

**CITY OF LA VISTA**  
**MAYOR AND CITY COUNCIL REPORT**  
**DECEMBER 2, 2008 AGENDA**

<b>Subject:</b>	<b>Type:</b>	<b>Submitted By:</b>
CONDITIONAL USE PERMIT — HEALTH CLUB LOT 1, SOUTHPORT EAST REPLAT 10	◆RESOLUTION ORDINANCE RECEIVE/FILE	ANN BIRCH COMMUNITY DEVELOPMENT DIRECTOR

**SYNOPSIS**

A public hearing has been scheduled for Council to consider an application for a Conditional Use Permit for a health club to be known as Farrell's Extreme Bodyshaping on Lot 1, Southport East Replat 10, generally located northwest of Port Grace Blvd. and Eastport Parkway.

**FISCAL IMPACT**

N/A.

**RECOMMENDATION**

Approval.

**BACKGROUND**

A public hearing has been scheduled to consider an application submitted by Farrell's Extreme Bodyshaping and Brent Nickel, on behalf of the property owner, Southport Plaza, LLC, or Brad Underwood, to approve a conditional use permit for health club at 7428 Eastport Parkway, on Lot 1, Southport East Replat 10, generally located northwest of Port Grace Blvd. and Eastport Parkway. The property is zoned C-3 Highway Commercial/Office Park District and includes an existing building with a portion of the building being used as a childcare center. The proposal is to allow for fitness classes and related offices, and would occupy 4,000 sq. ft. of a 12,238 sq. ft. building.

City Engineer John Kottmann and staff have reviewed the application; review comments are included in the attached staff report.

The Planning Commission held a public hearing on November 20, 2008 and recommended approval of the conditional use permit to City Council.

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**RESOLUTION NO. \_\_\_\_\_**

A RESOLUTION OF THE MAYOR AND CITY COUNCIL OF THE CITY OF LA VISTA, NEBRASKA AUTHORIZING THE EXECUTION OF A CONDITIONAL USE PERMIT FOR FARRELL'S EXTREME BODYSHAPING, TO OPERATE A HEALTH CLUB ON LOT 1, SOUTHPORT EAST REPLAT 10.

WHEREAS, Farrell's Extreme Bodyshaping and Brent Nickel, on behalf of the property owner Southport Plaza, LLC, and Brad Underwood, has applied for a conditional use permit for the purpose of operating a health club to be known as Farrell's Extreme Bodyshaping on Lot 1, Southport East Replat 10, located at 7428 Eastport Parkway; and

WHEREAS, the La Vista Planning Commission has reviewed the application and recommends approval; and

WHEREAS, the Mayor and City Council of the City of La Vista are agreeable to the issuance of a conditional use permit for such purposes.

NOW THEREFORE, BE IT RESOLVED, that the Mayor and City Council of the City of La Vista hereby authorize the execution of a Conditional Use Permit in form and content submitted at this meeting, for Farrell's Extreme Bodyshaping and Brent Nickel to operate a health club to be known as Farrell's Extreme Bodyshaping on Lot 1, Southport East Replat 10.

PASSED AND APPROVED THIS 2<sup>nd</sup> DAY OF DECEMBER 2008.

CITY OF LA VISTA

ATTEST:

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Douglas Kindig, Mayor

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Pamela A. Buethe, CMC  
City Clerk

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**CITY OF LA VISTA  
PLANNING DIVISION**

**RECOMMENDATION REPORT**

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CASE NUMBER:

FOR HEARING OF: December 2, 2008  
Report Prepared on November 24, 2008

**I. GENERAL INFORMATION**

- A. APPLICANT:** Farrell's Extreme Bodyshaping, Brent Nickel
- B. PROPERTY OWNER:** Southport Plaza, LLC, Brad Underwood
- C. LOCATION:** 7428 Eastport Parkway
- D. LEGAL DESCRIPTION:** Lot 1, Southport East Replat 10
- E. REQUESTED ACTION(S):** Approval of a Conditional Use Permit to allow for a health club.
- F. EXISTING ZONING AND LAND USE:**  
C-3, Highway Commercial / Office Park District and Gateway Corridor District. Southport Plaza has been constructed at this location with a portion of the building being used as a childcare center.
- G. PURPOSE OF REQUEST:** The proposal is to allow a tenant finish for a health club in the Southport Plaza building.
- H. SIZE OF SITE:** Approx. 4,000 square feet of the building is proposed for the health club. The lot is approximately two acres.

