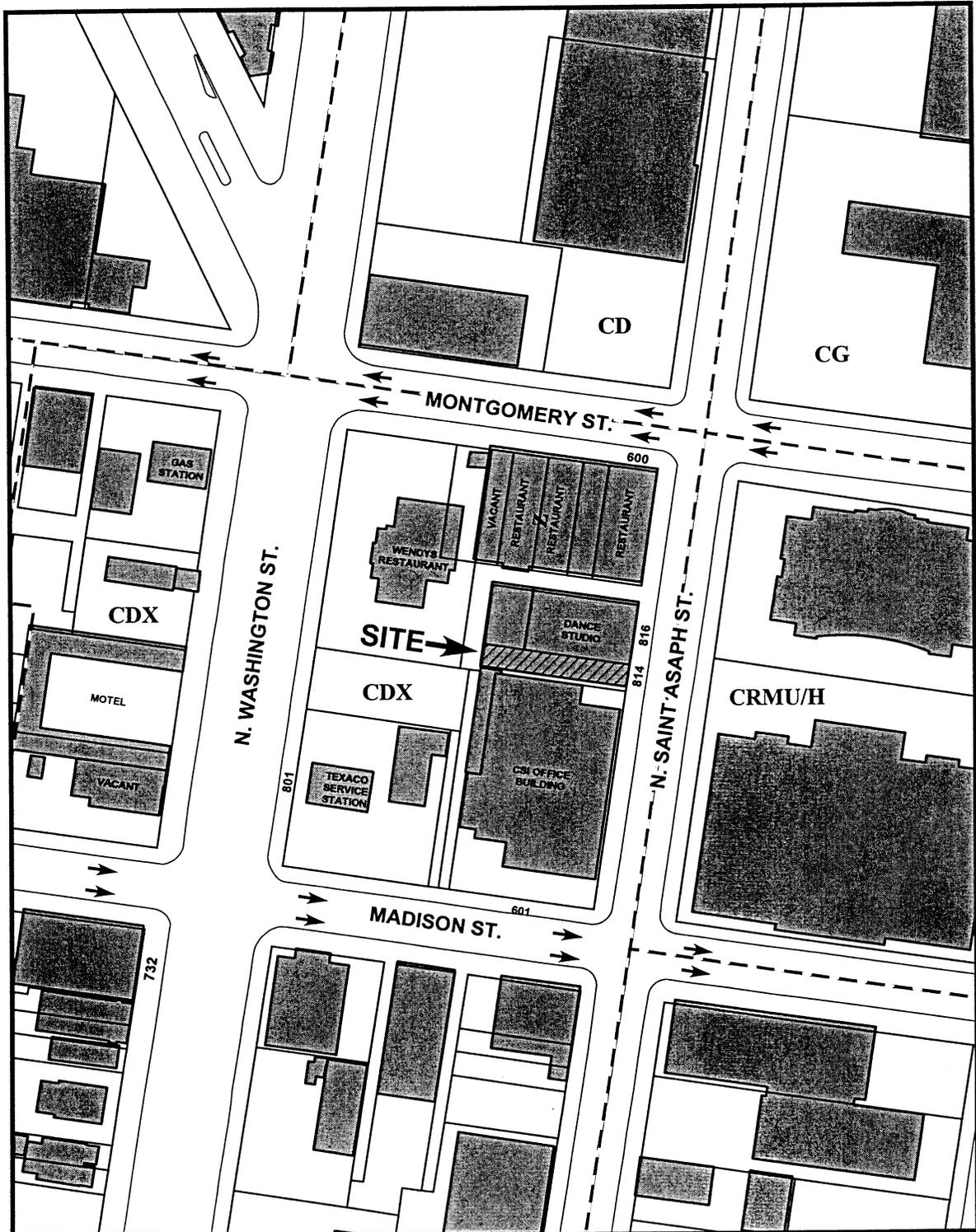
**ZONE:** CD-X/Commercial Downtown

---

**PLANNING COMMISSION ACTION, MARCH 1, 2005:** By unanimous consent, the Planning Commission recommended approval of the request, subject to compliance with all applicable codes, ordinances and staff recommendations.

