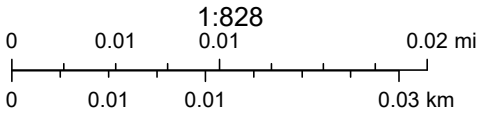


CD2026-038: Conditional Use Permit for Gym



9/11/2026, 8:53:02 AM



Conditional Use Permit Narrative

220 Commercial Street, Stillwater, MN 55082

Proposed Use: Private Membership-Based Strength and Fitness Facility / Indoor Commercial Recreation

Zoning District	Central Business District (CBD)
Initial Hours	5:00 a.m. - 10:00 p.m., seven days per week
Anticipated Maximum Users	Approximately 15-20 people at one time
Initial Staffing	Owners; approximately 1-2 employees
Group Classes	None proposed
Rear Parking	4 off-street spaces for employees, trainers, deliveries, and operations

Project Overview

The applicant is requesting approval of a Conditional Use Permit to operate a private, membership-based strength and fitness facility at 220 Commercial Street in Downtown Stillwater.

The proposed facility will be geared primarily toward dedicated fitness enthusiasts, serious strength-training individuals, and clients interested in focused personal training and structured strength development. The concept is intended to provide a more specialized and controlled training environment than a traditional high-volume commercial gym.

The facility will primarily feature plate-loaded strength equipment, selectorized strength equipment, free weights, dumbbells, and related fitness equipment. The business will not offer group fitness classes and is not intended to operate as a large-volume fitness center.

Membership and operations will be structured around a relatively small number of users, with an anticipated maximum of approximately 15-20 people in the facility at one time.

Because the facility is designed around individual training rather than scheduled classes, members are expected to arrive and depart at varying times throughout the day. This is expected to help distribute parking demand and traffic rather than creating concentrated periods of arrivals and departures associated with scheduled group classes.

Purpose and Character of the Facility

The goal of the business is to provide a high-quality, private strength-training environment for individuals who take their fitness and training seriously.

The facility will emphasize strength training, bodybuilding-style training, personal fitness development, and individualized personal training.

Although the facility is geared toward more dedicated lifters and trainees, it will be operated as a professional fitness business that is respectful of neighboring properties and the surrounding Downtown Stillwater commercial area.

Hours of Operation and Staffing

Initial operating hours are proposed to be approximately 5:00 a.m. to 10:00 p.m., seven days per week.

During the first year, the business will primarily be operated and staffed by the owners, a husband-and-wife team. Approximately one to two employees are anticipated during the initial phase of the business. The facility is expected to be staffed throughout the proposed operating hours.

As the business becomes established, the applicant anticipates eventually adding approximately two personal trainers.

The long-term goal is to potentially transition the facility to 24-hour member access. Any future expansion of operating hours would be conducted in accordance with the conditions of the Conditional Use Permit and any additional City requirements that may apply.

Anticipated Number of Users

The facility is intended to operate as a relatively small, private fitness facility rather than a high-volume commercial gym.

The applicant anticipates a maximum of approximately 15-20 members using the facility at one time.

Because there will be no group fitness classes or large scheduled training sessions, customers are expected to arrive and depart at varying times throughout the day rather than in large concentrated groups.

Gym Equipment and Activities

The facility will primarily contain strength and fitness equipment, including:

- Plate-loaded strength equipment
- Selectorized strength equipment
- Free weights
- Dumbbells
- Related strength-training and fitness equipment

Training activity will consist primarily of individual strength training, bodybuilding-style training, personal fitness development, and personal training. No group fitness classes, large organized classes, or similar high-volume scheduled activities are proposed.

Interior Improvements

The existing interior space will be updated to create a clean, professional, and functional fitness environment.

Proposed interior improvements include painting and flooring updates. The front entry area is proposed to receive luxury vinyl plank or similar commercial finish flooring, while the primary gym and training areas will have approximately 3/8-inch commercial-grade rubber flooring throughout.

The commercial rubber flooring is appropriate for strength-training areas and will also help reduce impact, vibration, and sound associated with normal use of free weights and exercise equipment.

The existing space includes a unisex restroom for facility users.

Fitness equipment will be arranged to provide appropriate circulation and safe access throughout the facility. Any construction, electrical, plumbing, accessibility, occupancy, fire/life-safety, or other improvements requiring permits will be coordinated with the City of Stillwater Building Department as required.

Noise and Music

The business is intended to operate in a manner appropriate for its Downtown Stillwater location.

Music may be played inside the facility during operating hours; however, music volume will be maintained at a reasonable level appropriate for the surrounding commercial area.

The applicant intends to operate the facility in a manner that avoids unreasonable noise impacts on nearby businesses, residents, or properties.

