

Description/Narrative:

CrossFit Mill Street (The Mill) is a community driven fitness facility located at 432, 434, and 436 Mill Street NE. The Mill's mission is to help anyone who walks through the door become a healthier, stronger, more capable version of themselves. Our programs are designed to meet the needs of every fitness level, whether you're an experienced veteran, or a complete beginner. The Mill has options for the whole family with CrossFit Kids, Teens Fitness and multiple Adult Programs

How did it all start? In 2015, a couple of friends got together and decided that it would be fun to have a place where Vienna could try Functional Fitness workouts, build a community, and create a healthier lifestyle in a fun and judgment-free environment. This drive and philosophy created CrossFit Mill Street or The Mill, where we bring a few friends together from the community and have fun while getting in shape.

At The Mill we understand that the community members from Vienna and the surrounding towns get up early before work to exercise, workout during their lunch hours, workout in the evenings after work, and train before heading over to Waters and Caffi fields for Little League/VYI sports on the weekends. Yes, the population is getting fitter, but what we didn't envision was the creation of the tight knit community. Men, women, and children in Vienna creating friendships and tightening bonds.

As of the date of this Application, The Mill has created and provided a sense of belonging within the larger Vienna community for over 10 years. We have warmed up and motivated the town of Vienna at multiple 5K runs such as Vienna Elementary 5K, the Louise Archer Elementary School 5K, and the Count Down to None NYE 5K. We have participated in Health Fairs and Fitness Demonstrations in High schools across Fairfax County and regularly support charitable organizations like Bringing Resources to Aid Women's Shelters (BRAWS). The number of coat drives, shoe drives, clothing drives, toy drives, and food drives is endless, and we pride ourselves on partnering with organizations and members to give back wherever we can. Most recently, we demonstrated our commitment to the community of Vienna by participating in the Oktoberfest, the Vienna Halloween Parade, the Wellness Wonderland, and the New Neighbor gift bags. Bringing home the "Best in Parade" award for our "10 Years on Mill Street – Phantom of the Mill" was both humbling and an amazing feeling but most importantly was another example of what our community can do when we work together. We are no longer a small group of people working out in a small garage. We are a lifeline for the Vienna Community to have an outlet for fun, fitness and friendships.

What triggers our application for a Conditional Use Permit and the Certificate of Occupancy is the expansion into the remaining bays (436 and 438) in our building. Ultimately, we are expanding our space to better support the current membership with an adequate and more accommodating workout space. We're also planning on welcoming more of the community through our doors by offering a more robust Youth Program schedule for ages 9-15. As an owner, I was fortunate enough to have my 3 sons transition through The Mill's Youth Programs into Adult classes, and I have watched them blossom both physically, mentally, and socially. I know that the confidence and strength that they have gained will drive positive results throughout their adult lives. Additional space will allow for more ages and stages of the population to not only become healthy, but also to create a supportive social foundation. Having a larger space will allow for the expansion of youth programs: more teenagers will be able to attend after-school fitness classes; classes for Tweens (ages 9-12) will become larger; children's classes (ages 4-8) will be added at the same time as adult classes - allowing for moms and dads of littles to stay healthy and receive a much-needed break during the day. Classes for the older adult will also be added to the schedule allowing for the empty-nesters and retirees to create new friends and new exercise habits.

Over the past 10 years, The Mill has demonstrated that we are here for everyone: the competitive athlete and the everyman athlete, the stay-at-home mom, the grumpy teenager, the eager 1st grader. We teach how to hold a dumbbell and how to support a fellow athlete and friend. Moving forward over the next 10 years, The Mill wants to have space for even more Vienna community members to feel this sense of belonging.

Additional Application Datapoints:

- 1) Noise: The additional space will not create any additional noise or noise issues, and The Mill currently complies with the noise levels permitted by the Town.
- 2) Odors: The additional space will not create any odors.
- 3) Trash and Litter: The additional space will not create an increase in garbage, and we currently have 2 shared dumpsters in the rear parking lot that are emptied daily.
- 4) Loading/Unloading: The additional space will not create additional unloading/loading (drop off/pick up) demands that would impact the surrounding facilities. We have adequate loading and unloading space at the rear of our building. Our busiest loading/unloading hours (drop off and pick up) are 5:00PM-7:00PM.
- 5) Parking and Stacking: The additional space will not create the demand for additional parking spaces, and we currently have 51 spaces to support our patrons, which well exceeds our current demand and any projected demand in the future.

- 6) Use Capacity: The additional space will support 10-15 athletes per hour and 1-2 instructors per hour.
- 7) Hours: The additional space will mainly operate Monday-Friday from 5:00PM-7:00PM. The space will also support overflow capacity during the day, but it will not be a common demand.
- 8) Site Plan: Site plan documents will be uploaded to the portal as requested.