

City of Portland, Maine - Building or Use Permit Application

389 Congress Street, 04101 Tel: (207) 874-8703, Fax: (207) 874-8716

PERMIT ISSUED

Permit No: 06-0078	Issue Date: MAR 6 2006	CBL: 037 F022001
Owner Address: 477 Congress St		Phone: 2076532341
Contractor Address: So. Portland		Phone: 2076532341

Location of Construction: 477 Congress St	Owner Name: 477 Congress Llc	Owner Address: 477 Congress St
Business Name:	Contractor Name: Dirty Deeds	Contractor Address: So. Portland
Lessee/Buyer's Name	Phone:	Permit Type: Change of Use - Commercial
		Zone: B3

Past Use: Commercial	Proposed Use: Commercial Change of Use: Photography Studio to a Fitness Wellness Center. (2nd floor)	Permit Fee: \$366.00	Cost of Work: \$30,000.00	CEO District: 1
Proposed Project Description: Change of Use : Photography Studio to a Fitness Wellness Center (2nd floor)		FIRE DEPT: <input checked="" type="checkbox"/> Approved <input type="checkbox"/> Denied	INSPECTION: Use Group: Type: B 3/3/06	

Signature: Greg Carr	Signature: [Handwritten Signature]
PEDESTRIAN ACTIVITIES DISTRICT (P.A.D.) Action: <input checked="" type="checkbox"/> Approved <input type="checkbox"/> Approved w/Conditions <input type="checkbox"/> Denied Signature: [Handwritten Signature] Date: 1/26/06	

Permit Taken By: dmartin	Date Applied For: 01/18/2006	Zoning Approval
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<ol style="list-style-type: none"> This permit application does not preclude the Applicant(s) from meeting applicable State and Federal Rules. Building permits do not include plumbing, septic or electrical work. Building permits are void if work is not started within six (6) months of the date of issuance. False information may invalidate a building permit and stop all work.. 	Special Zone or Reviews <input type="checkbox"/> Shoreland <input type="checkbox"/> Wetland <input type="checkbox"/> Flood Zone <input type="checkbox"/> Subdivision <input type="checkbox"/> Site Plan Maj <input type="checkbox"/> Minor <input type="checkbox"/> MM <input type="checkbox"/> Date: 3/12/06	Zoning Appeal <input type="checkbox"/> Variance <input type="checkbox"/> Miscellaneous <input type="checkbox"/> Conditional Use <input type="checkbox"/> Interpretation <input type="checkbox"/> Approved <input type="checkbox"/> Denied Date: [Handwritten]	Historic Preservation <input checked="" type="checkbox"/> Not in District or Landmark <input type="checkbox"/> Does Not Require Review Requires Review <input type="checkbox"/> Approved <input type="checkbox"/> Approved w/Conditions Denied Date: [Handwritten]
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CERTIFICATION

I hereby certify that I am the owner of record of the named property, or that the proposed work is authorized by the owner of record and that I have been authorized by the owner to make this application as his authorized agent and I agree to conform to all applicable laws of this jurisdiction. In addition, if a permit for work described in the application is issued, I certify that the code official's authorized representative shall have the authority to enter all areas covered by such permit at any reasonable hour to enforce the provision of the code(s) applicable to such permit.

SIGNATURE OF APPLICANT _____ ADDRESS _____ DATE _____ PHONE _____

RESPONSIBLE PERSON IN CHARGE OF WORK, TITLE _____ DATE _____ PHONE _____

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Permit No: 06-0078	Date Applied For: 01/18/2006	CBL: 037 F022001
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Location of Construction: 477 Congress St	Owner Name: 477 Congress Llc	Owner Address: 477 Congress St	Phone:
Business Name:	Contractor Name: Dirty Deeds	Contractor Address: 23 Motley Portland	Phone (207) 653-2341
Lessee/Buyer's Name	Phone:	Permit Type: Change of Use - Commercial	

Proposed Use: Commercial Change of Use: Photography Studio to a Fitness Wellness Center. 2nd floor	Proposed Project Description: Change of Use : Photography Studio to a Fitness Wellness Center
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Dept: Building **Status:** Approved with Conditions **Reviewer:** Mike Nugent **Approval Date:** 03/03/2006

Note: **Ok to Issue:**

- 1) This permit does not include the rampo construction, as code details need to be worked out prior to commencement of ramp construction.

Dept: Fire **Status:** Approved with Conditions **Reviewer:** Cptn Greg Cass **Approval Date:** 01/30/2006

Note: **Ok to Issue:**

- 1) Fire Alarm and Sprinkler contractors are to be consulted before the addition or removal of any walls.
- 2) A LifeSafety Plan shall be submitted Showing compliance with NFPA 101.

Good Morning Mike -

Attached, please find the upgraded plan as you have asked for. Please feel free to call w/ any questions. I look forward to beginning our building in the very near future!

Thanks so much,

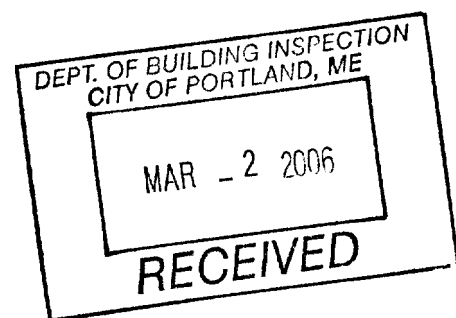
Anthony, Jr.

Mezzanine Fitness & Wellness Center

207 774-0810

838 9594

477 Congress



Mezzanine

Fitness & Wellness Center

16 February 2006

To: Greg Cass
City of Portland, Fire Marshall's Office

From: Catherine Cofran

Re: Mezzanine Fitness and Wellness Center
477 Congress Street 2nd Floor Annex

Enclosed: **A1.0**
 Exiting Signage Diagram (provided by Bay Electric)
 Application for Construction Permit, Fee
 Application for Barrier-Free Permit, fee
 Building Code summary by B + W Architects

Comments:

Please accept the enclosed information **as** promised. This information was requested during **an** inspection by Greg Cass and Mike Collins on Friday Feb. **3,2006**. A copy was submitted to the State Fire Marshall's Office for review on Feb. **15,2006**

Please feel free to call with any questions.