**II. BACKGROUND INFORMATION**

- A. EXISTING CONDITION OF SITE:** Southport Plaza phase one construction was completed in 2007.
- B. GENERAL NEIGHBORHOOD/AREA LAND USES AND ZONING:**
  - 1. North:** C-3, Harrison Street
  - 2. East:** TA, Sod Farm
  - 3. South:** C-3, Lot 2, Southport East Replat 10 / Vacant
  - 4. West:** C-3, Southport East Replat Four / Southport Professional Building #2
- C. RELEVANT CASE HISTORY:** Southport East Replat 10

**D. APPLICABLE REGULATIONS:**

1. Section 5.12, Zoning Ordinance, regarding C-3 Zoning District
2. Section 5.17, Zoning Ordinance, regarding Gateway Corridor Dist.
3. Section 6.05, Zoning Ordinance, CUP Standards for Approval
4. Southport Architectural and Site Design Guidelines

**III. ANALYSIS**

**A. COMPREHENSIVE PLAN:** The Future Land Use Map of the Comprehensive Plan designates this property for commercial uses in the gateway corridor.

**B. OTHER PLANS:** Southport Plaza Architectural Design Review

**C. TRAFFIC AND ACCESS:**

1. Access is from Eastport Parkway.
2. Pedestrian and vehicular cross-lot access is constructed to the adjoining property to the west (Southport Professional Buildings).
3. Pedestrian access is provided to the perimeter sidewalk, which follows Eastport Parkway. This access point is separate from the vehicular access to Eastport Parkway to provide for pedestrian safety.
4. Twenty-two parking spaces are required for the health club. The site layout plan shows a total of 58 stalls for this building which meets the needs for both the health club and the existing childcare center. Approximately 1,400 sq. feet will be remaining as leasable space.

**D. UTILITIES:** All utilities are available to the site.

**IV. REVIEW COMMENTS:**

1. The health club is proposing two 45 minute classes per day to begin with. The first class would start at 6:30 a.m. and the second at 5:30 p.m. The evening start time would likely conflict with parents picking up their kids from the childcare center, which could create traffic congestion and safety concerns for pedestrians. Tenant management of the on-site circulation may be necessary.
2. The class size is not expected to exceed 30 students.
3. Both the Fire Chief and the Police Chief have reviewed the proposal and have no concerns at this time.

**V. PLANNING STAFF RECOMMENDATION:**

Approval of the Conditional Use Permit to allow a health club in the C-3 zoning district.

**VI. ATTACHMENTS TO REPORT:**

1. Vicinity Map
2. Letter of the proposed use submitted by the applicant
3. Draft Conditional Use Permit with Exhibit "A"

**VII. COPIES OF REPORT SENT TO:**

1. Brent Nickel, Applicant
2. Brad Underwood, Owner
3. Public Upon Request

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Prepared by:

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Community Development Director

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Date

October 3, 2008

To: LaVista Planning Department and City Council

Re: Conditional Use Permit at Southport Plaza

The Farrell's Extreme Bodyshaping course is a 10-week conditioning program created to help each individual quickly get to a higher level of fitness. Fitness kickboxing brings together rhythmic martial arts and bag training. Farrell's Extreme Bodyshaping was established in Iowa. This will be our second facility in Nebraska. The first location in Omaha is located off of 156<sup>th</sup> and Dodge Street.

The Southport Plaza facility will start with two 45-minute classes per day, with the first class starting at 6:30 am and the second at 5:30 pm. Initially, we will employ two full time employees. We expect to have no more than 30 students per class. As the demand grows we will expand with class times held at our other locations. (5 am, 6 am, 11:45 am, 4:30 pm, 5:30 pm, and 6:30 pm Monday thru Friday with Saturday morning classes at 8 am).