Reason: The Planning Commission agreed with the staff analysis.

**STAFF RECOMMENDATION:** Staff recommends **approval** subject to compliance with all applicable codes and ordinances and the permit conditions found in Section III of this report.



**SUP #2005-0002**

**03/01/05**



## I. DISCUSSION

### REQUEST

The applicant, André Prue, requests special use permit approval for the expansion of a fitness studio and a parking reduction at 814 North Saint Asaph Street.

### SITE DESCRIPTION

The subject property is one lot of record with 21.6 feet of frontage on North Saint Asaph Street, 115 feet of depth and a total lot area of 2,482 square feet. The site is developed with a two story brick building. Access to the property is from North Saint Asaph Street.

To the north of the site is a dance studio, and immediately across N. St. Asaph Street to the east of the site is the Madison Place development which consists of an office building with ground floor personal service and retail uses, the Sheraton Suites Hotel, and underground parking. To the west of the site is the rear yard of the Wendy's restaurant which faces Washington Street. To the south is an office building. The second floor of the subject building is an orthodontist office.

### BACKGROUND

On September 13, 2003, City Council granted Special Use Permit #2003-0064 for the operation of a fitness studio and for a parking reduction at 816 N. St. Asaph. Subsequently, the applicant has relocated his fitness studio to 814 N. St. Asaph directly adjacent to the former location.

On January 13, 2005 staff visited the subject property to determine if the business was in compliance with the conditions of its special use permit and to inspect the new location. Staff found that the applicant had moved from his location at 816 N. St. Asaph to the new location at 814 N. St. Asaph prior to obtaining a Special Use Permit or a Certificate of Occupancy. On January 19, 2005, Code Enforcement notified the applicant that he could not operate his business at 814 N. St. Asaph without a valid Certificate of Occupancy and the applicant shut down the operation of his business. The applicant is aware that until he is granted a Special Use Permit and obtains a Certificate of Occupancy, he may not operate his fitness studio.

In meeting with Code Enforcement and the applicant, it was established that the applicant's business would need to be limited to five clients and two employees (including the applicant) at one time in order to continue operating as a Business Use Group at this location. A greater number of clients or employees would change the use to an Assembly Use Group, and substantial alterations to the building would be necessary to meet building code requirements. Although the applicant would like to expand his client base overall, he indicated that he will not increase the number of clients or employees that are present at this location at one time. If he feels it is necessary to have more clients training at one time, he indicated that he would find a more suitable location or make the required alterations.

PROPOSAL

The applicant proposes to operate a personal and small group training studio for up to five clients and two trainers at one time. The trainers and clients will use weight machines, free weights, exercise balls, mats, and cardiovascular equipment. Training may also include running, bicycling and stretch classes. A relaxation room is also proposed as a new service. A radio will be played at a low level and televisions will be provided with head phones.

Hours: The applicant proposes to be open Monday through Friday from 5 a.m. to 9 p.m., Saturday and Sunday from 7:00 a.m. to 7 p.m.

Parking: Pursuant to Section 8-200(A)(17) of the Zoning Ordinance, a minimum of one parking space for every 400 square feet of floor area is required for personal services. In this case, the floor area totals 2,400 square feet, for a parking requirement of six spaces.

No off-street parking is provided on-site. As a part of this SUP, the applicant has filed a request for a parking reduction to allow him to provide no off-street parking and indicates that he will provide monthly parking for employees who drive to work and will fully subsidize the cost of off-street parking for clients at the Sheraton Suites parking garage located directly across North Saint Asaph Street. The applicant had the same arrangement at his former location, and staff is not aware of any complaints regarding this arrangement.

Trash: Trash is expected to be light and include water bottles, food bar wrappers, and general paper products. The dumpster is located in the adjacent alley, and is picked up once a week.

ZONING/MASTER PLAN DESIGNATION

The subject property is located in the CD-X/Commercial Downtown zone. Section 4-603(S) of the Zoning Ordinance allows a health and athletic studio in the CD-X zone only with a special use permit.

