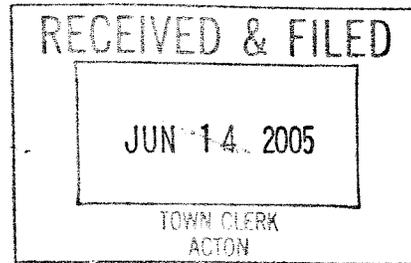


8/29/05 - (3)



June 14, 2005

Town of Acton Board of Selectmen  
472 Main Street  
Acton, MA 01720

Dear Members of the Board:

On behalf of our prospective tenant, Armand Chery of CBC Personal Training Academy, we hereby submit the attached application a Special Permit under Section 10.3 of the Town of Acton Zoning Bylaw to allow Commercial Recreation in an LI-1 zoning district. It is our intent to lease approximately 3,000 square feet of the building located at 525 Main Street to Mr. Chery for the purpose of conducting his business, which is described in the brochure included as part of the application package. In addition, please find the following supporting documentation:

- Application Fee of \$250.00
- Completed Application for a Special Permit
- Locus Plan @ 1" = 1,200'
- Plot Plan showing the dimensions of the property
- Certified Abutters List
- Floor Plans of the space to be leased, including approximate layout of exercise equipment
- Parking Lot As-Built Plan indicating the required parking spaces

We look forward to meeting with you to discuss the application in more detail, and in the meantime, please feel free to call us at 978-360-2723 with any questions or concerns you may have.

Thank you,

Dennis Ring  
c/o 525 Main Street, LLC

Town of Acton

Application for a Special Permit

To The

Board of Selectmen

Please type or print your application.

Indicate the special permit/s requested. The fee for a Special Permit is \$250 unless otherwise noted.

- Recreation
- Hotel, Inn or Motel
- Veterinary Care
- Commercial & Trade School
- Warehouse
- Light Manufacturing
- Reduced Parking  
Fee = \$100
- Nursing Home
- Combined Business & Dwelling
- Commercial Kennel
- Amusement Facility
- Mini-Warehouse
- Scientific Research/Development/Production
- Drive-Up Bank  
Fee = \$1000
- Restaurant
- Lodge or Club
- Commercial Recreation
- Freestanding Sign
- Heating Fuel Sales/Service
- Service Station  
Fee = \$1000

If this application is made concurrently with a site plan application, then the fee will be \$100 in all cases.

APPLICANT

Name & Address

ARMAND CHERRY  
CBC PERSONAL TRAINING

Telephone

978-263-8797

OWNER

Name & Address

525 MAIN ST., LLC

525 MAIN ST., ACTON, MA.

Telephone

978-360-2723

SITE

Location and Street Address of the Property

525 MAIN ST.  
ACTON, MA 01720

Tax Map & Parcel Number

E4 78 & 86-1

Area of Lot ac.

