

DA Application for Change of Use, Signage and internal fit-out
for a Fitness Training Centre (FTC) at:
Shop 20, St Clair Shopping Centre St Clair NSW 2759

Prepared by Applicant:
While We Sleep Pty Ltd

Prepared for:
Penrith City Council

Date:
17 June 2015

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1. Introduction

Overview

This application has been prepared by the Applicant and it relates to the change of use, signage and internal fit-out for a Fitness Training Centre (FTC) located at Shop 20, St Clair Shopping Centre St Clair NSW 2759

Applicant

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2. Proposal

The application seeks consent for the development of the site as follows:

Proposed development

The proposal relates to the development of 253m² of vacant commercial floor space into a Fitness Training Centre.

Operating 7 days a week, the FTC will provide both supervised group classes and also allow members to train on their own within the FTC during operating hours.

The proposal will include

- 2 Amenity suites:
 - 1 x unisex accessible WC (Disabled) with shower.
 - 1 x unisex WC (Designed for persons with an ambulant disability)
- 1 x consultation and office suite
- Arrival section with reception desk
- Four (4) separate training zones:
 - Cardio (Treadmills, cross trainers, bikes etc)
 - Functional
 - Weights & conditioning
 - Holistic (Aerobics, Yoga etc)

There are only two minor fixed divisions contained within the premises, as it is predominately an open plan. The fixed divisions are not load bearing walls and will be used to cordon off the amenities, consultation block and holistic room.

Group classes

Within these four zones (staggered by way of different classes and training timetable) the FTC will conduct supervised small group training classes of between 3 and 20 members.

The bulk of group classes will commence between 5.30am to 9am, 5pm to 10pm with other classes spread out throughout the day, based on demand.

Individual training

The FTC allows members the ability to utilise the FTC for individual training sessions during regular business hours when classes are not scheduled.

Proposed construction

The proposed construction will be contained within the location of the site, which will include:

- Constructing a combined consultation and office suite.
 - Used to collect customer details; complete personal fitness assessments and to house security system and member records. This room will be locked unless staff are in attendance.
- Constructing two unisex toilets which are:
 - 1 x unisex accessible WC (Full wheelchair access) with shower.
 - 1 x unisex ambulant WC (Designed for persons with an ambulant disability).
- Constructing a timber framed dividing wall (used to divide the Holistic zone from rest of the facility).
- Installing an LED illuminated company sign on the front façade of the shop. The details and pictures of this are included in a later section.

3. Site Analysis (Site Plan)

The proposed site is located on the outside of the St Clair Shopping Centre. The shopping centre is located on the southern side of the M4 and is at the intersection of Bennett Road and Endeavour Avenue. The site selected is shop 20, which is denoted by the red area in figure 1 and comprises of 253m² of Gross Floor Area (GFA).



Figure 1 – Provides an aerial view of the proposed location relative to the shopping centre.

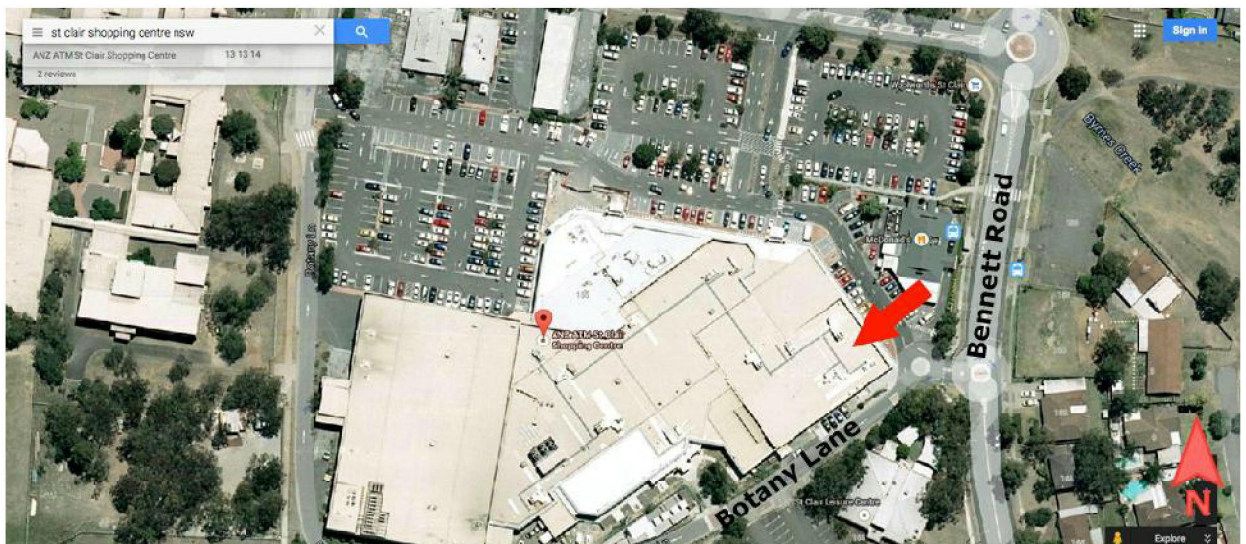


Figure 2 – Provides another aerial view of the proposed location relative to the shopping centre and cross roads.

There are certain aspects of the location that presents opportunities and constraints, which are as follows:

- The building is on a large property with good access and unrestricted access to the car parking area comprising of 444 car spaces.
- The premises is located in a large and growing residential area.
- St Clair and surrounds provide the residents within a 1.5km radius of the selected premises, opportunities to walk or ride a bike to the training centre.
- The premises is located on the ground floor which will be accessible to all persons regardless of physical ability and/or mobility.
- The premises is surrounded by commercial and retail businesses that have peak usage times between 9am and 5pm, which is different to the peak usage times of the proposed Fitness Training Centre.
- The premises is suitable and does not require any structural works or any external modifications.
- The property is located in an area where there are lots of residents as well as being close to the main roads and public transport routes providing ease of access to residents, workers and commuters in the surrounding area.

Figures 3, 4, and 5 provide street views of the proposed location which is where the previous Blockbuster video store was located. The red arrow denotes the location of the Fitness Training Centre.