The proposed use is consistent with the Old Town North Small Area Plan chapter of the Master Plan which designates the property for commercial downtown use.

## II. STAFF ANALYSIS

Staff supports the proposed personal training studio at 814 North St. Asaph Street. The proposed use is small with up to five clients and two employees (including the applicant) at one time. Staff supports limiting the use at this location to a maximum of two trainers and five clients at one time due to space and safety considerations. Staff does not anticipate that this use will have a significant impact on the already active area, which includes the dance studio, restaurants, a hotel, and offices.

Staff was concerned about potential parking impacts in the area because there is no on-site parking. However, the applicant proposes to subsidize parking for employees and clients at the garage at the Sheraton Suites Hotel, and staff has included this arrangement as a condition. To ensure that clients and employees utilize this parking, staff has also included a condition that this arrangement be posted in the studio for clients to see, and that the applicant provide to Planning staff the agreement with the Sheraton for off-street parking prior to occupancy. Staff recommends a one year review to ensure that this arrangement and all other conditions are complied with.

With these conditions, staff recommends approval of the special use permit.

## III. RECOMMENDED CONDITIONS

Staff recommends **approval** subject to compliance with all applicable codes and ordinances and the following conditions:

1. The special use permit shall be granted to the applicant only or to any corporation in which the applicant has a controlling interest. (P&Z)
2. The hours of operation of the studio shall be limited to 5:00 a.m. to 9:00 p.m. Monday through Friday and 7:00 a.m. to 7 p.m. Saturday and Sunday. (P&Z)
3. The applicant shall provide fully subsidized off-street parking for all clients and employees who drive to the studio. (P&Z)
4. The applicant shall provide information to its clients regarding its subsidy of off-street parking and shall post signs in the studio directing its clients to park at the Sheraton Suites Hotel garage. (P&Z) (T&ES)
5. The applicant shall provide a copy of the parking agreement with the Sheraton Suites Hotel for employees to the Department of Planning and Zoning prior to occupancy. The agreement must indicate the number of spaces provided and access hours. A renewal of this agreement must be submitted to the Department of Planning and Zoning annually. (T&ES) (P&Z)

6. All loudspeakers shall be prohibited from the exterior of the building and no amplified sound shall be audible at the property line. (T&ES)
7. Prior to opening for business, the applicant is to contact the Crime Prevention Unit of the Alexandria Police Department at 703-838-4520 regarding a security survey for the business and a robbery awareness program for all employees. (Police)
8. The applicant shall conduct employee training sessions on an ongoing basis, including as part of any employee orientation, to discuss all SUP provisions and requirements. (P&Z)
9. The Director of Planning and Zoning shall review the special use permit one year after approval and shall docket the matter for consideration by the Planning Commission and City Council if (a) there have been documented violations of the permit conditions, (b) the director has received a request from any person to docket the permit for review as a result of a complaint that rises to the level of a violation, or (c) the director has determined that there are problems with the operation of the use and that new or revised conditions are needed. (P&Z)
10. The number of clients and employees present at the business at one time shall be limited to five clients and two employees. If the applicant is present, only one other employee is allowed to be present. The maximum occupancy at one time is limited to seven persons. (P&Z) (Code Enforcement)

STAFF: Eileen Fogarty, Director, Department of Planning and Zoning;  
Richard Josephson, Deputy Director;  
Katrina Newtonson, Urban Planner.

---

Staff Note: In accordance with section 11-506(c) of the zoning ordinance, construction or operation shall be commenced and diligently and substantially pursued within 18 months of the date of granting of a special use permit by City Council or the special use permit shall become void.

#### IV. CITY DEPARTMENT COMMENTS

Legend: C - code requirement R - recommendation S - suggestion F - finding

##### Transportation & Environmental Services:

- C-1 The applicant shall comply with the City of Alexandria's Noise Control Code, Title 11, Chapter 5, which sets the maximum permissible noise level as measured at the property line.
- F-1 Although available on-street parking in the immediate area is limited the applicant is providing off-street parking, and T&ES believes the proposed use will primarily draw clients from neighboring residents and adjacent offices and will have a negligible impact. T&ES has no objections to the request for parking reduction.
- R-1 All loudspeakers shall be prohibited from the exterior of the building and no amplified sound shall be audible at the property line.
- R-2 Applicant shall inform customers of the provided off-street parking arrangement, and encourage use by its clients.
- R-3 Provide copy of the parking agreement to the Department of Planning and Zoning prior to occupancy. Agreement must indicate the number of spaces provided and access hours.