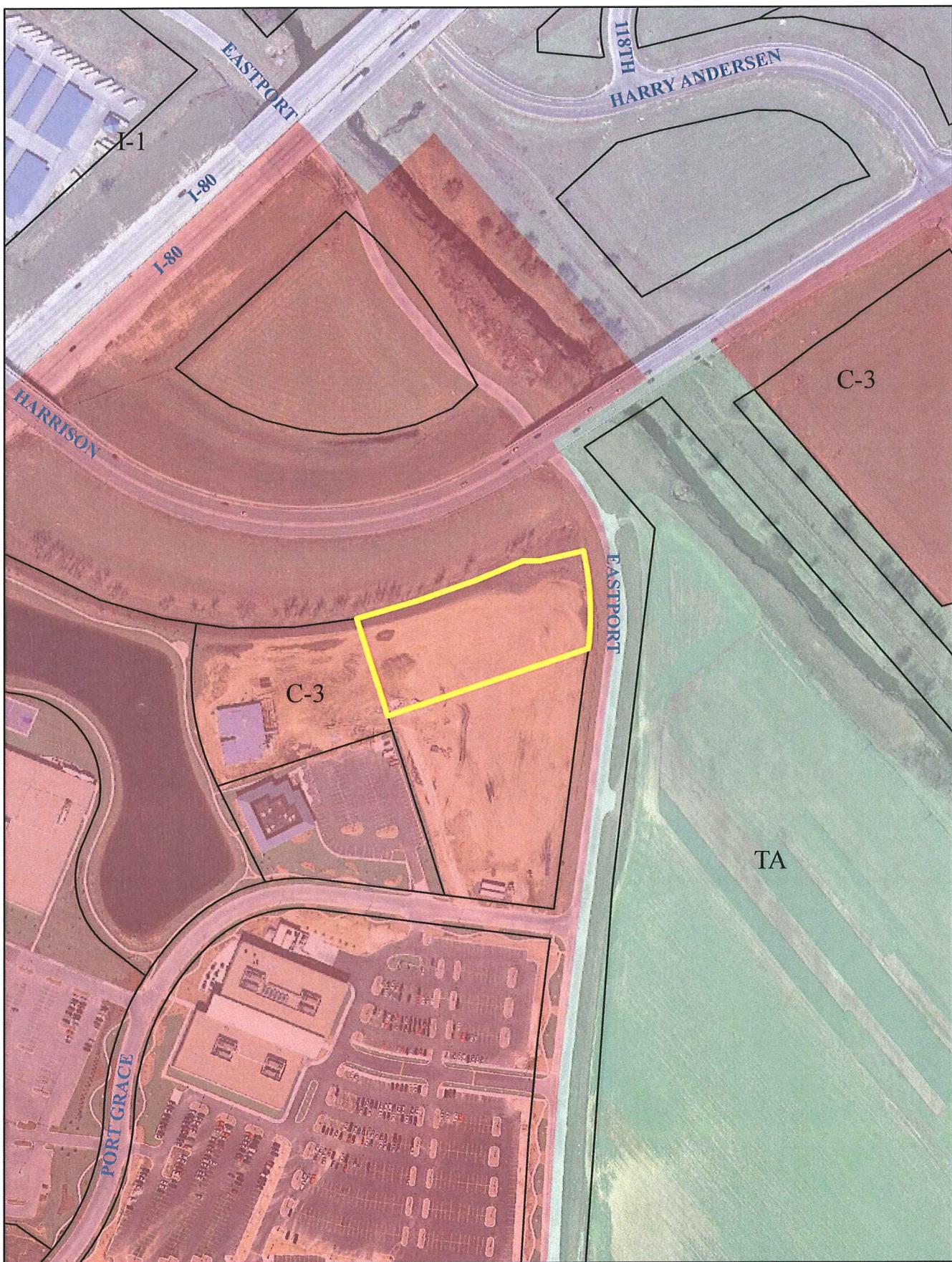
I would be happy to answer any additional questions you may have.