Sincerely,



Catherine J. Cofran, President
Mezzanine Fitness & Wellness Center
207-773-3477



General Building Permit Application

If you or the property owner owes real estate or personal property taxes or user charges on any property within the City, payment arrangements must be made before permits of any kind are accepted.

Location/Address of Construction: <u>477 Congress St. 2nd Floor fit up</u>		
Total Square Footage of Proposed Structure <u>4706 SF</u>	Square Footage of Lot <u>1/4</u>	
Tax Assessor's Chart, Block & Lot Chart# <u>37</u> Block# <u>F</u> Lot# <u>22</u>	Owner: <u>477 Congress LLC</u>	Telephone: <u>772-0688</u>
Lessee/Buyer's Name (If Applicable) <u>Mezzanine Fitness & Wellness Center</u>	Applicant name, address & telephone: <u>Catherine Colran 477 Congress St side 111 Portland, ME 04101</u>	Cost Of Work: <u>\$30,000</u> <u>291 + 75</u> Fee: \$ <u>366.00</u> C of O Fee: \$ _____
Current Specific use: <u>Commercial</u> Proposed Specific use: _____		
Project description: <u>Chg of Use Photography Studio to A Fitness/Wellness Center.</u>		
Contractor's name, address & telephone: <u>Dirk Deeds - Steve Drott 653-2341 S. Portland, ME 04106</u>		
Who should we contact when the permit is ready: <u>Catherine Colran</u> Mailing address: _____ Phone: <u>773-3477</u>		
<u>23 Motley St Portland, ME 04102</u>		<u>Plumber Steve Caiazzo 831277 Electrician Bay Electric 799-0350</u>

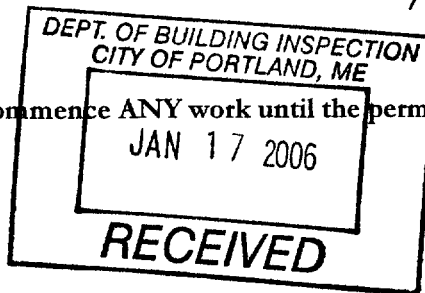
Please submit all of the information outlined in the Commercial Application Checklist. Failure to do so will result in the automatic denial of your permit.

In order to be sure the City fully understands the full scope of the project, the Planning and Development Department may request additional information prior to the issuance of a permit. For further information visit us on-line at www.portlandmaine.gov, stop by the Building Inspections office, room 315 City Hall or call 874-8703.

I hereby certify that I am the Owner of record of the named property, or that the owner of record authorizes the proposed work and that I have been authorized by the owner to make this application as his/her authorized agent. I agree to conform to all applicable laws of this jurisdiction. In addition, if a permit for work described in this application is issued, I certify that the Code Official's authorized representative shall have the authority to enter all areas covered by this permit at any reasonable hour to enforce the provisions of the codes applicable to this permit.

Signature of applicant: [Signature] Date: 1/10/06

This is not a permit; you may not commence ANY work until the permit is issued.



✓ # 93

Form # P04

DISPLAY THIS CARD ON PRINCIPAL FRONTAGE OF WORK

CITY OF PORTLAND

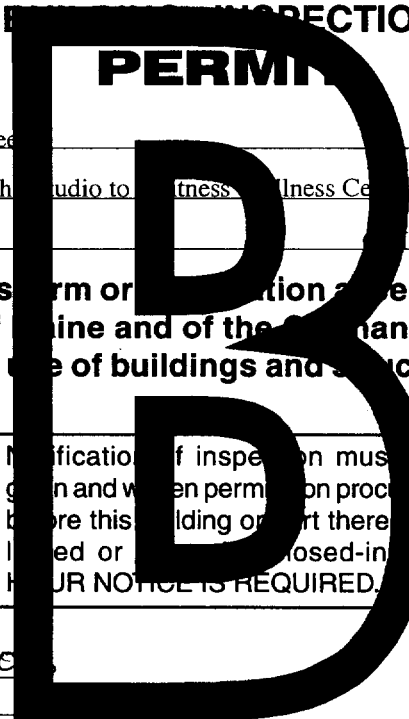
Please Read Application And Notes, If Any, Attached

PERMIT ISSUED

Permit Number: 06072006

MAR 9 2006

CITY OF PORTLAND



This is to **certify** that 477 Congress Llc /Dirty De
 has permission to Change of Use : Photograph studio to fitness Wellness Center
 AT 477 Congress St L 037 F022001

provided that the person or persons who apply for and accept this permit shall comply with all of the provisions of the Statutes of the State and of the Ordinances of the City of Portland regulating the construction, maintenance and use of buildings and structures, and of the application on file in this department.

Apply to Public Works for street line and grade if nature of work requires such information.

Notification of inspection must be given and when permission procured before this building or part thereof is occupied or closed-in. 4 HOUR NOTICE IS REQUIRED.