##### Code Enforcement:

- F-1 A revised applicant was submitted on 2/14/05. The applicant indicates occupancy will be limited to 2 staff members and 5 patrons for a maximum occupant load of 7. The applicant shall maintain a maximum occupant load of 7 persons to avoid conditions C-1 and C-2. Should the occupant load be found to exceed 7 persons at any time, the requirements of C-1 and C-2 will be in effect and the applicant shall comply fully with each condition and a modification to this SUP will be required.
- C-1 The current use is classified as B-Business; the proposed use is A-Assembly. Change of use, in whole or in part, will require a certificate of use and occupancy (USBC 119.4) and compliance with USBC 119.2. including but not limited to: limitations of exit travel distance, emergency and exit lighting, a manual fire alarm system, and accessibility for persons with disabilities.

- C-2 A fire prevention code permit is required for the proposed operation. An egress plan showing fixture location, aisles and exit doors shall be submitted for review with the permit application.
- C-3 Alterations to the existing structure and/or installation and/or altering of equipment therein requires a building permit. Five sets of plans, bearing the signature and seal of a design professional registered in the Commonwealth of Virginia, must accompany the written application. The plans must include all dimensions, construction alterations details, electrical, plumbing, and mechanical layouts and schematics.
- C-4 New construction must comply with the current edition of the Uniform Statewide Building Code (USBC).
- C-5 Alterations to the existing structure must comply with the current edition of the Uniform Statewide Building Code (USBC).
- C-6 Required exits, parking, and accessibility for persons with disabilities must be provided to the building.

Health Department:

- C-1 An Alexandria Health Department Permit is required for all regulated facilities (This includes health clubs).
- C-2 Permits are non-transferable.
- C-3 Five sets of plans must be submitted to and approved by this department prior to construction. Plans must comply with the Alexandria City Code, Title 11, Chapter 11, Swimming Pools, Administrative Regulation 20-6, Swimming Pools.
- C-4 Permits must be obtained prior to operation.

Police Department:

- R-1 The applicant is to contact the Crime Prevention Unit of the Alexandria Police Department at 703-838-4520 regarding a security survey for the business.
- R-2 The applicant is to contact the Crime Prevention Unit of the Alexandria Police Department at 703-838-4520 regarding a robbery awareness program for all employees.

APPLICATION for SPECIAL USE PERMIT # 2005-0002

[must use black ink or type]

PROPERTY LOCATION: 814 N. St. Asaph St.

TAX MAP REFERENCE: 54.04-03-08 ZONE: CDX

APPLICANT Name: André Prue

Address: 814 N. St. Asaph St Alexandria VA 22314

PROPERTY OWNER Name: PMA Properties

Address: 815 King St Alexandria VA 22314

PROPOSED USE: Personal Training Studio

**THE UNDERSIGNED** hereby applies for a Special Use Permit in accordance with the provisions of Article XI, Section 11-500 of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

**THE UNDERSIGNED**, having obtained permission from the property owner, hereby grants permission to the City of Alexandria to post placard notice on the property for which this application is requested, pursuant to Article XI, Section 11-301(B) of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

**THE UNDERSIGNED** hereby attests that all of the information herein provided and specifically including all surveys, drawings, etc., required to be furnished by the applicant are true, correct and accurate to the best of their knowledge and belief. The applicant is hereby notified that any written materials, drawings or illustrations submitted in support of this application and any specific oral representations made to the Planning Commission or City Council in the course of public hearings on this application will be binding on the applicant unless those materials or representations are clearly stated to be non-binding or illustrative of general plans and intentions, subject to substantial revision, pursuant to Article XI, Section 11-207(A)(10), of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