Figure 3 – Botany Lane (within shopping complex) looking back onto Bennett Road.

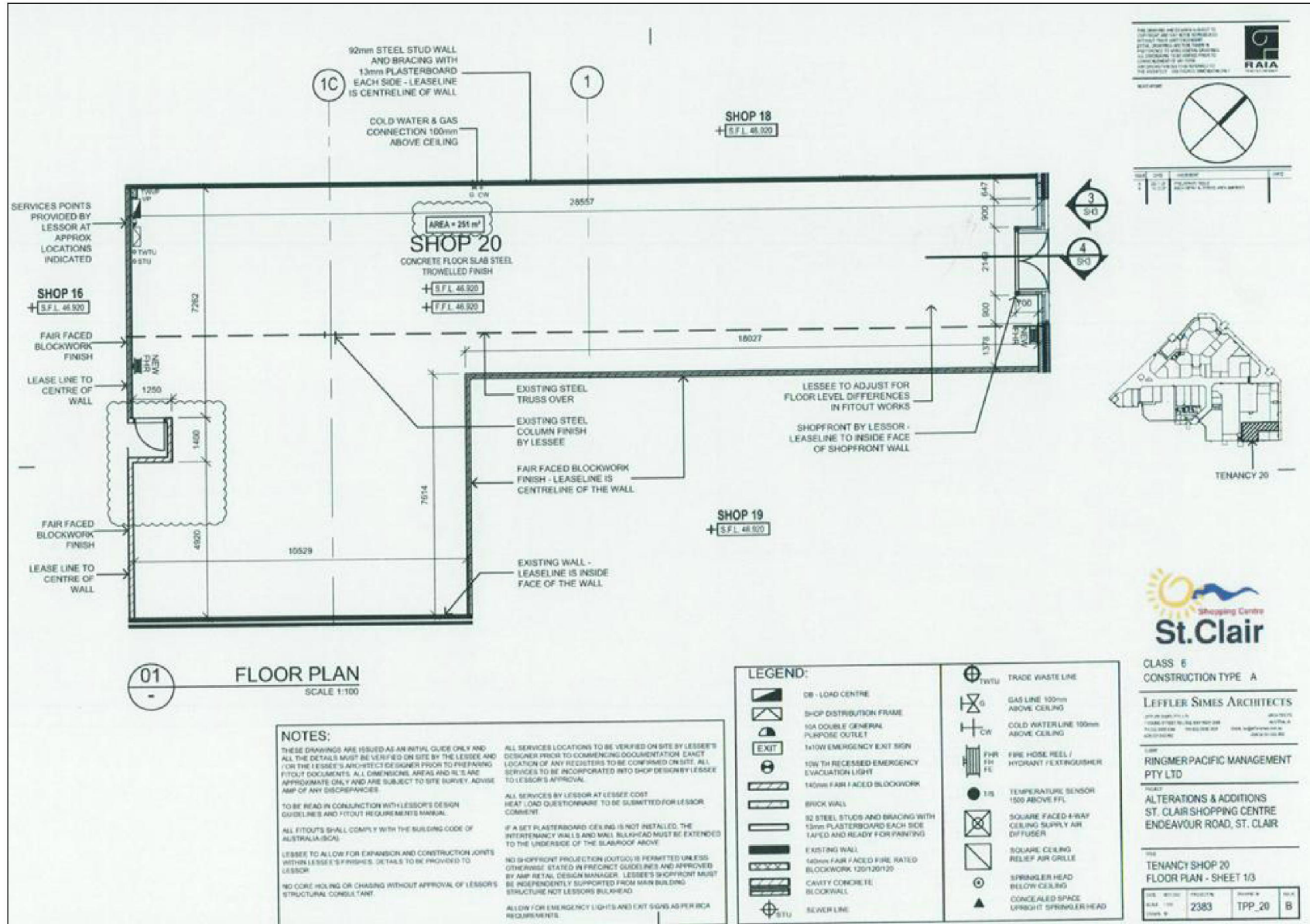


Figure 4 – The corner location of Botany Lane.



Figure 5 – Bennett Road view looking onto Botany Lane.

Figure 7 – is the current floor plan of shop 20 and comprises of 253m² of Gross Floor Area (GFA). The shopping centre is single story with two adjacent shops; Shops 18 and 19.



Elevation Plan

Figure 8 – is the current elevation plan for Shop 20, St Clair Shopping Centre, St Clair.