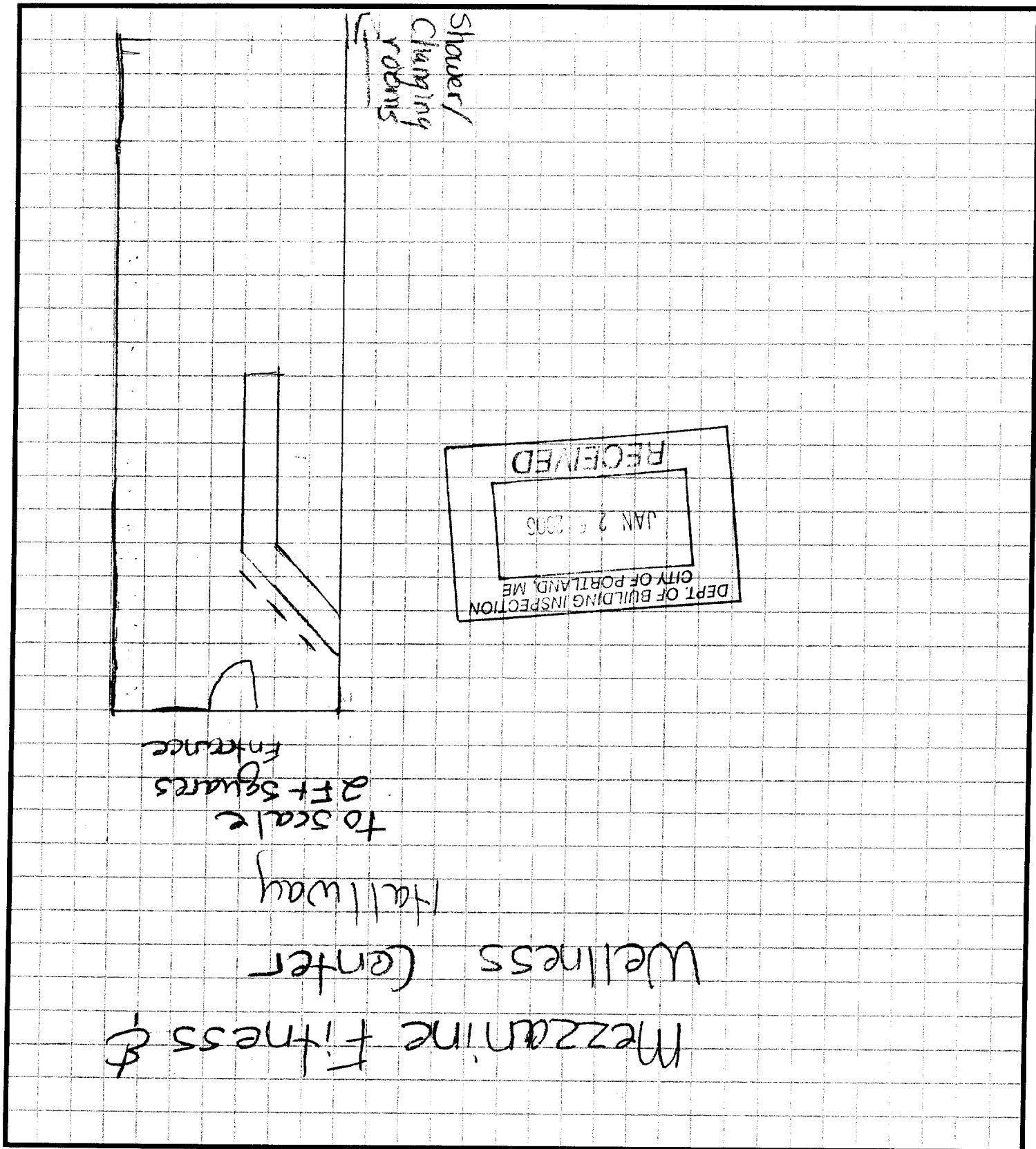
A certificate of occupancy must be procured by owner before this building or part thereof is occupied.

OTHER REQUIRED APPROVALS

Fire Dept. Craig AS 2-27-06
 Health Dept. _____
 Appeal Board _____
 Other _____
 Department Name _____

[Signature] 3/3/06
 Director - Building & Inspection Services

PENALTY FOR REMOVING THIS CARD



ANDOVER, MA 01810
 146 Dascomb Road
 1-800-222-7981
 Fax: 1-800-242-4533

COXSACKIE, NY 12051
 Hudson Valley Commercial Park
 1-800-222-7303
 Fax: 1-800-222-7304

HATFIELD, MA 01038
 125 Chestnut Street
 1-800-922-0191
 Fax: 1-800-922-0296

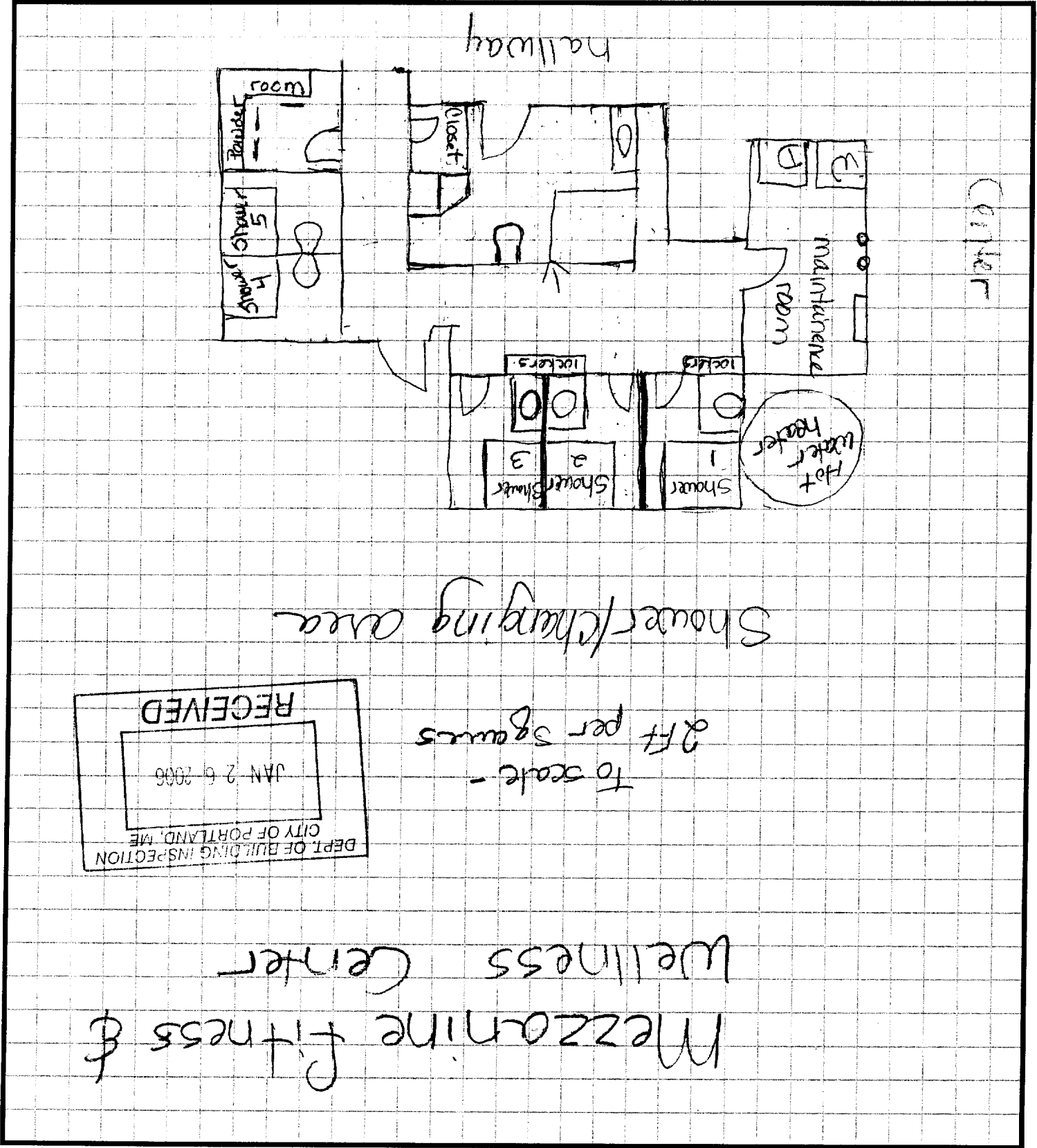
PORTLAND, ME 04103
 203 Read Street
 1-800-442-6734
 Fax: 1-800-443-0331

