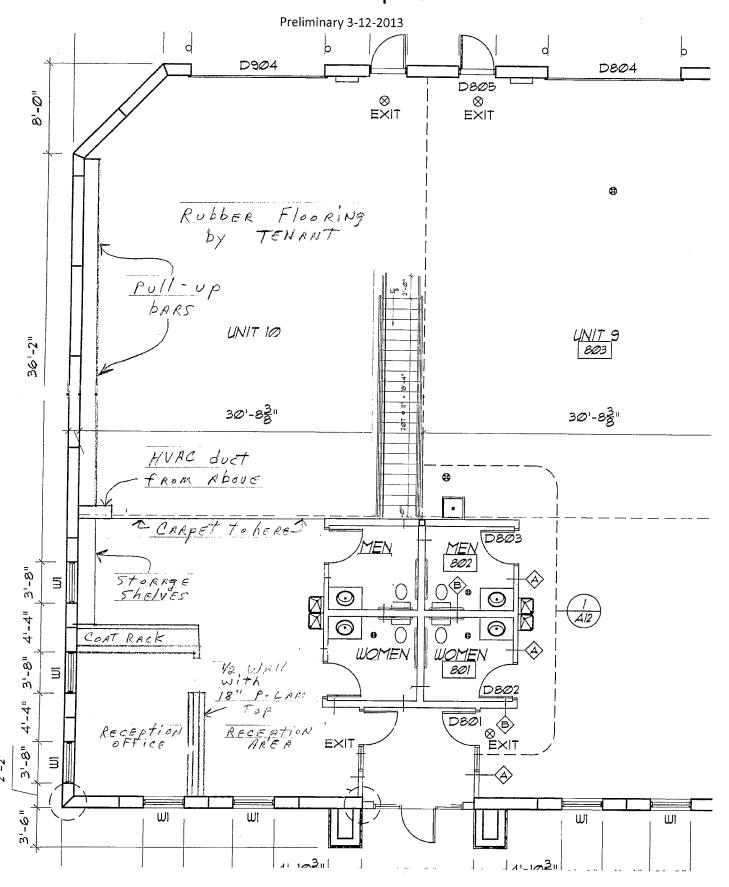






CrossFit Blaine

First floor plan



CrossFit Blaine

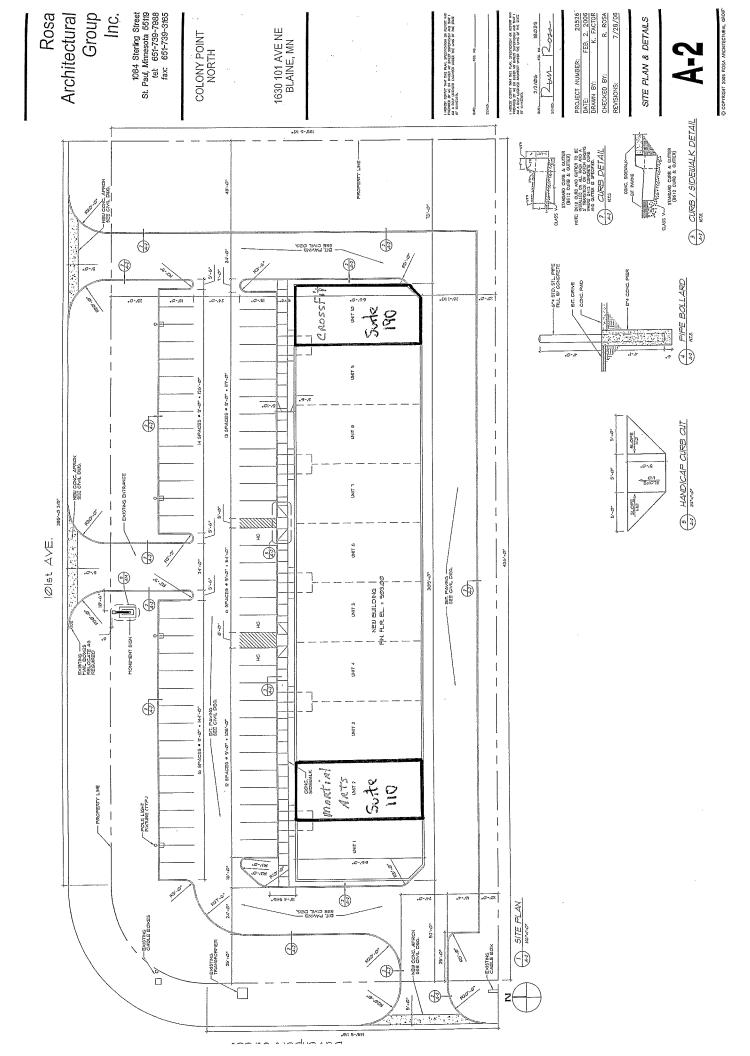
Second floor plan

Preliminary 3-12-2013 <u>0</u>-0 OPEN TO BELOW COVEN RAILING hERE ? 3-8 WRITING / REST AREA
TABLE + Chairs 3'-8" FUTURE 2ND FLOOR UNIT 10 3.8 OFFICE W2 W2

7'-2"

4'-4"

25'-8 13/16



Generation Fitness, LLC Doing Business as CrossFit Blaine Richard Jensen 2645 146th Avenue NE Ham Lake, MN 55304

March 7, 2013

RE: Specifications for tenant lease space at: 1630 101st AVE Suite 100, Blaine, MN

To whom it may concern,

This correspondence is to serve as an outline for the proposed CrossFit gym at 1630 101st AVE, Blaine, MN. The information provided is not a required layout by the CrossFit brand, but is the desired layout and functionality as proposed by the business plan of the gym owner, Mr. Richard Jensen.

190

General Concept: CrossFit is the principal strength and conditioning program designed to improve a person's ability to conduct everyday physical activities and scalable for any committed individual regardless of age, experience or condition.

Training Concept: CrossFit is <u>not</u> an open gym or large scale fitness center with hundreds of machines, people always coming and going with availability 24 hours a day. Members are trained in one of two ways; one-on-one personal training or small group fitness classes. Small groups are led by a certified CrossFit trainer. Members do not work out unattended and only attend the class time in which they sign up for.

Class Concept: Classes would average 8-12 persons, but no more than 15 persons at any given time. We would run up to 6 classes per day Monday-Friday and two classes on Saturday mornings.