The proposed 3/8-inch commercial rubber flooring throughout the gym area will help reduce impact noise and vibration associated with normal use of free weights and strength-training equipment.

The facility will not host group exercise classes, competitions, large organized training sessions, or other activities that would routinely generate unusually high levels of noise.

Parking and Traffic

The property has four off-street parking spaces located at the rear of the building. These spaces are intended primarily for employees, trainers, deliveries, and operational needs of the business, helping reduce the need for employees to occupy nearby public parking spaces.

The gym is anticipated to have a maximum of approximately 15-20 users at one time. Because the facility will not offer group fitness classes, customer arrivals and departures are expected to occur gradually throughout the day rather than in large concentrated groups.

Customers will also have access to the existing Downtown Stillwater public parking system, which includes on-street parking, public parking lots, and the City parking ramp.

Members who anticipate longer workouts will be encouraged to use parking areas appropriate for longer-duration parking rather than short-duration spaces intended to support customer turnover for surrounding downtown businesses.

As staffing increases, the business may also utilize available Downtown Stillwater employee or business parking permit options when appropriate.

The combination of four rear parking spaces, relatively low simultaneous occupancy, staggered customer arrivals and departures, the absence of group classes, and access to the existing downtown public parking system is expected to minimize parking impacts associated with the proposed use.

Deliveries

Deliveries associated with the gym are expected to be limited primarily to fitness equipment, supplies, and normal business operations.

The rear parking area will provide space to accommodate deliveries when appropriate, helping reduce interference with public parking and traffic along Commercial Street.

Exterior Improvements

Proposed exterior improvements are expected to be limited in scope.

The applicant proposes to paint the exterior a Linen White color.

The applicant also proposes to install the business logo and signage in the existing sign location on the building.

Any exterior painting, signage, or other exterior modifications will be completed in accordance with applicable City requirements, including any required approvals associated with the Downtown Stillwater Design Review District.

No substantial expansion of the existing building is proposed as part of the gym use.

Compatibility With Downtown Stillwater

The proposed gym represents the reuse of an existing downtown commercial space for an indoor commercial recreation use.

The applicant believes the facility can operate in a manner compatible with surrounding commercial properties because it is designed around relatively low simultaneous occupancy, individualized strength training, no group fitness classes, limited staffing, controlled indoor music, commercial rubber flooring to help reduce noise and vibration, four private rear parking spaces, access to the existing downtown public parking system, and limited exterior alterations.

The proposed business is intended to provide an additional service and destination within Downtown Stillwater while maintaining a professional, controlled, and relatively low-impact operating environment.

Summary

The applicant respectfully requests approval of a Conditional Use Permit to operate a private, membership-based strength and fitness facility at 220 Commercial Street, Stillwater, Minnesota.

The proposed facility will serve dedicated fitness enthusiasts, serious strength-training individuals, and personal-training clients in a specialized training environment. The gym is expected to have a maximum of approximately 15-20 users at one time, with initial operating hours of 5:00 a.m. to 10:00 p.m.

The proposed use will include plate-loaded equipment, selectorized equipment, free weights, and related strength-training equipment. No group fitness classes are proposed.

The applicant believes the combination of limited occupancy, staggered member arrivals, four rear parking spaces, access to downtown public parking, commercial rubber flooring, controlled music levels, and limited exterior improvements will allow the proposed gym to operate successfully without creating unreasonable impacts on surrounding properties.

The applicant will continue coordinating with City staff and the Building Department regarding building code, occupancy, accessibility, signage, permitting, and any other requirements applicable to the proposed use.

Submitted in support of the Conditional Use Permit application for 220 Commercial Street.

LOCKED IN FITNESS

220 Commercial Street, Stillwater MN 55084

PROJECT SCOPE:

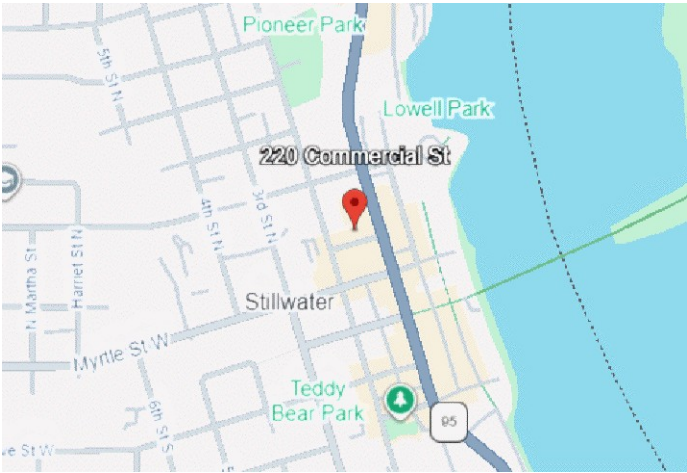
This project proposes a Change of Occupancy from Retail to Fitness training (Business) in an existing 1 story structure at 220 Commercial Street.