ANDOVER, MA 01810
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 1-800-922-0191
 Fax: 1-800-922-0296

PORTLAND, ME 04103
 703 Read Street
 1-800-442-6734
 Fax: 1-800-443-0331



RECEIVED
 JAN 26 2006
 DEPT. OF BUILDING INSPECTION
 CITY OF PORTLAND, ME

To scale -
 2ft per square



Brockway-Smith Company

www.brosco.com

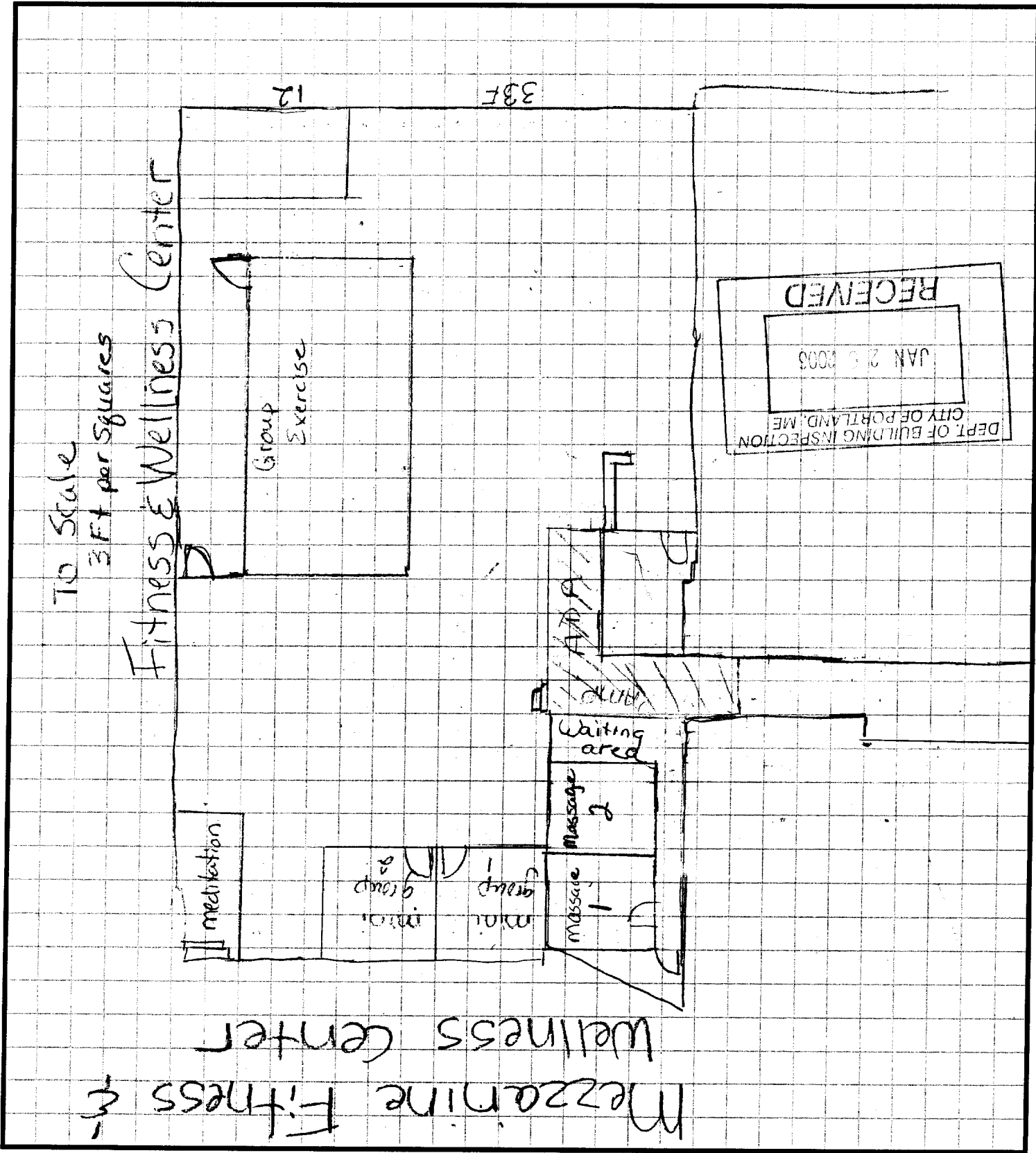


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Brockway-Smith Company

www.brosco.com



PROPOSAL

ACCEPTANCE OF PROPOSAL

The above prices, specifications and conditions are satisfactory and are hereby accepted. You are authorized to do the work as specified. Payments will be made as outlined above.