3.8 ACRES

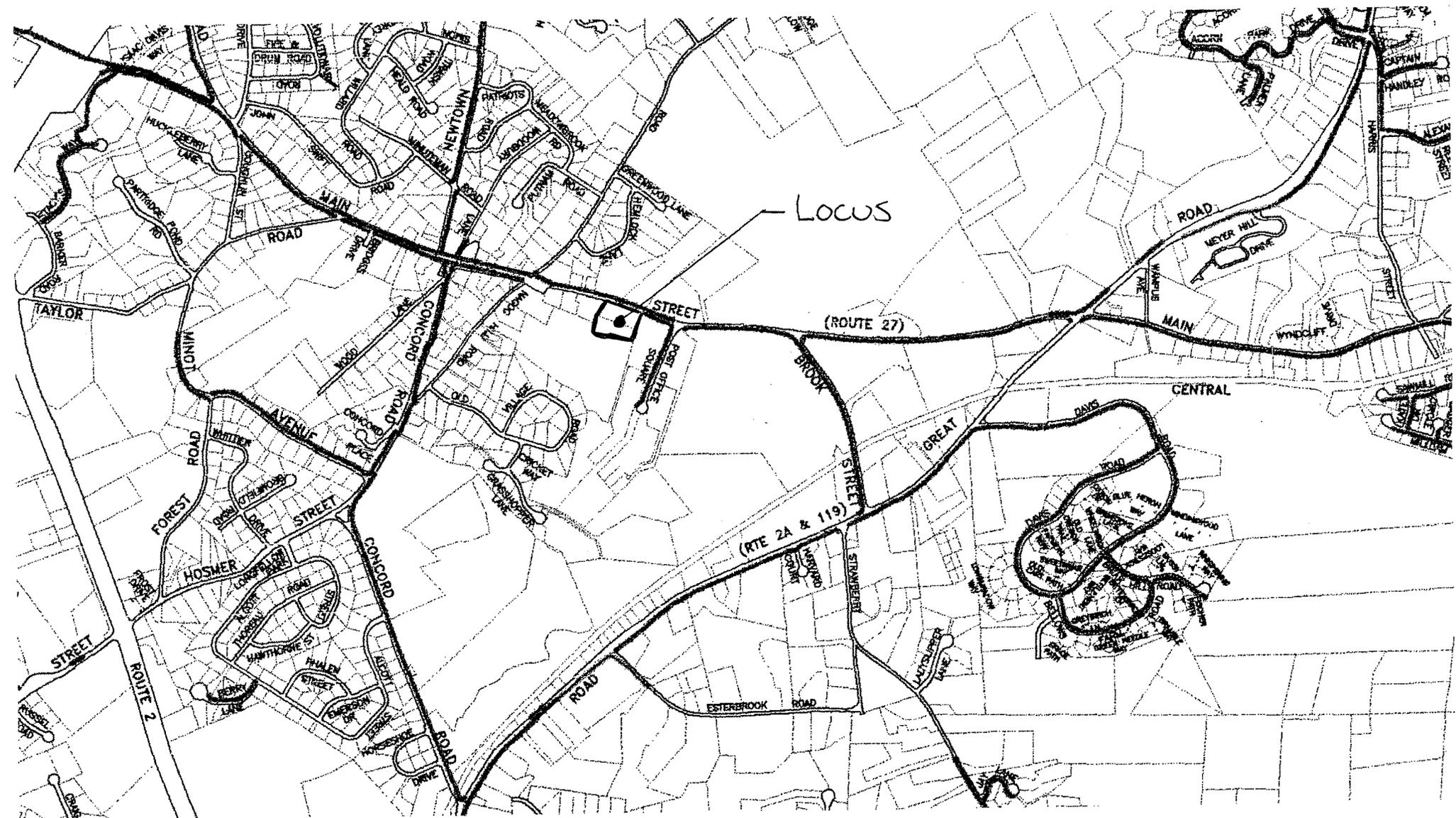
Zoning District

LI-1/R2

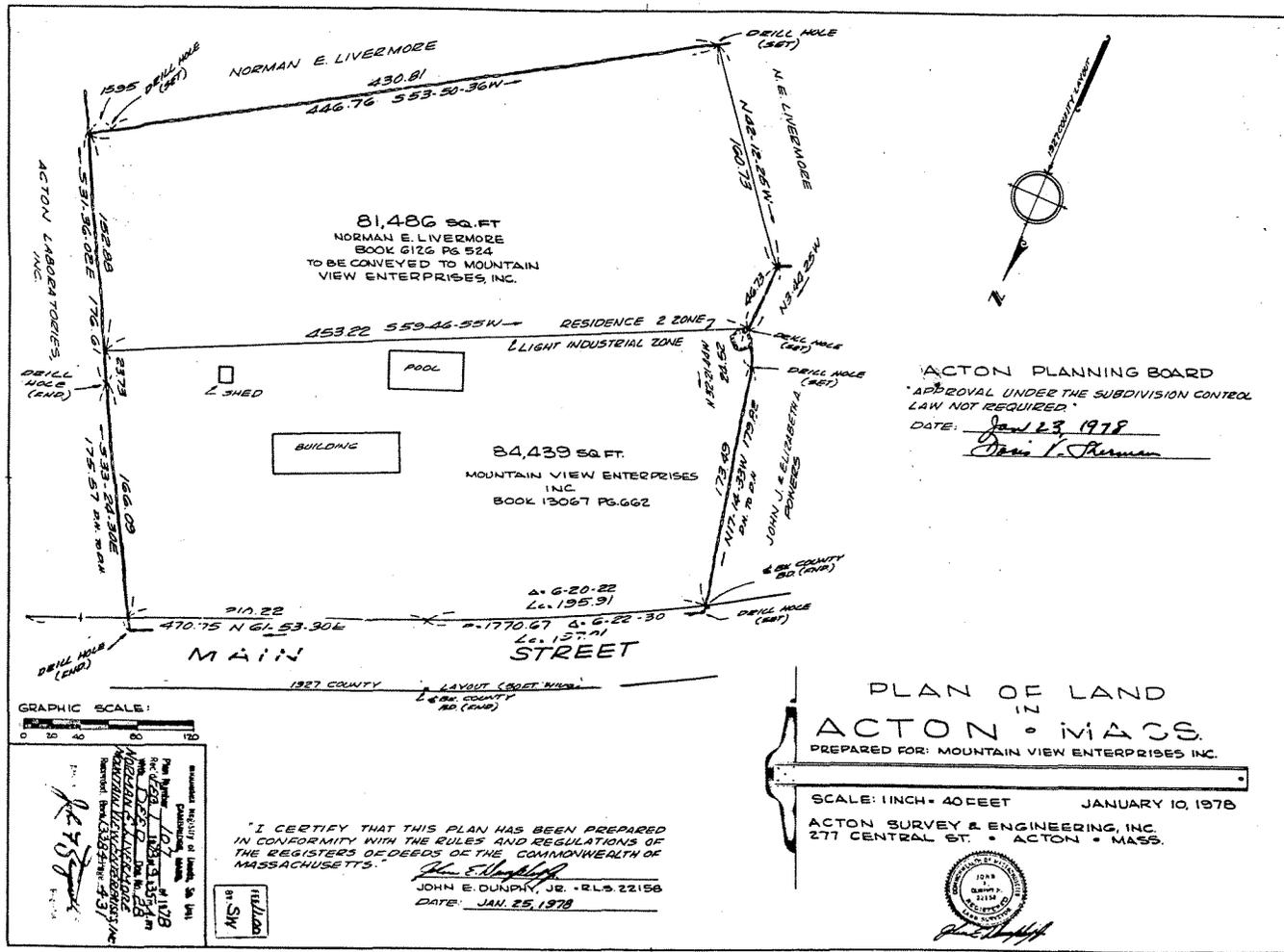
If any other permits or site plans have been granted for the property, give the file numbers:

19187A - BUILDING PERMIT 6/22/04

Twelve (12) completed copies of this application and supporting materials including plan sheets, if any, are required at the time of submission. A certified abutters list taken from the most recent town tax list and certified by the Town Assessor must be included with this application. At a minimum, a 1"=1200' location map must be provided with each copy of the application showing the subject site in relation to other lots, roads, and natural features. Sufficient supporting information must be provided to fully explain the purpose and plans of the applicant -- attach additional sheets and plans as necessary. The Board may require additional information as it deems necessary. Each copy of any plan sheets shall be folded so that it will fit neatly into a letter sized file folder.



LOCUS MAP - 1" = ± 1200'



107 of 78  
 Plan # 2567



**Town of Acton**  
472 Main Street  
Acton, MA 01720  