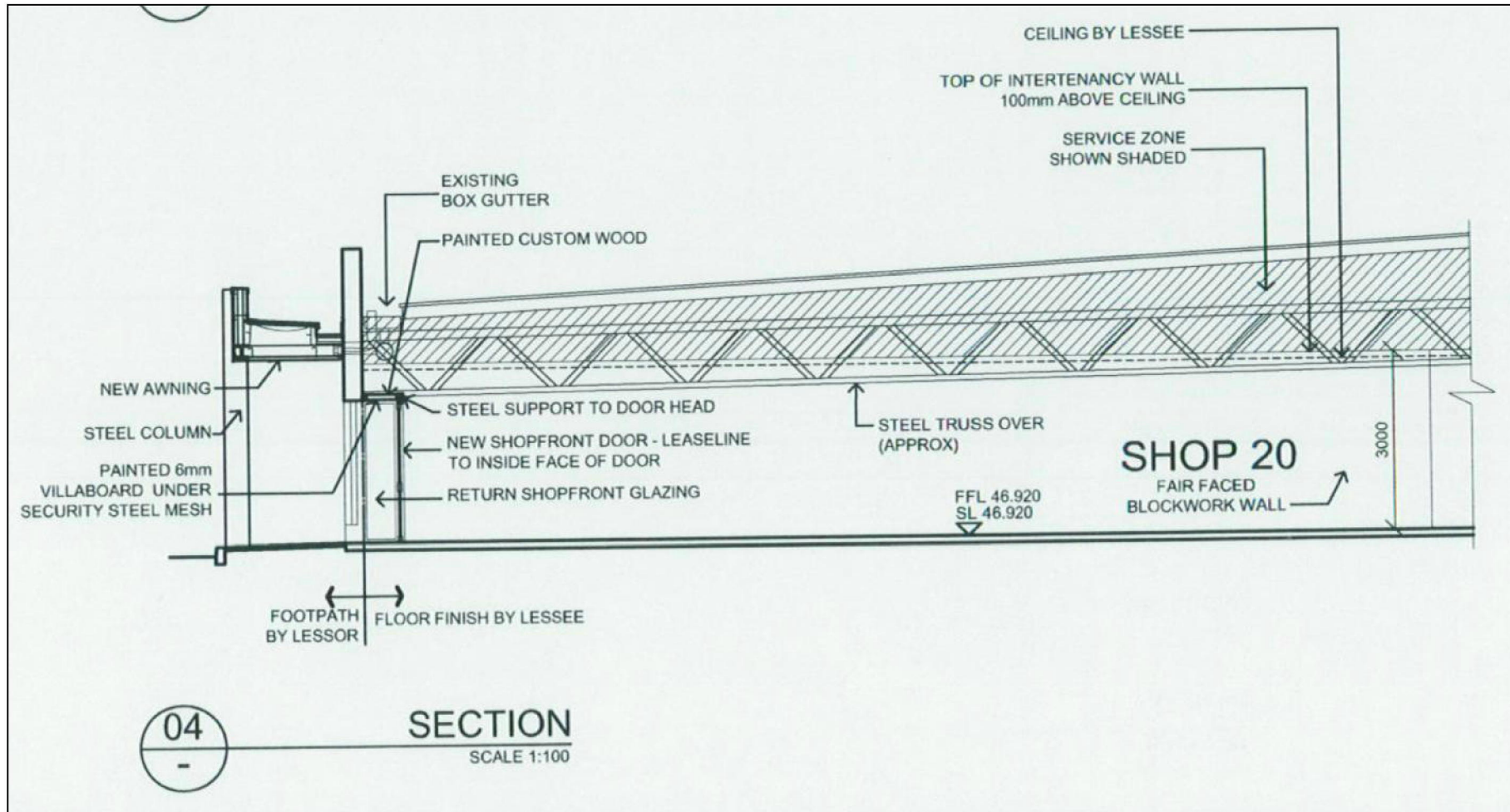
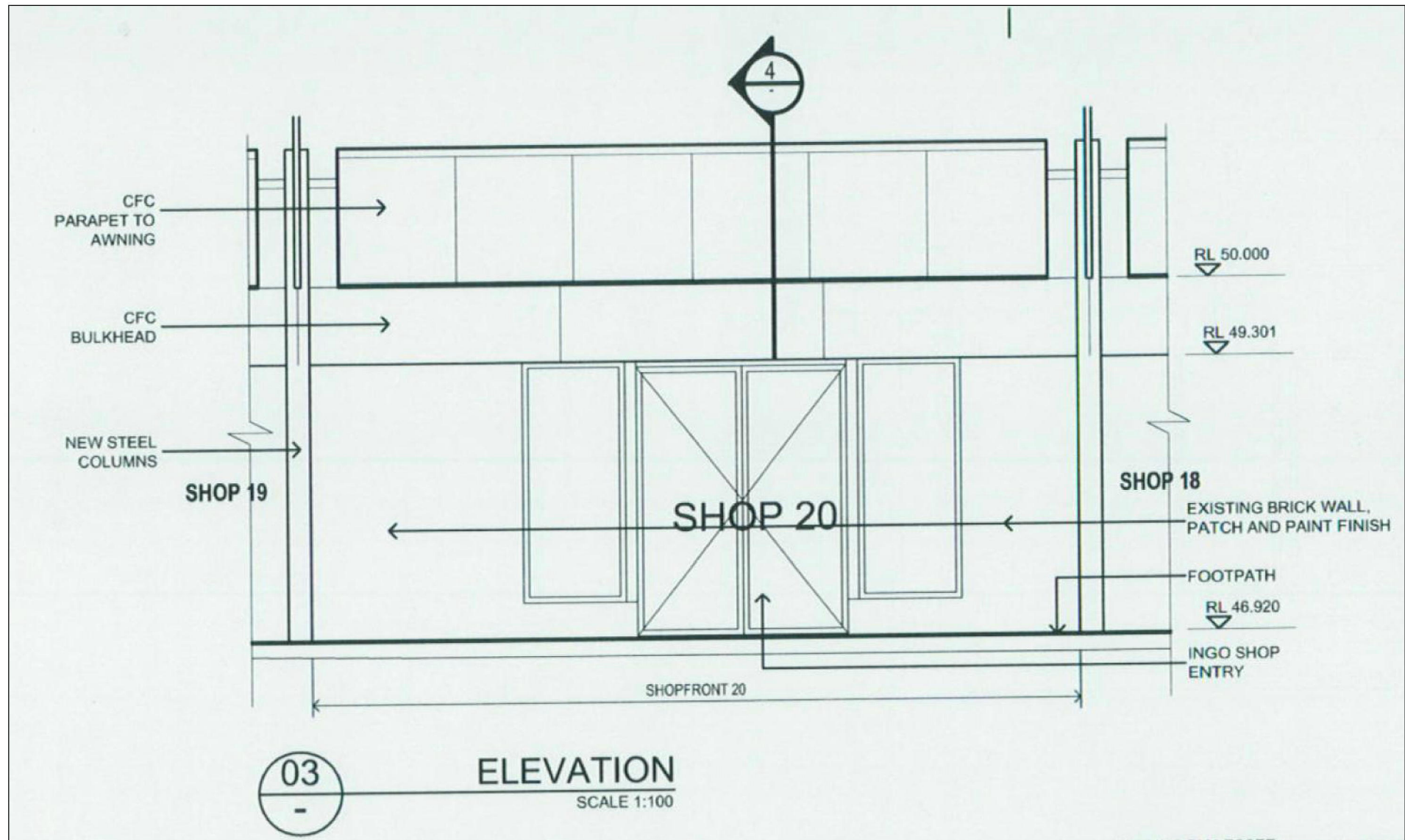


Figure 9 – Front façade view of Shop 20, St Clair Shopping Centre, St Clair.