André Prue  
Print Name of Applicant or Agent

[Signature]  
Signature

8502 Bella Vista Terr,  
Mailing/Street Address

(301) 567-9052  
Telephone # Fax #

Ft. Washington MD 20744  
City and State Zip Code

12-9-04  
Date

**DO NOT WRITE BELOW THIS LINE - OFFICE USE ONLY**

Application Received: \_\_\_\_\_ Date & Fee Paid: \_\_\_\_\_ \$ \_\_\_\_\_

ACTION - PLANNING COMMISSION: \_\_\_\_\_

ACTION - CITY COUNCIL: \_\_\_\_\_

All applicants must complete this form. Supplemental forms are required for child care facilities, restaurants, automobile oriented uses and freestanding signs requiring special use permit approval.

1. The applicant is (check one)  the Owner  Contract Purchaser  
 Lessee or  Other: \_\_\_\_\_ of the subject property.

State the name, address and percent of ownership of any person or entity owning an interest in the applicant, unless the entity is a corporation or partnership in which case identify each owner of more than ten percent.

\_\_\_\_\_  
André Prue  
\_\_\_\_\_  
8502 Bella Vista Terr  
\_\_\_\_\_  
Ft. Washington MD  
\_\_\_\_\_  
20744

If property owner or applicant is being represented by an authorized agent such as an attorney, realtor, or other person for which there is some form of compensation, does this agent or the business in which the agent is employed have a business license to operate in the City of Alexandria, Virginia?

- Yes. Provide proof of current City business license
- No. The agent shall obtain a business license prior to filing application, if required by the City Code.
2. Submit a floor plan and a plot plan with parking layout of the proposed use. One copy of the plan is required for plans that are 8½" x 14" or smaller. Twenty-four copies are required for larger plans or if the plans cannot be easily reproduced. The planning director may waive requirements for plan submission upon receipt of a written request which adequately justifies a waiver. This requirement does not apply if a Site Plan Package is required.

# REVISED

Special Use Permit # 2005-0002

## NARRATIVE DESCRIPTION

3. The applicant shall describe below the nature of the request in detail so that the Planning Commission and City Council can understand the nature of the operation and the use, including such items as the nature of the activity, the number and type of patrons, the number of employees, the hours, how parking is to be provided for employees and patrons, and whether the use will generate any noise. (Attach additional sheets if necessary)

3PT - Personal Training Studio is requesting to move its facility to 814 N. St. Asaph St. 3PT hopes to attract 300 clients and maintain a steady flow of clients. 3PT will offer hours from 5:00am - 9:00pm Daily and Rental lockers; small Group Yoga & Pilates. Max persons in the studio @ one time is 7. There will be only 5 clients & 2 Trainers, free weights as well as cardio equipment w/ T.V.'s. A new service will be introduced by 3PT called the relaxation room. The room is a quite place to rest and get away from the days stressful situations. 1 person, 1/2 hour time slots on an inversion table or massage chair. There are two trainers with parking provided by the Sheraton Suites Hotel. ~~the~~ Trash is picked up Wed every week. Dumpster is located in rear of building. No noise from 3PT will be heard from outside the building. We plan to have music in rear of building and T.V.'s programmed w/ (Radio) head phones

# REVISED

Special Use Permit # 2005-0002

## USE CHARACTERISTICS

4. The proposed special use permit request is for: (check one)

- a new use requiring a special use permit,
- a development special use permit,
- an expansion or change to an existing use without a special use permit,
- expansion or change to an existing use with a special use permit,
- other. Please describe: \_\_\_\_\_

5. Please describe the capacity of the proposed use:

A. How many patrons, clients, pupils and other such users do you expect? Specify time period (i.e., day, hour, or shift).

We expect to see 2 trainers & 5 clients max.  
The ~~gym~~ Studio will be open from 5:00 am to 9:00 pm.

B. How many employees, staff and other personnel do you expect? Specify time period (i.e., day, hour, or shift).

There will be 2 trainers between the hours of  
5:00 am and 9:00 pm. Cleaning will be done after hours everyday.