Signature _____ Date _____

Signature _____

Note — This proposal may be withdrawn by us if not accepted within _____ days.

Any alteration or deviation from above specifications involving extra costs will be executed only upon written order, and will become an extra charge over and above the estimate. All agreements contingent upon strikes, accidents, or delays beyond our control.

Respectfully submitted _____ Per _____

with payments to be made as follows.

Dollars (\$) 18,120

All material is guaranteed to be as specified, and the above work to be performed in accordance with the drawings and specifications submitted for above work and completed in a substantial workmanlike manner for the sum of _____

We hereby propose to furnish the materials and perform the labor necessary for the completion of Fitness Center 17 feet by 17 feet -

1	7' x 4' Greeting Counter
2	2 - 10' x 10' Rooms (2x4's)
3	2 - 8' x 8' Massage Room + Waiting Room 4' x 12' (2x4's)
4	10' x 9' MEMBERSHIP ROOM - OFFICE (2x4's)
5	6' x 4' Greeting Counter
6	12' x 6' Med. TRIAL Room (2x4's)
7	15' x 25' Yoga Room (2x4's)
8	3 - 6' x 8' Storage + CHANGING Rooms (2x4's)
9	2 - 5' x 7' 9" Shower + CHAIRS - Room (2x4's)
10	ADA Shower / SINK / TOILET 10' x 9'
11	6' x 9' 9" Shower Room (2x4's)
12	DOORS (12) 2" x 36" x 83"

2 inch drywall
wood frame
insulation

PROPOSAL SUBMITTED TO:

NAME MEZZANINE FITNESS

ADDRESS 10000 Fitness Center

PHONE NO. _____

ARCHITECT _____

DATE OF PLANS _____

ADDRESS Times + Temp -

WORK TO BE PERFORMED AT:

PROPOSAL NO. _____

SHEET NO. _____

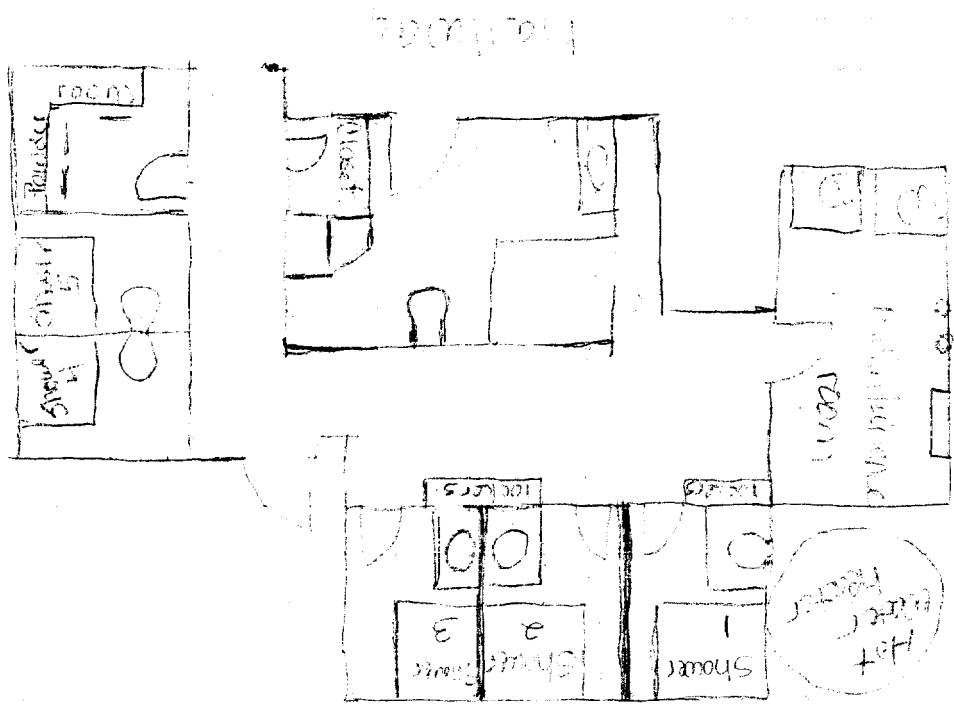
DATE 12-28-05

ANDOVER, MA 01810
146 Dascomb Road
1-800-222-7981
Fax: 1-800-242-4533

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Hudson Valley Commercial Park
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125 Chestnut Street
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Fax: 1-800-922-0296