Section Plan

Below is the outline for the proposed section plan for the FTC.

The FTC will include a meeting point, cardio zone, weights zone, functional zone and holistic zone.

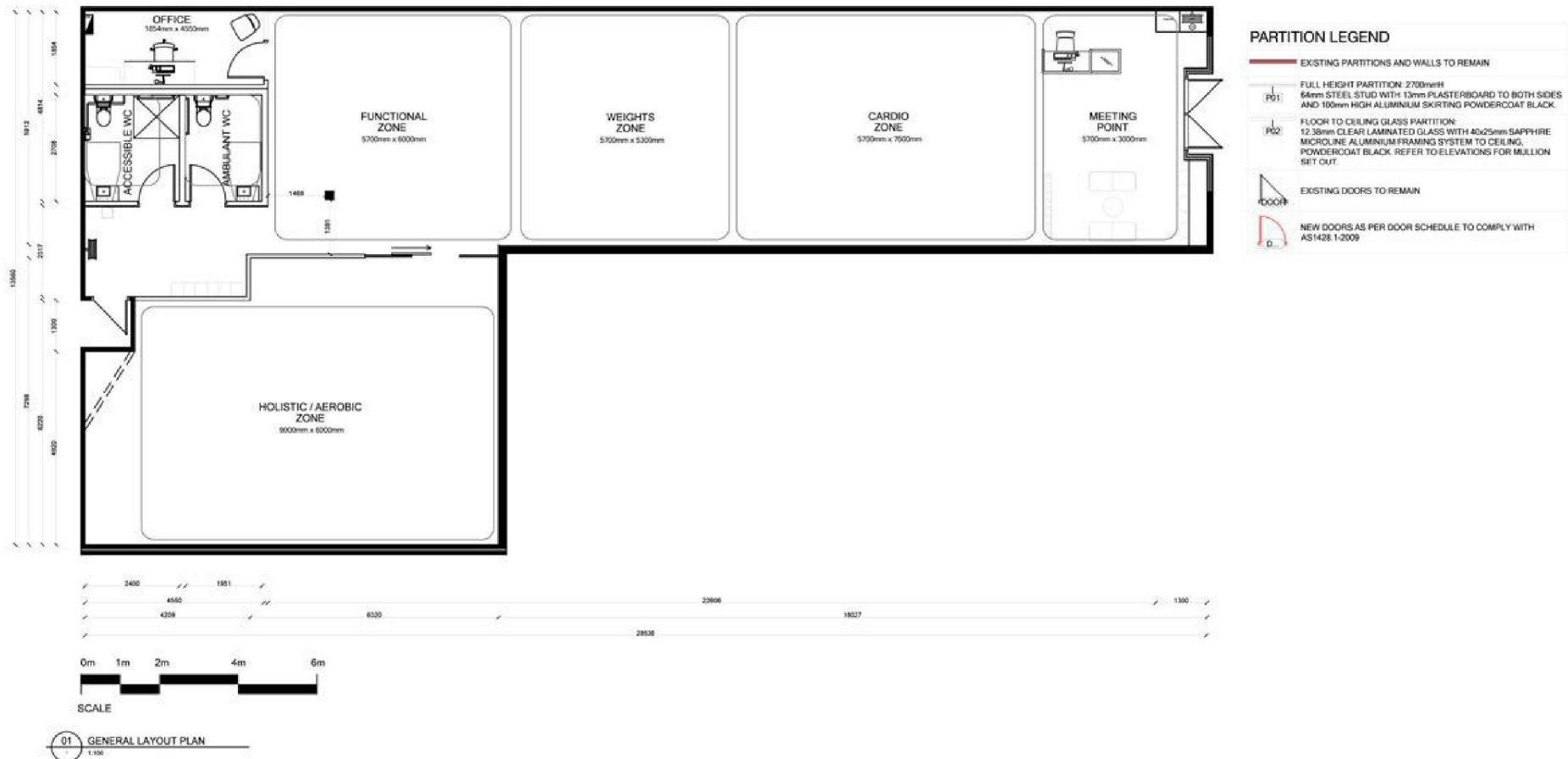
The FTC will also include:

- 1 x unisex accessible WC with shower
- 1 x unisex WC (Designed for persons with an ambulant disability)
- 1 x Consultation / office suite
- Secure lockable lockers for members

Figure 10 – Proposed layout of the FTC for shop 20, St Clair Shopping Centre, St Clair.

MAXZONE FITNESS

Shop 20, St Clair Shopping Centre, Endeavour Road, St Clair, SYDNEY



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NOTE

CONTRACTOR TO CHECK ALL DIMENSIONS ON SITE PRIOR TO COMMENCING CONSTRUCTION
DO NOT SCALE FROM THIS DRAWING USE GIVEN DIMENSIONS

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Rev	Revision	Date	Description
C		15.08.15	ISSUE FOR APPROVAL
B		11.08.15	FOR SUBMISSION
A		08.08.15	FOR SUBMISSION

CLIENT

MAXZONE FITNESS
TENANCY SHOP 20
ST CLAIR SHOPPING CENTRE
ENDEAVOUR ROAD
ST CLAIR

DRAWING TITLE

GENERAL LAYOUT PLAN

PROJECT

MAXZONE FITNESS
ST CLAIR

SCALE		DATE	
1:100 @A3		JUNE 2015	
DRAWN BY	CHECKED BY	PROJECT NO	DRAWING NO
TM	MB	1263	A01
ISSUED BY	REVISION		
C	-		

Accessible and Ambulant Toilets

The proposal includes two (2) unisex accessible toilets to cover the member usage of the FTC.

