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Palo Alto Fit

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City of Palo Alto

Department of Planning and Building Division
250 Hamilton Avenue
Palo Alto, CA 94301

Subject: Request for Conditional Use Permit – 310 & 320 California Ave (APN: 124-32-034)

Dear City Planner,

I am writing to formally request a Conditional Use Permit (CUP) for Palo Alto Fit, a boutique specializing in personal training and nutrition consultation.

Palo Alto Fit has served the community for almost ten years in Palo Alto. Our long search for a permanent location spanned several years, as we were looking for a space that is convenient for our clients and accommodates our needs. After an extensive search, the California Avenue building was the best option available to purchase. California Avenue is also a great location for our clients, as it is within walking and biking distance from their homes. Our new location allows us to have more public transportation and parking options available than we have today.

We are committed to enhancing our clients' journey to vitality and balancing physical fitness with holistic health practices. The new space will reflect this mission and include facilities catering to our existing and prospective clients interested in personalized functional training within a private environment. We are focusing on those who are dedicated to integrating fitness and health into their daily lives, including individuals managing higher health risks and heart conditions.

Plan of operation:

1. **Operating Hours:** 6:00 am to 8:00 pm, aligning with community work hours.
2. **Appointment-Only Service:** PAF operates by appointment for a personalized experience.
3. **Service Offerings:** Expanding to include resistance training, mobility exercises, and functional movements.
4. **Enhanced Customer Amenities:** Adding improved bathroom and shower facilities, and adding dedicated customer restrooms to the Cafe space at 320 California Ave.
5. **Cafe Use Continuation:** We will continue utilizing approximately 2,800 SF of the 320 California Ave site for Cafe use.
6. **Enhanced Office/Staff Space:** A portion of the facility designated for staff and meetings on the second floor.

With approval of the CUP we are delighted to announce the forthcoming opening of a specialty cafe at 320 California Avenue under new ownership. This cafe will offer a refined selection of great coffees and healthy food items. Designed as a healthy retreat, it will provide the community with a space to convene for relaxation and enjoyment in an inviting ambiance. A place where you can sit down and enjoy high-quality coffee and some healthy snacks.

Palo Alto Fit's expansion at 310 California Avenue represents a step in fostering a robust, health-conscious community. Our personal training services are designed to empower individuals, equipping them with the necessary skills and confidence to actively participate in their journey towards health and fitness. We are dedicated to promoting sustainable lifestyle changes that will contribute to the long-term wellness of the community. Moreover, our facility will serve as a hub for social connection, where residents can build supportive networks, encouraging a sense of belonging and mutual motivation. The positive atmosphere created by Palo Alto Fit is set to inspire healthier lifestyle choices and foster a culture of well-being. Furthermore, our collaborative efforts with local entities will amplify the reach of health education and wellness initiatives, thereby enriching Palo Alto's overall health landscape.

We kindly request your support for our Conditional Use Permit at 310 & 320 California Ave

Sincerely,



Nina Nguyen
Business Owner, Palo Alto Fit
Building Owner, 310-320 California Ave