PORTLAND, ME 04103
203 Read Street
1-800-442-6734
Fax: 1-800-443-0331



Shower/Changing area

To Stairs -
2ft per square

Mezzanine Fitness Center
Wellness Center



Brockway-Smith Company

www.brosco.com



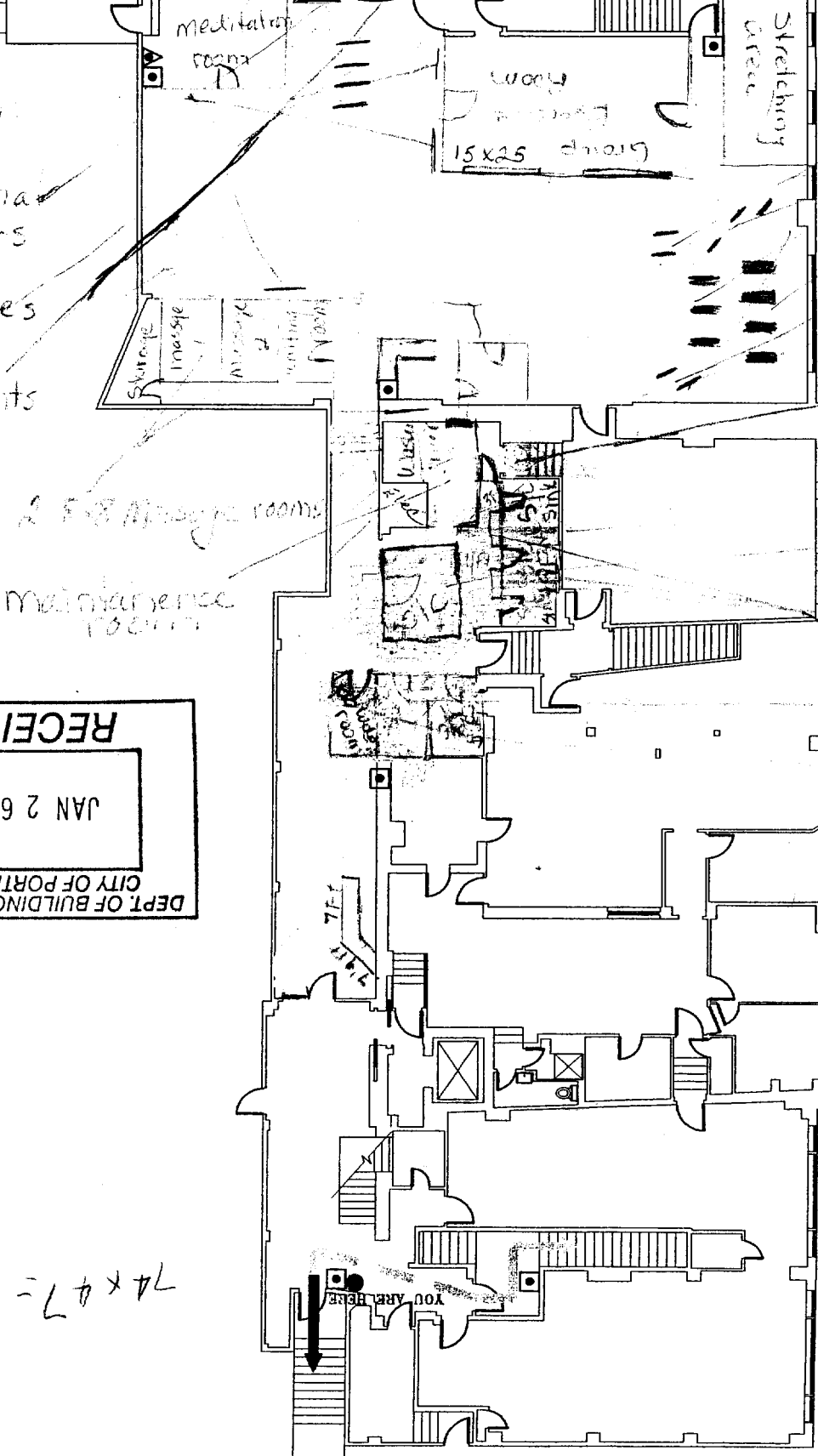


EVACUATION ROUTES
 SECOND FLOOR
 477 CONGRESS STREET

YOUR LOCATION
 PRIMARY EVACUATION ROUTE
 SECONDARY EVACUATION ROUTE
 EXITING DISBURSERS
 MANUAL PULL ALARM
 FIRE EXTINGUISHER

LEGEND

16x22
 Functional
 Trainers
 Benches
 Free weights



recreant bikes
 steppers
 ellipticals
 treadmills
 upright bikes
 hot water heater
 100mm
 36x8 L Shaver/
 w/57in
 17x9 ADA
 bathroom shower
 rooms
 lockers
 25x7'9 w/toil
 Shower/Change
 rooms
 16x7'9
 powder/air
 drying/makeup
 room
 Total 6 Shower/
 changing gro
 1 ADA

RECEIVED
 JAN 26 2006
 DEPT. OF BUILDING INSPECTION
 CITY OF PORTLAND, ME

74x47 = 3478

11. Executive Summary

The fitness industry is on the move. Centers are opening in smaller more convenient places to accommodate more lifestyles.

Mezzanine Fitness and Wellness Center will be convenient for over 200 tenants in The Time and Temperature Building. The center will offer a variety of activities to reduce stress and help shed off unhealthy weight in a professional atmosphere. A diverse clientele will be able to take advantage of individual personal training, small group personal **training** classes, massage, meditation, nutrition classes and a well educated and friendly group of fitness associates.