- 1 x unisex accessible WC with Shower
- 1 x unisex WC (Designed for persons with an ambulant disability)

The view is that the provision of two (2) sizable unisex bathrooms will be sufficient given the following:

- The FTC is a small group training facility, with low member numbers.
- The number of people in the FTC at any one time is limited to class size of approximately 3 to 20 people.
- By providing larger toilet structures, the toilets can lend themselves to being adequate change room for members.
- By providing 1 x Accessible toilet, the size lends itself to allow for a shower for staff or members.
- The FTC will include lockable lockers for members that are to be positioned near the toilets to store personal items and clothing once a member has used one of the toilets.
- By providing two accessible toilets, this caters for any person who requires wheelchair access or needs additional space should they be on crutches etc.
- As the FTC is not a traditional gymnasium used for heavy weights training, and with the addition of the holistic/aerobics room, the estimate is for an equal split between male and female membership. In having the toilets unisex, this extends the opportunity to have either males or females use both toilets reducing any wait time.
- Being that the FTC is situated in a densely populated area, it is anticipated that the majority of members will not require the use of change rooms. As the membership base will be drawn from close proximity to the FTC and typically members will come prepared to train in the suitable attire.
- The FTC proposal is not a standard fitness club seeking 400 to 1000sqm² in floor space to cater for the required 700+ members to be financially sustainable. The FTC is a moderate training facility modeled on a smaller member base and smaller square meter space. Having the smaller footprint makes it important to ensure every potential meter is used. If there is a requirement to add additional toilets, this will dilute the overall floor space and impact on the ability to provide the necessary amount of equipment required to perform group classes.

Due to the reasons outlined above, it is requested that the proposal is reviewed on its merits and it is the belief of the Applicant that the FTC will have adequate toilet provisions for members.

4. Statement of Environmental Effects

The proposal has been assessed having regard to the relevant legislation. This provides that, in determining a development application, a consent authority is to take into consideration such that the following matters are of relevance to the development and subject to the development application.

Planning schemes and development control measures

Penrith City Planning Scheme

The subject land is Zoned B2 (Local Centre, Recreational Facility Indoor) in the zoning map under the Penrith City Planning Scheme. The primary purpose of Zone B2 is to provide a range of retail, business, entertainment and community uses that serve the needs of the people who live in, work in and visit the local area.

The FTC is a different fitness training concept to a regular fitness club such as full scale gymnasiums. The FTC is considered boutique in the fitness industry and therefore does not require the standard 400 to 1000sqm space to cater for the large amount of bulky floor equipment such as plate-loaded machines, multi modular stations benches and racks for 1000+ members. However, the FTC is large enough to serve the needs of the community at a group training level.

Signage

The proposal involves the installation of a single business identification sign to be installed on the external facade of the subject building.

The sign is an internally illuminated wall sign, displaying the MaxZone Fitness logo, with the words "**MaxZone Fitness**". Please refer to the design plan in Figures 7 & 8 under Elevation Plan.

The signage will not be imposing on the streetscape and will be constructed of high quality durable materials and installed to the facade of the building.

There are no residential neighbouring properties adjacent to the centre and the night time illumination of the site is expected to only add to the visual amenity and safety of the area at night.

- External LED illuminated sign as per the example picture below.



Figure 11a – Proposed position and LED illuminated sign for FTC front signage.

- The intended signage shall be mounted so that no part of the sign is within 2400mm of the floor and restricted to a maximum area of 1.8m² (As stipulated by centre management)
- Marine grade plywood panel
 - Fixed to existing bulkhead 3360mm x 715mm h
 - Treated external marine grade plywood
 - Illuminated sign fixed to panel
- LED Lettering:
 - Sidelit lasercut letters using LED illumination affixed to bulkhead
 - Sign lettering sizes:
 - 'M' & 'Z' = 289mm h
 - 'a, o, n, e' = 214mm h
 - 'X' = 507mm x 680mm h

- 'Fitness' total = 70mm x 170mm h
- Total illuminated sign size:
 - 1832mm x 680mm h
 - Lettering 70mm depth



Figure 11b – shows panel, lettering & sign dimensions

- Materials:
 - 4.5mm black acrylic face letters with opal sides illuminated
 - 4.5mm yellow acrylic face letter and sides
 - External marine grade treaded plywood panel
- Fixings:
 - Nylon anchor fixings to be used behind all lettering and logo
 - Nylon anchor fixings will fix to bulkhead securing also plywood panel
 - Plywood panel to be adhered (glued) to the bulkhead for flush finish
- Power/Access:
 - Low voltage white LED illuminated logo
 - Caballing concealed
 - Control to adjust settings installed within building

Car parking provisions

The proposed site of Shop 20 has access to 444 car parking spaces within the St Clair Shopping Centre.

Based on Penrith City Council stipulations, a training centre or gymnasium requires a minimum of 7 car spaces per 100 square metres. With the proposed site being 253sqm, this will amount to 17.5 car spaces.

The view is that the car spaces available for the FTC will be sufficient given the following:

- The normal usage times of the FTC is typically outside of the normal business trading hours of 9am to 5pm of the retail outlets of the St Clair Shopping Centre. Given that 65% of FTC members visit outside of these times, thus reducing the demand on car parking spaces within the centre and surrounding area.
- The target market of the FTC comprises local residents, people who work in the area or travel through the area on their journey. Research of the travel behaviour of typical members for fitness industry clubs indicates that large proportions of people walk, cycle, use public transport or visit the FTC as part of a multi-purpose trip that could involve work, shopping or other recreational activities. More than 70% of fitness club members have alternative modes of transport other than cars.
- The FTC anticipates a small member base of between 300 to 400 people. Being a small group training facility, the number of people in the club at any one time is relatively low - especially between 9am and 5pm.
- The FTC will be staffed by two (2) permanents who are there for approximately 35 hours a week each and two casual personal training staff at any one time who are at the facility when in demand.
- The development of the class training timetable of the FTC will reduce the demand for car parking during the 9am to 5pm period and ensure that the stress for car spaces is spread out over the day and night.
- The shopping centre is also well serviced by public transport and there are residential areas within walking or bike riding distance of the proposed site.
- Busways run the local service to the bus stop on Bennett Road, beside the McDonalds outlet which is directly opposite the proposed Shop 20 site. Refer to figure 11 below.