Telephone (978) 264-9622  
Fax (978) 264-9630

Brian McMullen  
Assistant Assessor

**Parcel Location:** 525 Main St  
**Parcel I.D.:** E4-78 and E4-86-1

Location	Parcel ID	Owner	Co-Owner	Mailing Address	City	ST	Zip
7 HEMLOCK LN	E4 66	ZHANG QIZHOU	ZHOU YING	7 HEMLOCK LN	ACTON	MA	01720
514 MAIN ST	E4 77	HORTON WILLIAM R	DORIS	514 MAIN ST	ACTON	MA	01720
514 MAIN ST BESIDE	E4 75	HORTON WILLIAM R	DORIS	514 MAIN ST	ACTON	MA	01720
520 MAIN ST	E4 45	FRANKLIN PLACE PARTNERS LLC		178 GREAT RD	ACTON	MA	01720
521 MAIN ST	E4 85	HENNESSEY THOMAS F	HENNESSEY SUSAN O	521 MAIN ST	ACTON	MA	01720
523 MAIN ST	E4 85 1	DONCASTER TIMOTHY J	DONCASTER CANDACE D	523 MAIN ST	ACTON	MA	01720
524 MAIN ST	E4 24	SHERBROOKE ASSOCIATES INC	C/O 524 MAIN ST INC	524 MAIN ST	ACTON	MA	01720
526 MAIN ST	E4 46	THIRD ACTON LLC	C/O SF PROPERTIES INC	637 WASHINGTON ST #20	BROOKLINE	MA	02446
531 MAIN ST	E4 67	GOSSELS WERNER F ET UX TRUSTEE	LAINE REALTY TRUST	17 BENNETT RD	WAYLAND	MA	01778
41 NAGOG HILL RD	E4 86	NAPOLI DAVID A	MARIA A	45 NAGOG HILL RD	ACTON	MA	01720
7 POST OFFICE SQ	E4 67 2	SWENSRUD STEPHEN B TRUSTEE	THE STEPHEN B SWENSRUD TRUST	88 BROAD ST	BOSTON	MA	02110