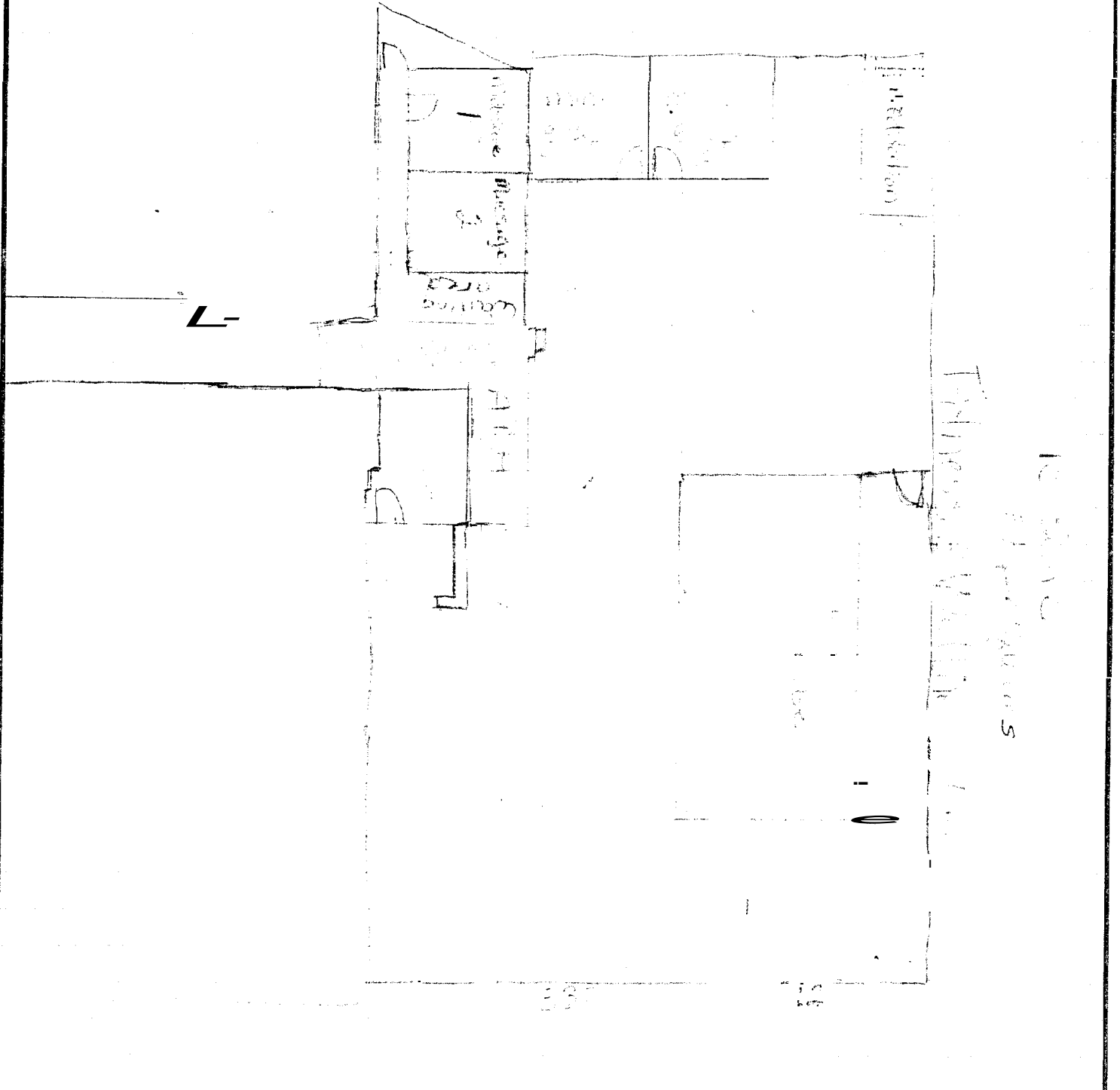
What sets **our** center apart from others in the area is personalization. We will offer a monthly, yearly, and *six* month membership with special packages for the tenants of the building. The concept of private shower and changing rooms were introduced so tenants and clients would have a more personal place to workout and get ready for their work day. Above and beyond the tradition clubs in the area, Mezzanine Fitness and wellness center will focus on small group personal training, giving members an opportunity to work with a trainer without having to pay the high fee that goes along with a personal trainer. We **will** offer 8 classes a day on first come first serve basis. The personal trainers we have on board will be there to instruct these classes. The cost will depend on how many people sign up for the 5 week classes. Clients that take these classes do not have to have a membership. We **will** cap off our monthly membership at 150 members so that the tenants of the building will always have the opportunity to use the cardio equipment.

Another aspect of a healthy lifestyle is to learn ways to relax and reduce stress in your life. The Mezzanine fitness and wellness center will offer chair and table massage therapy, meditation classes, Pilates, *Yoga*, and Self defense classes. Martial Arts will also be offered. The fitness associates will offer free monthly seminars, seasonal outings and personalize nutrition classes to round out a healthy lifestyle.

The convenience of being able to work out in the building where you work is beating the first battle. Offering a well rounded schedule, an enthusiastic fitness team, and ways to reduce your level of stress will help the Mezzanine Fitness and Wellness Center to become Portland's Premier Fitness and Wellness Center.



Mezzanine Fitness & Wellness Center



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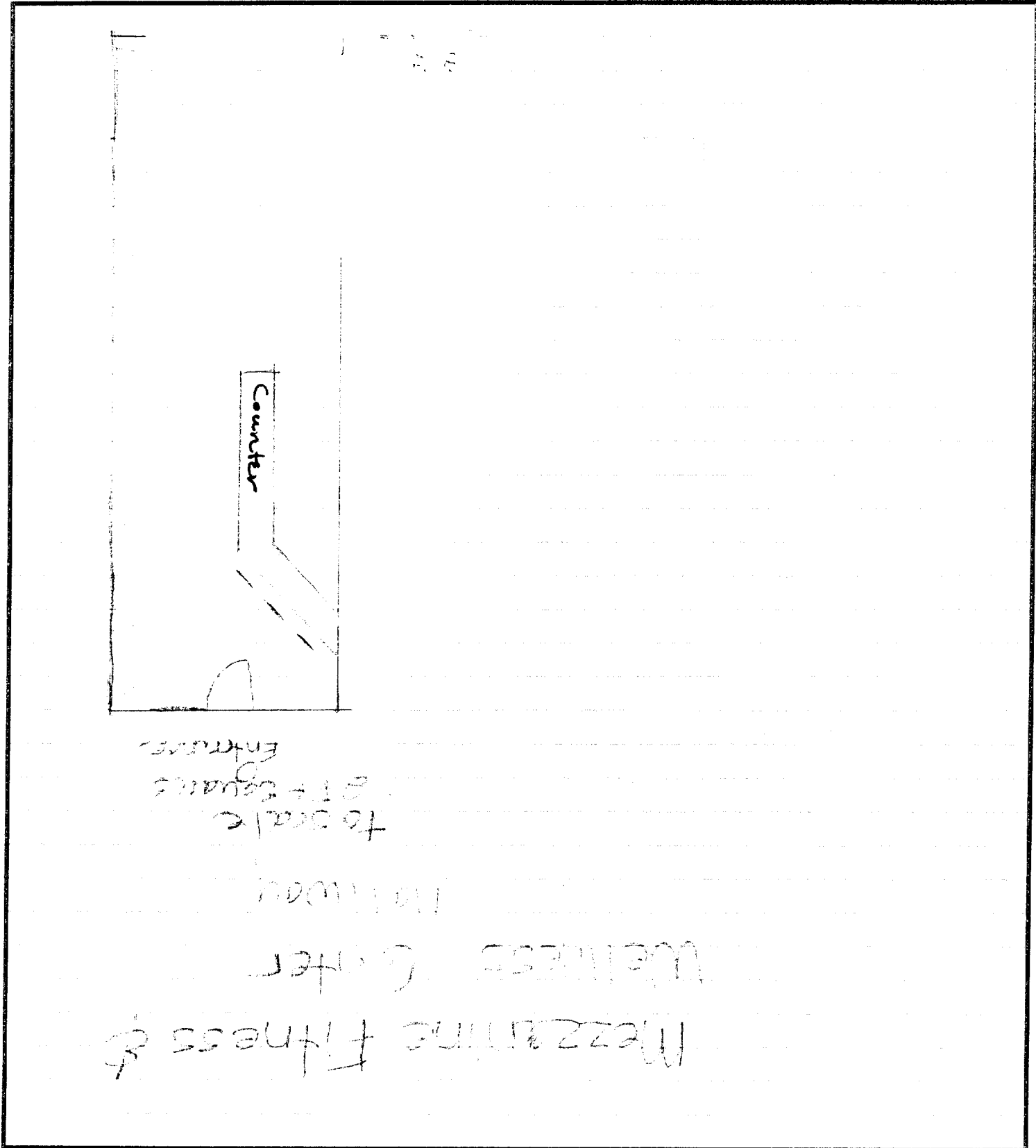
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Fax: 1-800-922-0296