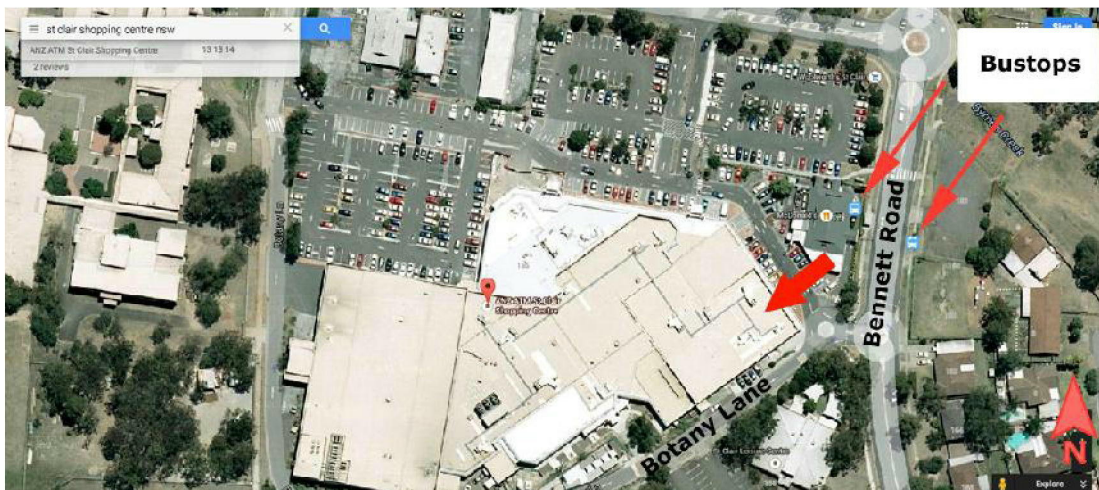


Figure 12 – Bus stops within close proximity to the proposed shop 20 site

Due to the reasons outlined above, it is requested that the proposal is reviewed on its merits and it is the belief of the Applicant that the FTC will have adequate parking provisions within the commercial precinct.

The parking provisions are consistent with the general principles of the development control and the desired character of the locality. There are not expected to be any significant cumulative impacts, which may be detrimental to the amenity of the area.

Hours of operation

The proposed FTC seeks to operate limited hours per day.

The operation of the FTC each day will not have any significant adverse impacts to the immediate surrounds. It is considered that the operating hours of the FTC to be an important element of the business as it provides members with a significant allowance of time for exercise.

Training Facility Open 7 days:

- Monday to Thursday: 5.30am till 10pm.
- Friday: 5.30am till 9pm.
- Saturday: 7am till 5pm.
- Sunday: 7am till 5pm.
- Public holiday trade will be subject to reduced hours and permissible shopping centre trade obligations.

It should be noted the opening hours of surrounding retail stores and food outlets:

Retail Shops and Food outlets within St Clair Shopping Centre:

- Monday to Friday: 9am till 5.30pm.
- Saturday to Sunday: 10am till 4pm.

Food outlets outside St Clair Shopping Centre: (including McDonalds, 7-Eleven, Red Rooster, Subway)

- All food outlets are open 7 days and range from 6am till 12midnight.
- Except 7-Eleven being open 24 hours.

It should be noted that the FTC is only accessible to members during the hours of operation. It is important to understand that it is accessible to members of FTC and not members of the public.

Social and economic impact

The introduction of a FTC for the St Clair area will result in the creation of up to 6 new jobs (2 full time positions) and an affordable recreational service.

Further, the FTC will socially benefit the residents and workers in the area by giving them a variety of choice for their recreational and exercise needs while encouraging a healthy lifestyle and social interaction with convenient usage times that cater for all lifestyles.

There is strong demand for Fitness Training Centres that provide an informal exercise environment across Australia. All the equipment can be used by one person or as a group. The proposal will also have economic benefits directly and in-directly as a result of improving the health and productivity of people and allowing a FTC that suits all lifestyles.

The Applicant considers the proposal to have positive effects on the area in relation to the amenity, social behaviour of people and the health and wellbeing of the community in and around St Clair.

Noise and vibration

The FTC is committed to ensuring that the NSW Environmental Protection Authority (EPA) noise guidelines are met.

Please review ***Appendix 1: Acoustic Report***

- Acoustic report undertaken by engineering firm - Rodney Stevens Acoustics.

Managing a noise complaint

- Noise monitoring will be carried out should there be a noise complaint and appropriate measures will be taken to reduce the noise to comply with noise criteria.
- The contact phone number will be displayed on the front entrance doors and the FTC will nominate a representative to manage noise complaints.
- Complainants will be informed that their complaints are being addressed and that action is being taken to reduce the noise emission.

Health and safety

The proposed FTC incorporates a state-of-the-art security system to maximize the safety of users. The security system is a fully integrated priority access system, with member check-in software, onsite security systems including closed circuit television (CCTV) and entry door member access.

To enter the FTC each member will be required to swipe a valid card. A doorbell will be added to ensure non-members are catered for.

A CCTV system will be utilised and will include 24 hour digital motion detection video recording, high resolution camera positioned by the member's entrance and a number of other cameras strategically located around the FTC to ensure that supervision is maximised. This will also be accessed and monitored remotely.

A multi-zone security system will be utilised which will include 24-hour zones and burglary zones. The 24-hour zone will be continuously active and will enable the securing of areas of the club or supply immediate help in case of emergency or injury. The burglary zone will include motion detectors, wireless door contacts and glass break detectors.

A first aid-kit along with the "in case of emergency" signage and instructions located in an appropriate location within the FTC.

Crime Prevention Through Environmental Design (CPTED)

The entire tenancy will be well lit internally and at external entrances by the shopping centre. The FTC will also be under 24 hour surveillance via CCTV.

Being within a shopping centre, there is access to utilise in house security staff.

The proposal adheres to the principles of CPTED based on the following:

Natural surveillance: The proposal involves using the existing building access towards the car park as the primary access. The glass doors enabling the patrons within the FTC the ability to observe the footpath and road reserve before they leave the building.

Access control: The front doors from within the FTC are outward opening which forms part of the FTC's CCTV and will deter non-members and people partaking in anti-social activities from entering the FTC.