6. Please describe the proposed hours and days of operation of the proposed use:

Day:

M-F  
Sat  
Sun  
\_\_\_\_\_  
\_\_\_\_\_

Hours:

5:00 am - 9:00 pm  
7:00 am - 7:00 pm  
7:00 am - 7:00 pm  
\_\_\_\_\_  
\_\_\_\_\_

7. Please describe any potential noise emanating from the proposed use:

A. Describe the noise levels anticipated from all mechanical equipment and patrons.

There will be a small Radio playing while  
instruction is being provided. Treadmill motor  
& clients laughter will be only other noise.

B. How will the noise from patrons be controlled?

Patron's workout inside the studio. There  
will be no noise that can be heard from  
side walk.

8. Describe any potential odors emanating from the proposed use and plans to control them:

No odors.

9. Please provide information regarding trash and litter generated by the use:

A. What type of trash and garbage will be generated by the use?

There will be about 20 gallons of trash a week.  
Trash will consist drink cups & paper products.

B. How much trash and garbage will be generated by the use?

There will be 20 gallons a week

C. How often will trash be collected?

Trash is collected 1 time per week. There is  
a dumpster in the rear of the building.

D. How will you prevent littering on the property, streets and nearby properties?

Trash cans will be provided by doors.

10. Will any hazardous materials, as defined by the state or federal government, be handled, stored, or generated on the property?

Yes.  No.

If yes, provide the name, monthly quantity, and specific disposal method below:

---

---

---

11. Will any organic compounds, for example paint, ink, lacquer thinner, or cleaning or degreasing solvent, be handled, stored, or generated on the property?

Yes.  No.

If yes, provide the name, monthly quantity, and specific disposal method below:

---

---

---

12. What methods are proposed to ensure the safety of residents, employees and patrons?

Building will be well lighted. Snow removal is provided  
by PMA properties. Exit signs and fire detectors  
will be maintained at all times.

#### ALCOHOL SALES

13. Will the proposed use include the sale of beer, wine, or mixed drinks?

Yes.  No.

If yes, describe alcohol sales below, including if the ABC license will include on-premises and/or off-premises sales. Existing uses must describe their existing alcohol sales and/or service and identify any proposed changes in that aspect of the operation.

---

---

---

---

# REVISED

Special Use Permit # 2005-0002

## PARKING AND ACCESS REQUIREMENTS

14. Please provide information regarding the availability of off-street parking:

- A. How many parking spaces are required for the proposed use pursuant to section 8-200 (A) of the zoning ordinance?

1/400 sq ft

- B. How many parking spaces of each type are provided for the proposed use:

6 Standard spaces

\_\_\_\_\_ Compact spaces

\_\_\_\_\_ Handicapped accessible spaces.

\_\_\_\_\_ Other.

- C. Where is required parking located?  on-site  off-site (check one)

If the required parking will be located off-site, where will it be located:

Sheraton Suites Hotel

Pursuant to section 8-200 (C) of the zoning ordinance, commercial and industrial uses may provide off-site parking within 500 feet of the proposed use, provided that the off-site parking is located on land zoned for commercial or industrial uses. All other uses must provide parking on-site, except that off-street parking may be provided within 300 feet of the use with a special use permit.

- D. If a reduction in the required parking is requested, pursuant to section 8-100 (A) (4) or (5) of the zoning ordinance, complete the PARKING REDUCTION SUPPLEMENTAL APPLICATION.

15. Please provide information regarding loading and unloading facilities for the use:

- A. How many loading spaces are required for the use, per section 8-200 (B) of the zoning ordinance? 0, loading can take place in alley.

- B. How many loading spaces are available for the use? 1 space

- C. Where are off-street loading facilities located? The alley to the side and to the rear of the building provided space for off street loading.

D. During what hours of the day do you expect loading/unloading operations to occur?  
loading will take place between 10:00 am and 3:00 pm.

E. How frequently are loading/unloading operations expected to occur, per day or per week, as appropriate?  
There is no daily loading. Water is delivered 1 time per month.

16. Is street access to the subject property adequate or are any street improvements, such as a new turning lane, necessary to minimize impacts on traffic flow?