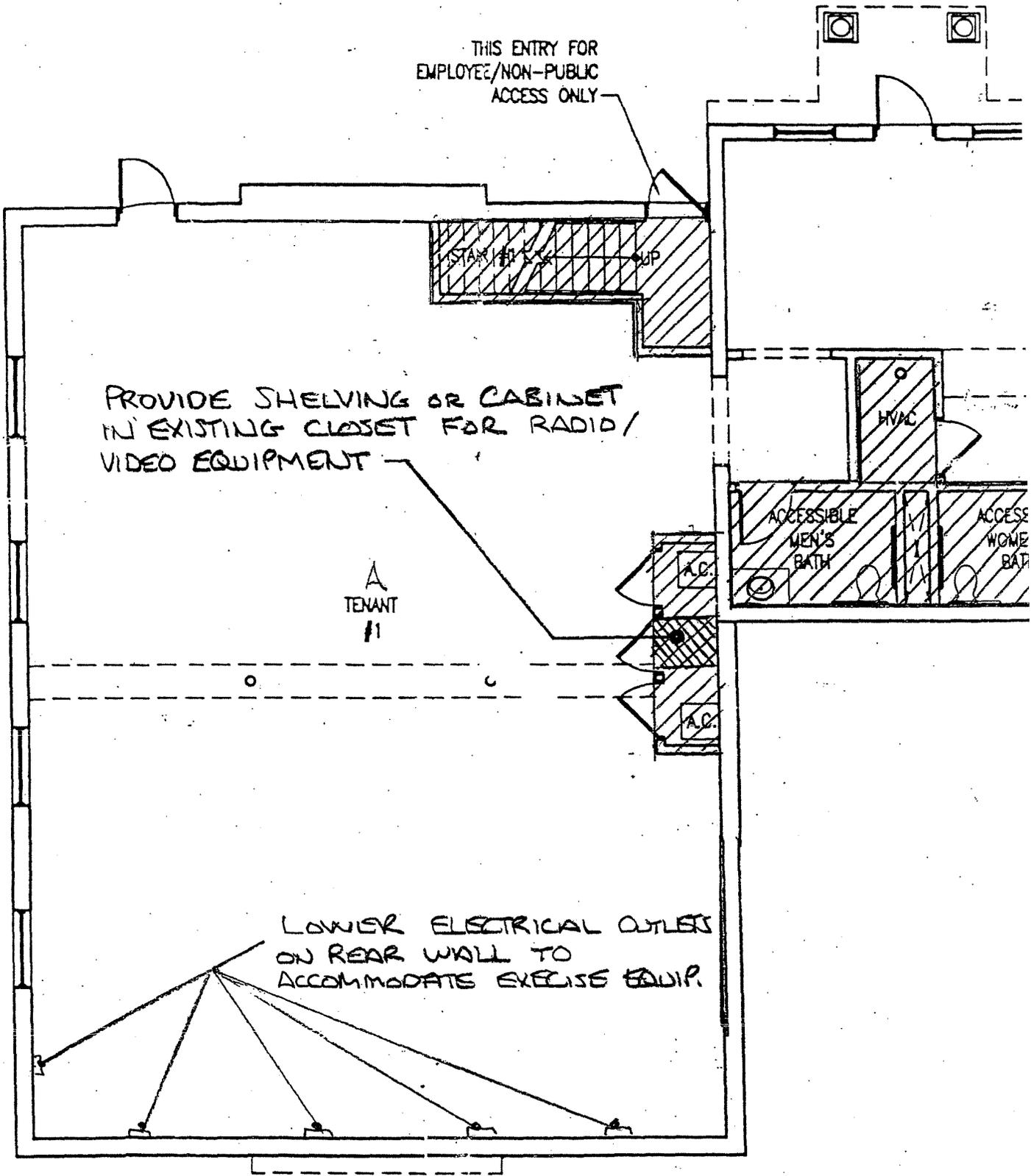
Abutters and owners of land directly opposite on any public or private street or way and abutters to the abutters within three hundred feet of the property line all as they appear on the most recent applicable tax list.