ZONING CODE DATA:

Zoning District:	CBD
Design Review District:	Downtown Design Review District
Proposed Occupancy type	Business - Fitness Training
Previous Occupant type:	Retail - Antique Shop
Proposed Occupancy Loads:	
Fitness Training:	13-18
Service personnel:	2
Total:	15-20

Proposed Parking:
Staff: 3 Spaces at the rear of the property
Members: Public Parking Ramp (180' away) and on-street parking

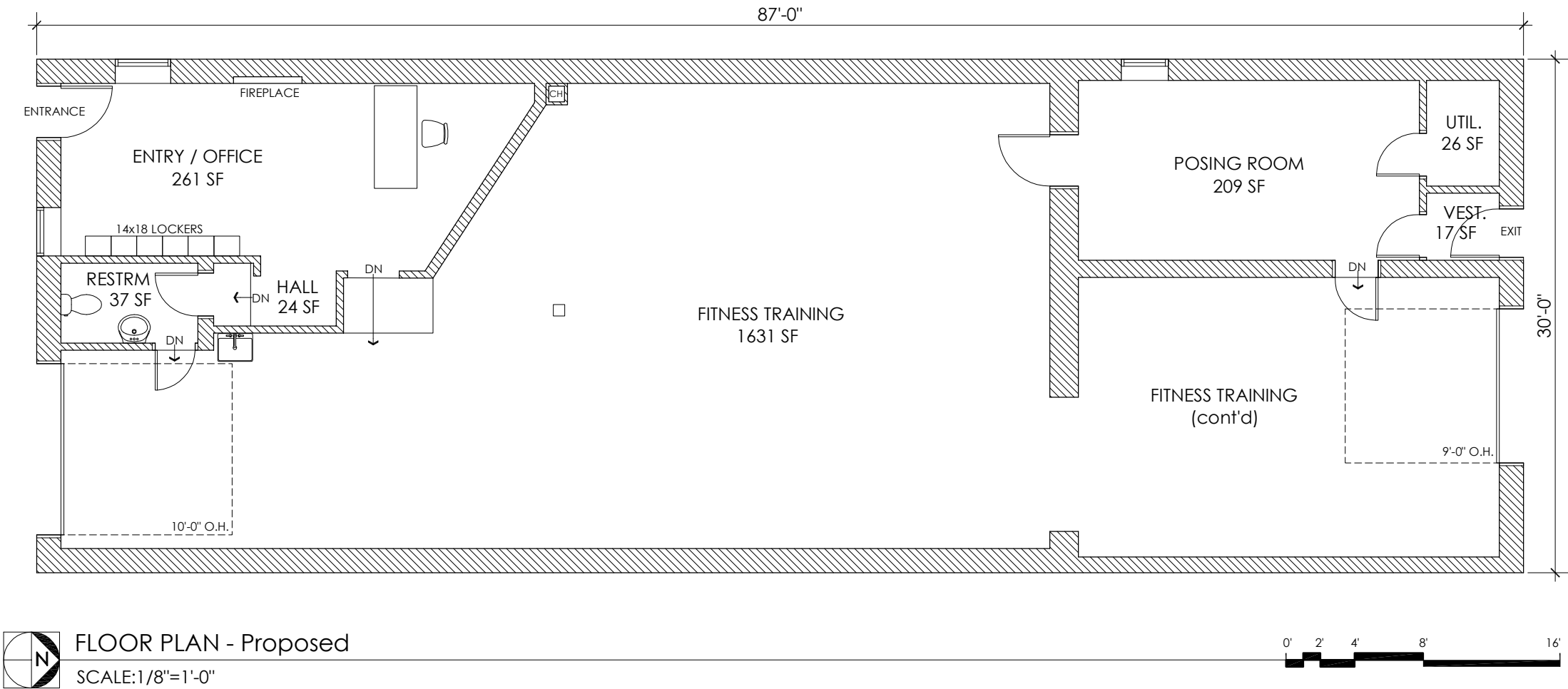
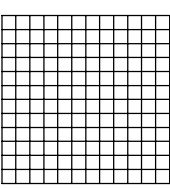
LOCATION MAP



SITE REFERENCE



NOTE: This graphic aerial view is from Google Earth, and is included for reference only.



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715.381.1600

DATE	08.25.26
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PROJECT
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220 Commercial Street, Stillwater MN 55084

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