Sincerely,

Brent Nickel  
Vice President

# Vicinity Map

0 250 500  
Feet

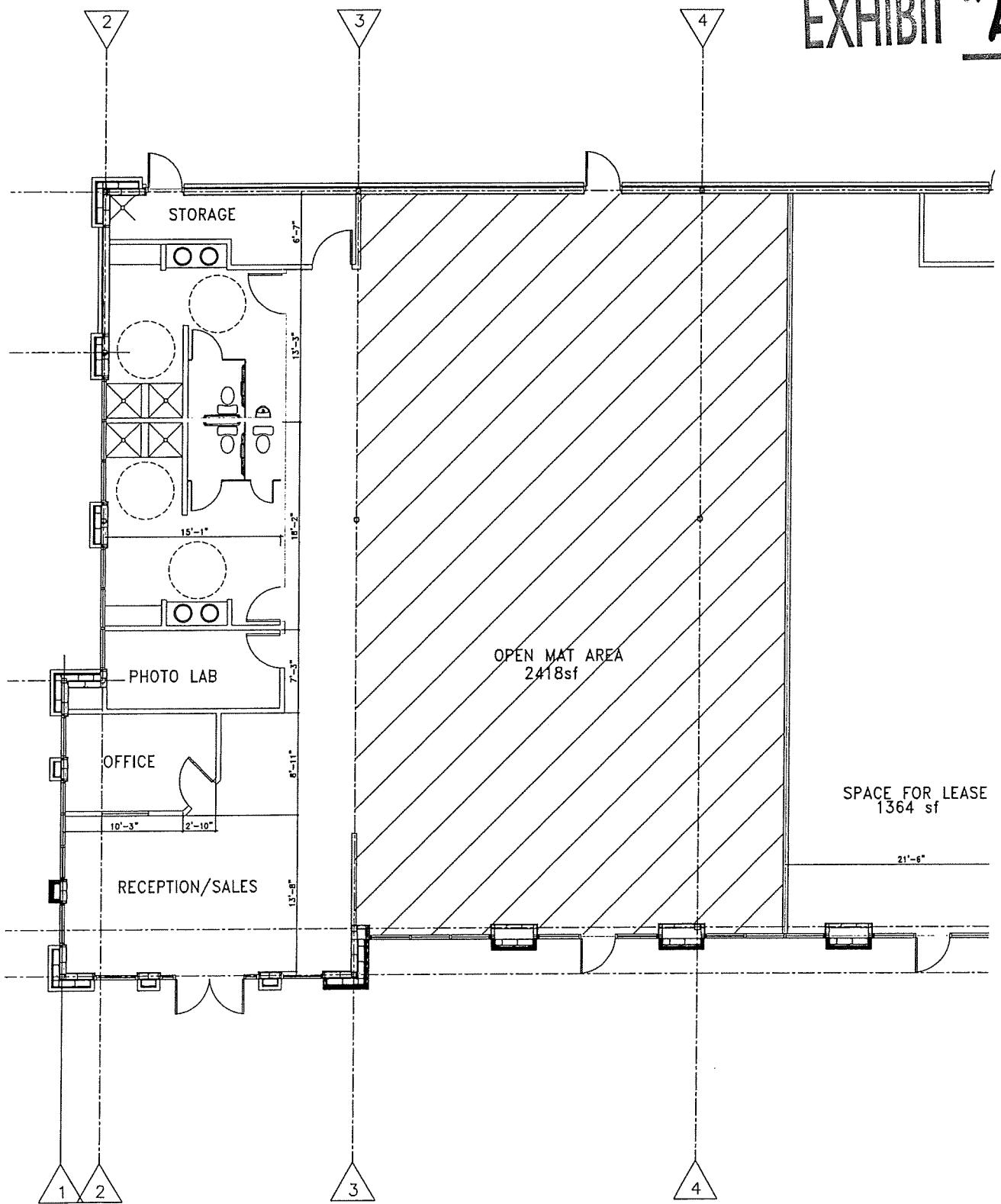


## Legend

- Southport Plaza
- Parcels



# EXHIBIT "A"



SOUTHPORT PLAZA  
 FARRELL'S EXTREME BODYSHAPING  
 REVISED 9/4/2008  
 SCALE: 1/8" = 1'-0"

D<sup>3</sup> interiors

D3 Interiors  
 3919 South 147th Street #124  
 Omaha, NE 68144  
 Phone: 402-502-7309  
 Fax: 402-502-7312