Territorial enforcement: The glass doors and windows will allow patrons to continually monitor the outside environs while using the exercise equipment.

Space management: The facade of the building is a modern design and is well maintained. The clean and modern look of the building is likely to act as a deterrent for criminal activity.

These safety measures adhere to the CTEP objectives as the proposal is being proactive in preventing the opportunity for criminal activity and creating a physical environment that encourages a feeling of safety.

Suitability of the site for the development

The site is ideal given the following:

- The location in a retail/commercial and densely populated area.
- Is accessible to a large number of people who live, work or visit the area for shopping or other purposes.
- The shop is located in an established commercial retail precinct directly adjacent to a rapidly developing city (Penrith).
- Is legally permissible in the SC (Service Commercial) B2 local centre zone.
- It will not have any adverse environmental, social or economic impacts.

The Applicants being the operators of the FTC are confident the proposed site is ideal given the abovementioned factors as well as other characteristics of the site and the operational features of the Fitness Training Centre.

Public interest

With the introduction of a Fitness Training Centre to the St Clair area, residents, workers, shoppers, visitors and people who travel through the area are provided with an enhanced variety of choice in recreational services, while encouraging a healthy lifestyle and social interaction at an affordable price and convenient usage times.

It also adds to the overall tenancy mix to the area making the bulky goods centre and commercial area a more attractive experience for the communities in and around St Clair.

The positive impacts and social benefits that have been achieved in many other areas across Australia as a result of the development of a Fitness Training Centre are expected to occur in St Clair.

5. Drainage Plan

Figure 16 – shows the drainage site plan for Shop 20 within the shopping centre.

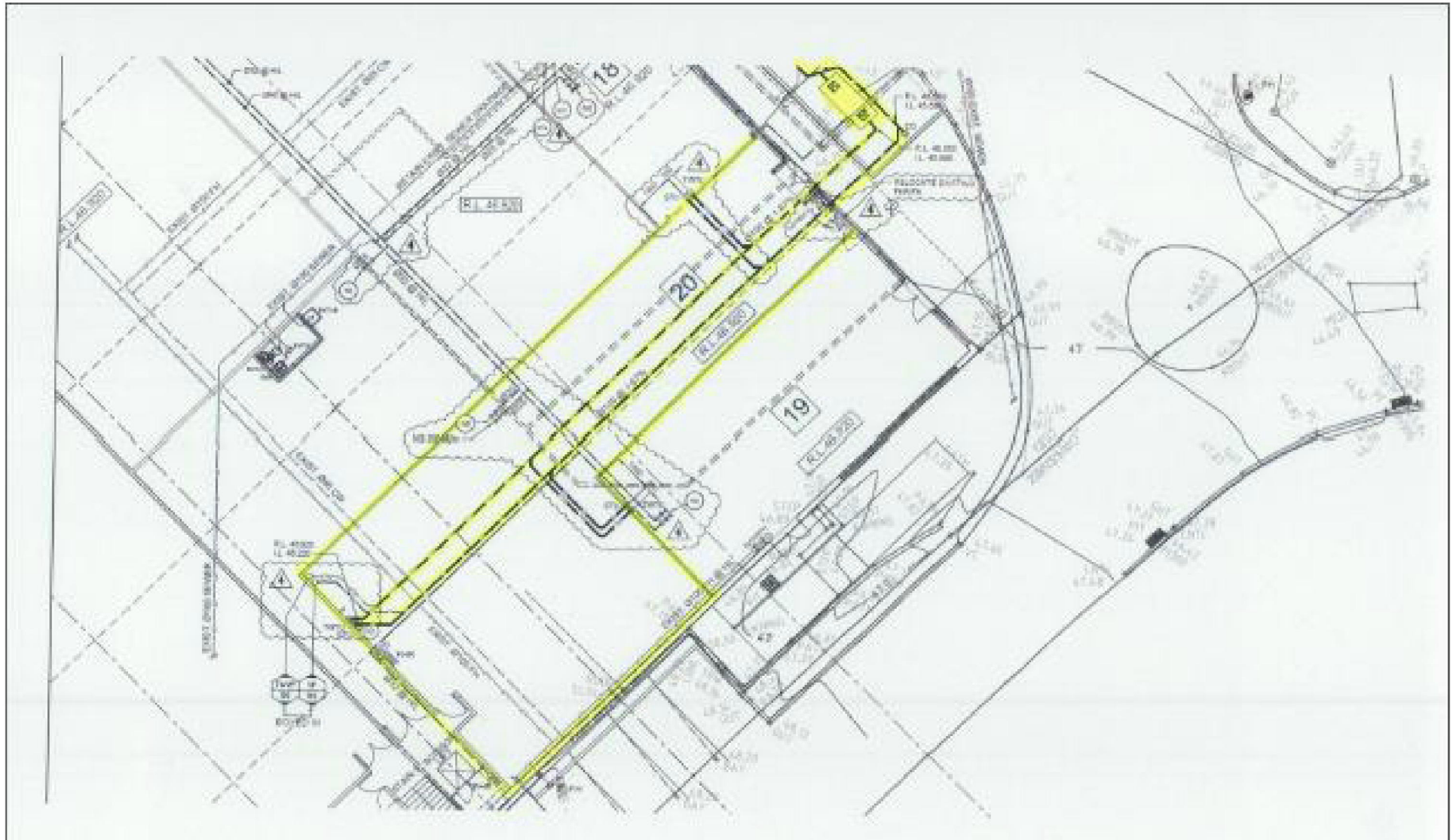
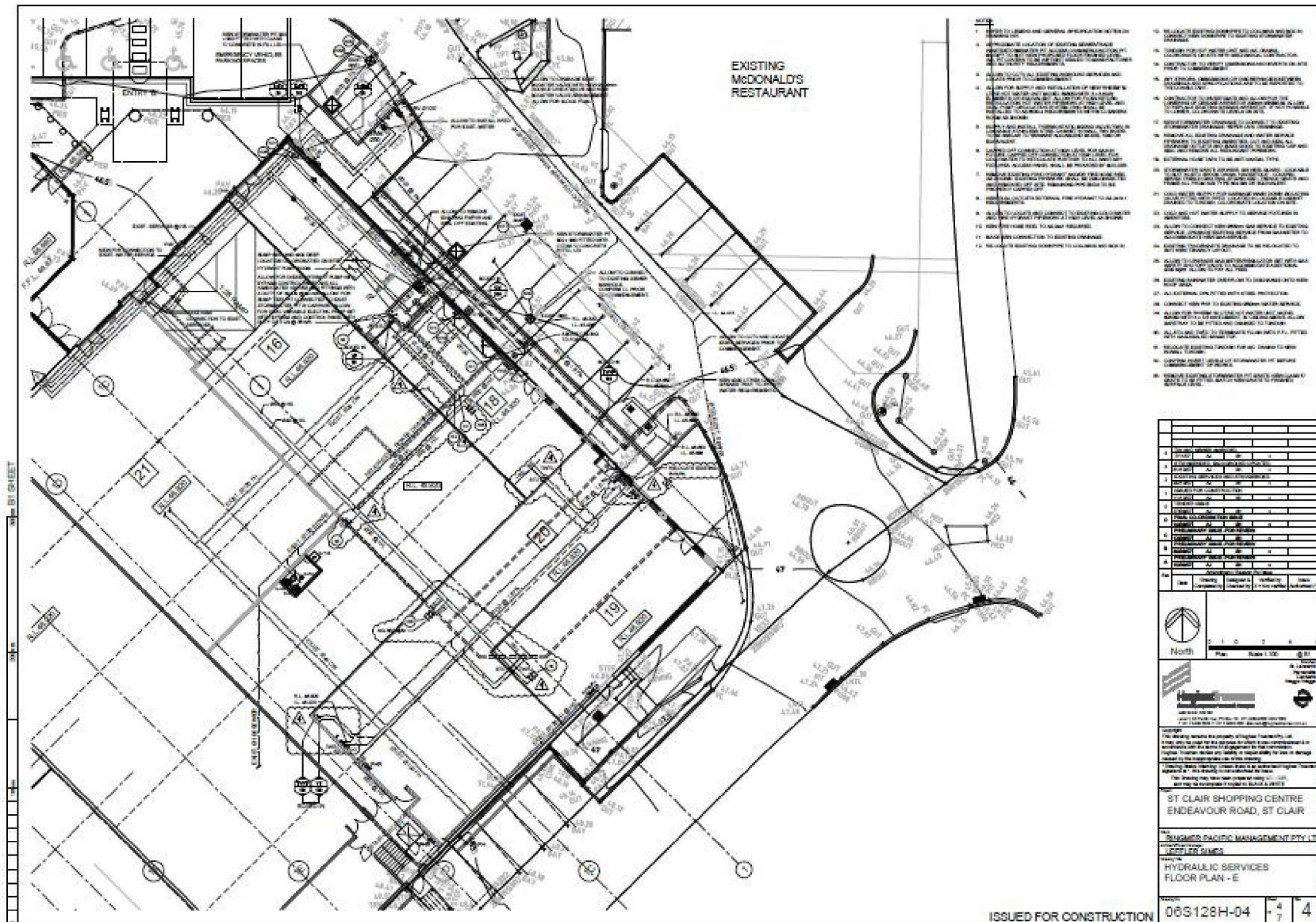


