



Town of Plaistow, New Hampshire
145 Main Street, Plaistow NH 03865
Phone: (603) 382-8469

ZBA Minutes 03-27-14

ZONING BOARD OF ADJUSTMENT March 27, 2014

The meeting was called to order at 7:00 p.m.

Roll Call: Larry Ordway, *Chair*
Timothy Fisher, *Vice Chair*
James Allen
Paul Boniface - *Absent*
Peter Bealo, *Alternate*

L. Ordway welcomed back P. Bealo as an alternate to the Board and appointed him as a voting member for this meeting.

Minutes of January 30, 2014 Meeting

T. Fisher moved, second by J. Allen, to approve the minutes of the January 30, 2014 meeting. There was no discussion on the motion and the vote was 3-0-1 (Bealo abstaining).

#14-02: A request from Nancy A. Culliney for a variance from Article V, Table 220-32A.B to allow a crossfit gym business, which is currently not a permitted use in the Industrial District. The property is located at 1 Hilldale Ave, Tax Map 11, Lot 4 in the I District. Paley Irrevocable Trust is the current property owner.

It was noted for the record that there was a letter of authorization for the application from the property owner.

Nancy Culliney and Charles Byrne, business owners, and Marty Paley, property owner, were present for the application

C. Byrne presented pictures to the Board that indicated where their unit would be and the associated available parking.

C. Byrne offered the following for the Board in support of the application:

- Crossfit provides exercise by a variety of functional movements at high intensity
- There is not a lot of equipment used, mostly things like ropes, tires and kettlebells
- It is designed to be a raw exercise regime
- The program can be beneficial to everyone at any stage of life as it focuses on improving everyday muscle function
- The program increases strength and endurance

L. Ordway noted that the application was because this type of use was not currently a permitted use in the district.

L. Ordway asked if most of their clientele would be accessing their business by car or if they would be employees of other businesses on the site.

C. Byrne replied they would mostly be offsite clients, but other business employees would be welcome.

N. Culliney added that neighboring business would be one source of clients. She offered that most of the users would come from the Plaistow, Haverhill and Atkinson area as this was rapidly becoming a popular form of exercise. N. Culliney also noted that this type of exercise builds community among the participants as they encourage each other throughout the workout.

L. Ordway asked if there would be any changes to the building or would it still remain Industrial.

C. Byrne offered that they would have their signage to identify their business, perhaps some landscaping for curb appeal but nothing structural to the building. He echoed that people often network through this type of working out. He reiterated that this type of exercising offers great functional health benefits while building a community amongst the participants.

L. Ordway asked if there would be any loud noise or music.

C. Byrne replied that there would be music inside the building.

N. Culliney offered that they would be scheduling early morning or late afternoon classes, which would be converse to the hours of the other businesses in the building.

L. Ordway questioned their hours of operation.

C. Byrne responded that they would start at 5:30 a.m. and the last class would be no later than 7:30 p.m., which got them out of the building, including clean up, by 8:30 p.m.

P. Bealo noted there were two other businesses in the building, a granite countertop business and an auto parts business.

C. Byrne offered there was between 12,000 and 16,000 sq ft of space available.

T. Fisher asked if there would be any outside display.

C. Byrne replied they would have signage and perhaps a kettlebell.

N. Culliney noted that this was also an opportunity for a female-owned business in Plaistow.

L. Ordway asked if the Board had any additional questions. There were none.

L. Ordway asked if there was anyone speaking in favor of or in opposition to the application. There was no one and the matter was closed.

DELIBERATIONS

#14-02: A request from Nancy A. Culliney for a variance from Article V, Table 220-32A.B to allow a crossfit gym business, which is currently not a permitted use in the Industrial District. The property is located at 1 Hilldale Ave, Tax Map 11, Lot 4 in the I District. Paley Irrevocable Trust is the current property owner.

T. Fisher moved, second by J. Allen to grant the application for a variance from Article V, Table 220-32A.B to allow a crossfit gym business, which is currently not a permitted use in the Industrial District. The property is located at 1 Hilldale Ave, Tax Map 11, Lot 4 in the I District. Paley Irrevocable Trust is the current property owner.

L. Ordway summarized the application as follows:

- Crossfit was different from the usual gym, they used ropes and tires instead of machines
- They could draw customers from Hilldale Ave and the surrounding area
- There are Industrial businesses in the units surrounding the proposed gym
- They would be making improvements to the outside of the building
- The space would be leased
- The other businesses in the building will be remaining

L. Ordway offered that the business use will fit well in the area.

T. Fisher added it would provide health benefits without the use of machines.

There was no further discussion on the motion. The vote was 4-0-0 U/A.

There was no further business before the Board. The meeting was adjourned at 7:28 p.m.

Respectfully Submitted,

Dee Voss
Administrative Assistant