**HEARING NOTICES FOR ALL SPECIAL PERMITS MUST BE SENT TO THE  
PLANNING BOARD, TOWN HALL IN THE FOLLOWING TOWNS:**

Boxborough, MA 01729    Maynard, MA 01754    Concord, MA 01742    Littleton, MA 01460  
Carlisle, MA 01741    Stow, MA 01775    Westford, MA 01886    Sudbury, MA 01776

April L. Thomas  
Assessing Secretary

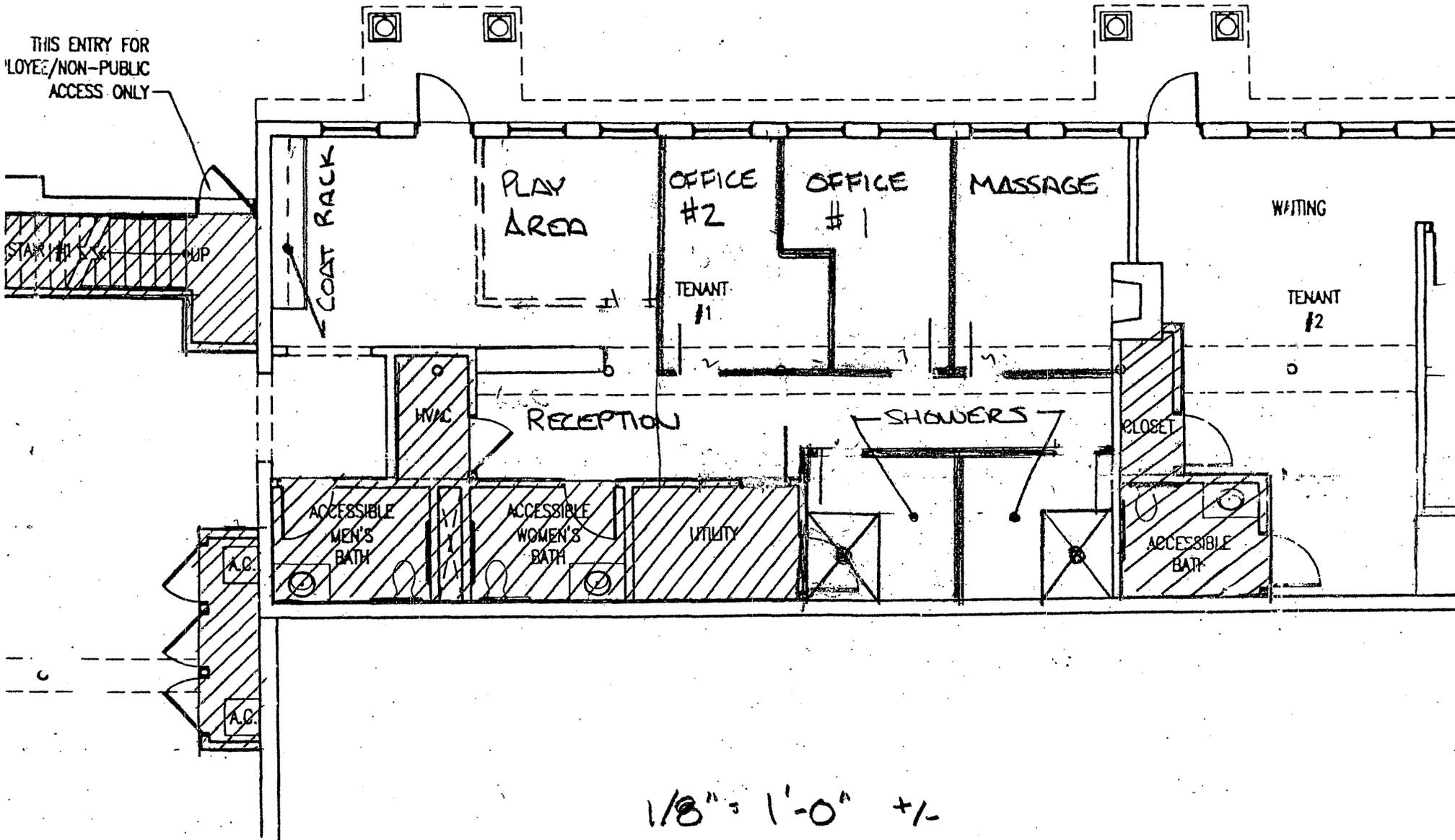
6/9/2005



1 PROPOSED GROUND FLOOR PLAN  
1/8" = 1'-0"

THIS ACCESS STAIR FOR  
EMPLOYEE/NON-PUBLIC  
ACCESS ONLY

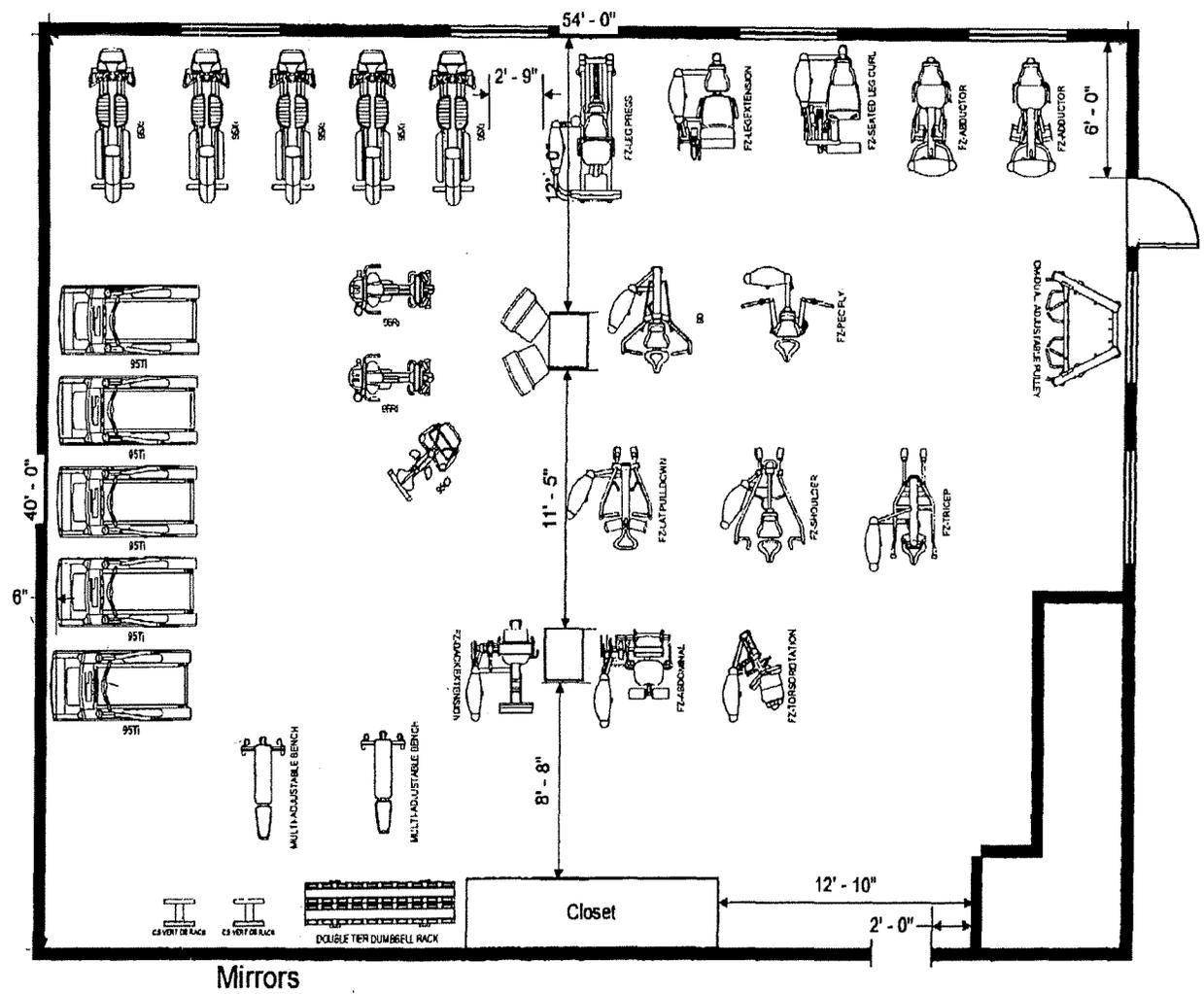
THIS ENTRY FOR  
EMPLOYEE/NON-PUBLIC  
ACCESS ONLY



1/8" = 1'-0" +/-

SPACE

EXERCISE AREA



LCD

# CBC Personal Training Academy *LifeFitness*

Place  
Stamp  
Here



CBC Personal Training Academy  
411 Mass. Ave Suite # 301  
Acton, MA 01720

What We Offer

Improve

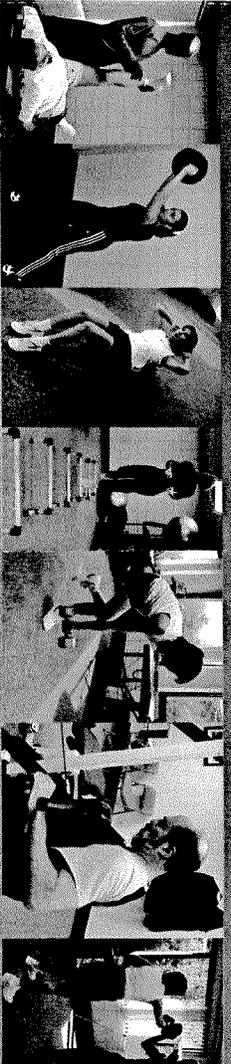
Your Lifestyle

- Health Screening
- Fitness Assessment
- Weight Loss
- Strength Training
- Core Training
- Flexibility Training
- Functional Training
- Sports-Specific Training
- Speed Clinic for Youth (eleven and older)
- Nutritional Counseling



Personal Training Academy

Your Results are our Reward!