No changes are needed

### SITE CHARACTERISTICS

17. Will the proposed uses be located in an existing building?  Yes  No  
Do you propose to construct an addition to the building?  Yes  No  
How large will the addition be? \_\_\_\_\_ square feet.

18. What will the total area occupied by the proposed use be?  
\_\_\_\_\_ sq. ft. (existing) + \_\_\_\_\_ sq. ft. (addition if any) = \_\_\_\_\_ sq. ft. (total)

19. The proposed use is located in: (check one)  
 a stand alone building  a house located in a residential zone  a warehouse  
 a shopping center. Please provide name of the center: \_\_\_\_\_  
 an office building. Please provide name of the building: \_\_\_\_\_  
 other, please describe: \_\_\_\_\_

# REVISED

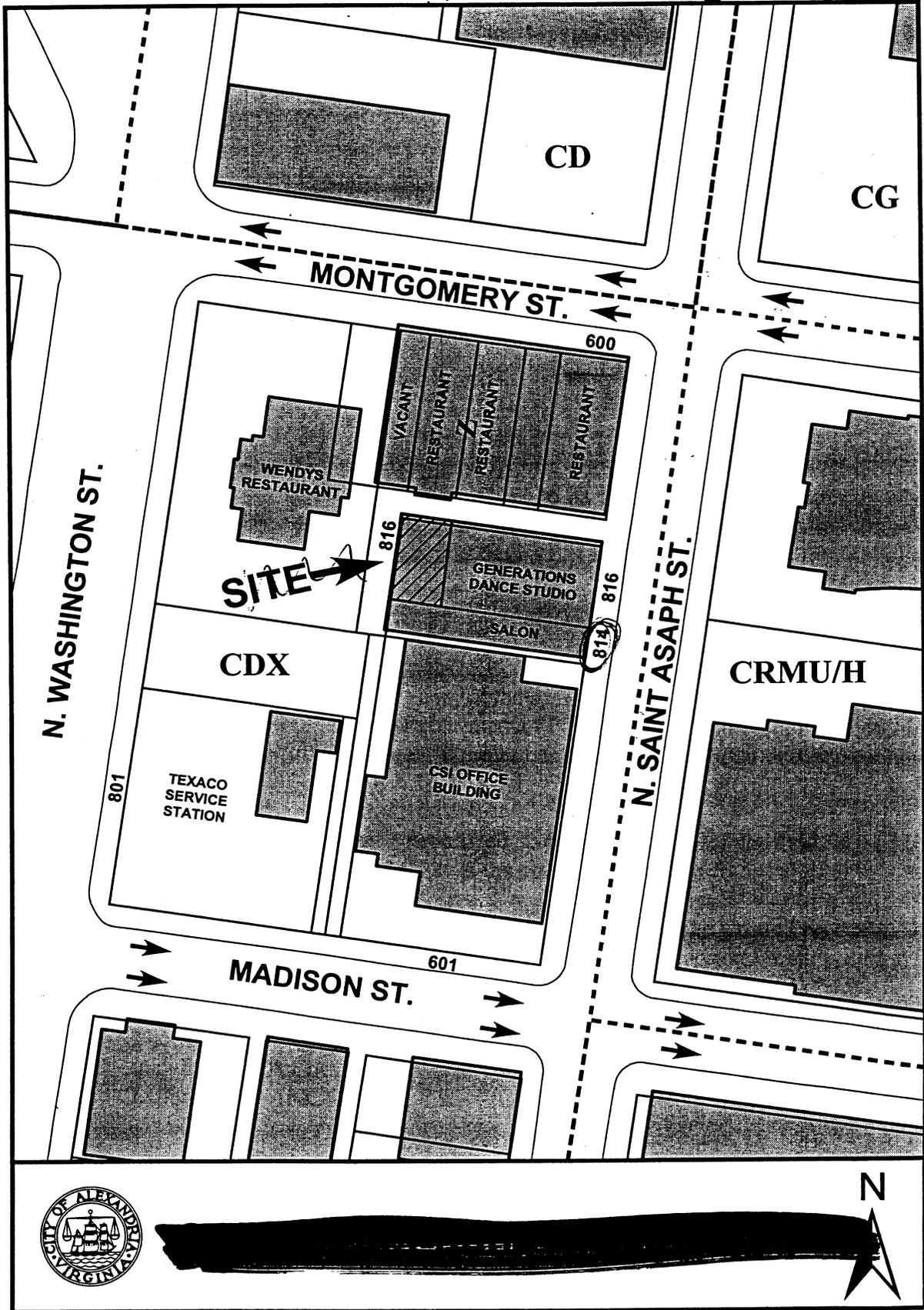
Special Use Permit # 2005-0002

## PARKING REDUCTION SUPPLEMENTAL APPLICATION

Supplemental information to be completed by applicants requesting special use permit approval of a reduction in the required parking pursuant to section 8-100(A)(4) or (5).

1. Describe the requested parking reduction. (e.g. number of spaces, stacked parking, size, off-site location) 3PT is requesting a reduction in parking to expand (move) current studio. 6 spaces will be needed for the new 2400 sq/ft site. Sheraton Suites has agreed to let our (3PT) employees and clients to park at their (Sheraton) underground parking lot.
2. Provide a statement of justification for the proposed parking reduction. 814 N. St. Asaph has no parking lot available for employees or clients. The required number of space is 6. To reduce on street parking. 3PT is requesting to park at the Sheraton Suites Hotel underground parking lot.
3. Why is it not feasible to provide the required parking? 3PT can not provide parking because there is no off street parking lot available. 2 hour parking is available on N. St. Asaph
4. Will the proposed reduction reduce the number of available parking spaces below the number of existing parking spaces?  Yes.  No.
5. If the requested reduction is for more than five parking spaces, the applicant must submit a Parking Management Plan which identifies the location and number of parking spaces both on-site and off-site, the availability of on-street parking, any proposed methods of mitigating negative affects of the parking reduction.