PORTLAND, ME 04103

203 Read Street

1-800-442-6734

Fax: 1-800-443-0331



for Construction Permit

52 State House Station
Augusta, Maine 04333-0052
Tel. 207-626-3870

Project Name the fitness center
 Street Location 477 Congress Street 2 Location' Portland
 County Cumberland Number of Stories 1 of multistay bldg.
 New Building Renovation' Addition: Occupancy Change:
 Sprinkler System. Yes No Supervised: Yes No Square Footage: 4700
 Date of Construction Start-up: _____ Estimated Project Cos: \$49,000
 Disc Included: Yes No Construction Permit Fee: \$75.00

Occupancy Classification J

Apartments Nursing Home Educational
 Hotel / Motel Industrial Daycare
 Rooming & Lodging Residential Care Level I Detention
 Congregate Housing Residential Care Level II Business
 Hospital Assembly Class ≥1000 ≥300≤1000 ≤300 Other
 Limited Care Mercantile A B C

Construction Type

Fire Resistive Type I (443), (332) Unprotected Ordinary. Type III (200)
 Protected Non-Combustible Type II (222), (111) Heavy Timber: Type IV (2HH)
 Unprotected Non-Combustible Type II (000) Protected Wood Frame- Type V (111)

Addresses

Owner's Name: Mazzanin Fitness & Wellness Center, Inc. Telephone: 207-7733427 Fax: 775-0609
 Mailing Address: 477 Congress St
 Town: Portland State: Maine Zip Code: 04101

Design Professional: Nancy L. Barba Telephone: 207.772.2722 Fax: 207.772.3467
 Maine Registration Number: 1288 E-mail: nbarba@wheelade.com
 Mailing Address: 500 Congress Street
 Town: Portland State: ME Zip Code: 04101

General Contractor: Steve Truff Telephone: 653-2341 Fax: _____
 Mailing Address: 23 Motley St
 Town: Portland State: ME Zip Code: 04102

Signature of Applicant: [Signature] N. V. ... Architect

Preliminary Approval: Date: _____ Approved By: _____
 Construction Permit: Date: _____ Approved By: _____
 Approval Letter: Date: _____ Approved By: _____
-When a permit is not required

LOG #	DATE PLANS RECEIVED	REVIEW FEE	DATE FEE RECEIVED	CHECK #	PLAN REVIEWER	DATE PERMIT ISSUED	PERMIT #

37722

Mezzanine Fitness & Wellness Center 01/06

477 Congress street
Portland, ME 04101
207-774-0810

TD BANKNORTH, NATIONAL ASSOCIATION
52-7445/2112

506

2/10/06

PAY TO THE
ORDER OF

Treasurer, Secretary of State

\$ 75.00

Seventy-five 00/100

DOLLARS

MEMO

Construction permit

[Signature]

⑈000506⑈ ⑆211274450⑆ 0241824889⑈

© 2005 INTUIT INC. # 729 1-800-433-9310

Mezzanine Fitness & Wellness Center 01/06

477 Congress street
Portland, ME 04101
207-774-0810

TD BANKNORTH, NATIONAL ASSOCIATION
52-7445/2112

507

2/10/06

PAY TO THE
ORDER OF

Treasurer, Secretary of State

\$ 25.00

Twenty-five 00/100

DOLLARS

MEMO

Barrier free permit

[Signature]

⑈000507⑈ ⑆211274450⑆ 0241824889⑈

© 2005 INTUIT INC. # 729 1-800-433-9310

37F22

ARCHITECTURE
PRESERVATION
DESIGN

Date: 15 February 2006

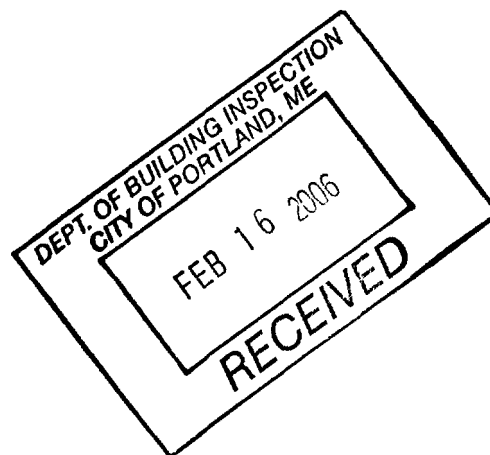
To: Steve Dodge
State Fire Marshall's Office

From: Robin Tannenbaum for Nancy Barba

Re: Mezzanine Fitness and Wellness Center
477 Congress Street, 2nd Floor

Enclosed: A1.0
Exiting Signage Diagram (provided by Bay Electric)
Application for Construction Permit, fee
Application for Barrier-Free Permit, fee
Building Code Summary by R+W Architects

Comments: Please accept the enclosed Construction Permit Application and Barrier-Free Permit Applications on behalf of our client, Mezzanine Fitness and Wellness Center.



37722