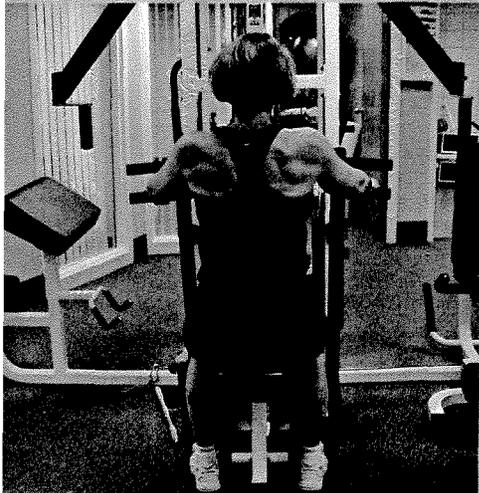


## Welcome

Congratulations on taking your first step towards achieving a healthy lifestyle.

At CBC Personal Training we work with men and women of all ages and all fitness levels. Our clientele includes seniors, competitive athletes, professionals, active parents, children - anyone looking to improve their fitness and physique.

At CBC Personal Training we pride ourselves on accommodating our clients' schedules. We can go to your home or office if you can't come to us.



## Personal Strength

# Fitness Goals



## Our Program

Whether you are new to fitness or an experienced exerciser, we can lead you efficiently through a personalized strength training program.

Whether you are an athlete looking to improve your performance, or someone looking to increase your energy level, lose some weight, recuperate from an injury, or get in shape for that special occasion, we can help you.

Our staff also has practical experience working with pre-natal, post-natal, diabetic, and cardiac clients.

All CBC Personal Trainers fulfill the American College of Sports Medicine requirements and are CPR certified.

# energy

ARMAND CHERY  
President

**CBC** Complete  
Body  
Conditioning  
*Weight Management, Back, Knee and Shoulder Rehab  
General Conditioning and Sports Specific Training*  
*Your results are our reward!*

411 Mass Ave., Suite #301  
Acton, MA 01720  
Phone: 978.263.8797  
Fax: 978.263.0414  
Cell: 978.985.7789  
E-mail: ACFTSU@verizon.net  
www.TrainAtCBC.com

Weight Management, Back, Knee and Shoulder Rehab  
General Conditioning and Sports Specific Training

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

1. What types of programs interest you? (check all that apply)

- Weight loss
- Strength training
- Body sculpting
- Cardio/endurance training
- Nutrition counseling
- Training for professional sports/competitions
- Stretching
- Other: \_\_\_\_\_

2. Have you worked with a personal trainer in the past?

yes  no

3. Were you satisfied with the results?

yes  no

4. What do you plan to achieve by working with a personal trainer? \_\_\_\_\_

5. Where would you prefer working out?:  our studio  your home

Please include additional information or questions here:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_