6. The applicant must also demonstrate that the reduction in parking will not have a negative impact on the surrounding neighborhood.





APPLICATION for SPECIAL USE PERMIT # 2005-0002

#5

[must use black ink or type]

PROPERTY LOCATION: 814 N. St. Asaph St.

TAX MAP REFERENCE: 54.04-03-08 ZONE: CD-X

APPLICANT Name: André Prue

Address: 814 N. St. Asaph St Alexandria VA 22314

PROPERTY OWNER Name: PMA Properties

Address: 815 King St Alexandria VA 22314

PROPOSED USE: Personal Training Studio

THE UNDERSIGNED hereby applies for a Special Use Permit in accordance with the provisions of Article XI, Section 11-500 of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

THE UNDERSIGNED, having obtained permission from the property owner, hereby grants permission to the City of Alexandria to post placard notice on the property for which this application is requested, pursuant to Article XI, Section 11-301(B) of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

THE UNDERSIGNED hereby attests that all of the information herein provided and specifically including all surveys, drawings, etc., required to be furnished by the applicant are true, correct and accurate to the best of their knowledge and belief. The applicant is hereby notified that any written materials, drawings or illustrations submitted in support of this application and any specific oral representations made to the Planning Commission or City Council in the course of public hearings on this application will be binding on the applicant unless those materials or representations are clearly stated to be non-binding or illustrative of general plans and intentions, subject to substantial revision, pursuant to Article XI, Section 11-207(A)(10), of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

André Prue  
Print Name of Applicant or Agent

[Signature]  
Signature

8502 Bella Vista Terr,  
Mailing/Street Address

(301) 567-9052  
Telephone # Fax #

Ft. Washington MD 20744  
City and State Zip Code

12-9-04  
Date

DO NOT WRITE BELOW THIS LINE - OFFICE USE ONLY

Application Received: \_\_\_\_\_ Date & Fee Paid: \_\_\_\_\_ \$ \_\_\_\_\_

ACTION - PLANNING COMMISSION: 3/1/05 RECOMMENDED APPROVAL UC

ACTION - CITY COUNCIL: 3/12/05 CC approved the Planning Commission recommendation  
9 7-0