Figure 17 – shows the hydraulic site plan for Shop 20 within the shopping centre.



6. Waste Management Plan

Below is the FTC plan for waste during construction and on-going management.

Waste Management

Minimising and managing existing and potential waste generation during design and operation, demolition and construction will occur.

Based on showroom estimates 40L/100m² floor area/day there will be very little waste each day. Being that waste management is relevant to all stages of a development from construction, through its ongoing use, the applicant offers a detailed assessment of the proposed waste management plan.

Waste management also includes the way in which waste is stored and collected.

St Clair shopping centre offer an on-site separation facility, which will assist in waste collection and management in keeping with the principles of sustainability.

Construction/Fit-Out Waste

- Waste minimisation is an integral component of the design and construction phases of fitout. (Please note: correct measurements for suppliers to bring only the material they require to complete the work).
- Selecting materials that will maximise the reuse and recycling of existing materials.
- Types of waste include: excess rubber flooring off cuts, timber off cuts, minimal volumes due to building dimensions and specifications being provided pre-fit out to suppliers to ensure correct materials are ordered.
- Waste during construction/fit-out will be separated via skip bins located at the rear of shop 20 loading lock. Private stairs access this loading dock, so not to inconvenience patrons of the shopping centre.
- Provision will be made to ensure recyclable materials will be separated into the correct skip bin.
- Once all construction work is completed, the excess non-recycled materials will be taken to a separate skip bin for removal.
- Having its own private access to the loading dock and rear of the shopping centre sorting facility will eliminate unnecessary disturbance.
- Ensuring that separated materials are to be kept uncontaminated to guarantee the highest possible reuse value.

- General Waste Skips / Timber Skips for Recycling / Rubber Skip for recycling / Tiles and Concrete skip for recycling.

On-Going Waste:

The FTC will generate very little waste. Waste will come from general office and bathroom rubbish. All on-going waste will be taken to sorting area at the back of the shopping centre to be correctly disposed of. Recycling and non-recycling waste will be separated to be easier for collection and sorting.

7. Conclusions and Recommendations

Generally, it is considered that this proposal represents an appropriate development for the building and the area.

The proposal as submitted is supported on the following grounds:

- It is permitted in the SC (Service Commercial) B2 local centre recreational facility indoor zone subject to receiving the development approval and can be demonstrated to be entirely consistent with the desired land uses for the zone.
- The proposal will provide local residents and workers with a convenient and affordable FTC with state of the art equipment and security.
- Car parking demand is minimal and the existing provision of parking spaces at the St Clair Shopping Centre and on-street shared car parking is more than sufficient for the proposed FTC.
- The proposal is considered acceptable in terms of requirements under section 46 of the Planning Act and will not have any significant environmental impacts.