The following are the basic requirements for the facility build out and premise:

	Some office space is required. A reception area with adjacent or separate office is preferred, but not a requirement.
	Restrooms will be required for membership and employee use. Two restrooms (males and female) are preferred.
	Showers would be a "nice to have" but is not a requirement.
	Some space outside (in back) of the facility would be requested throughout the summer months to conduct some alternative workouts. Examples: short sprints, tire flipping, and sand bag carry.
	Parking must be able accommodate up to around 10-12 vehicles at various times in the morning and evening.
The following are the basic requirements and equipment necessary to maximize the available space:	
	Climbing ropes and Olympic style rings will be mounted and hung from the roof deck.
	Pull-up bars mounted to the concrete perimeter or interior walls.

☐ Concrete floor (warehouse) would be covered with ¾ in. rubber matting to protect the floor and equipment.

Business Operations: As outlined in the business plan, the owner will be the sole trainer and facility operator for the first couple of months. As memberships grow, additional staff will be hired on. Certified individuals (trainers) have already been identified to fill this roll and will be hired on as funds become available. The owner's spouse, who currently works from home, will use the proposed office space to work from and to assist, on a part-time basis, with the administrative operations.

I am the point of contact for the above information. If there are any questions or concerns of the above mentioned, I can be any time and contacted by phone at (651) 239-0088.

Thank you,

Richard Jensen Generation Fitness, LLC Owner

Phone: (651) 239-0088

Email: rickandtracy08@yahoo.com