A TENANT IMPROVEMENT FOR WORKOUT ANYTIME™

PINE TREE SHOPPING CENTER
1100 BRIGHTON AVENUE, UNIT 12
PORTLAND, ME 04102

FIRE SPRINKLER APPROVALS ARE NOT INCLUDED IN THIS PERMIT. BEFORE COMMENCING ANY WORK ON THE SPRINKLER SYSTEM, PLANS MUST BE SUBMITTED AND APPROVED BY THE BUILDING SAFETY DIVISION. THE SYSTEM MUST BE INSPECTED AND APPROVED BY BUILDING SAFETY INSPECTION PRIOR TO A CERTIFICATE OF OCCUPANCY.

THE CONTENTS OF THIS DRAWING WILL REMAIN THE PROPERTY OF TEDROW DESIGN GROUP, PC. IT'S CONTENTS INCLUDING ALL INFORMATION, SHALL NOT BE REPRODUCED USING ANY MEANS WITHOUT EXPRESSED WRITTEN CONSENT AND/OR PERMISSION FROM TEDROW DESIGN GROUP, PC.

PROJECT/CODE SUMMARY

PROJECT NAME: WORKOUT ANYTIME

PROJECT ADDRESS: 1100 BRIGHTON AVENUE
UNIT 12
PORTLAND, ME 04102

PARCEL:

LOCAL JURISDICTION: BUILDING & SAFETY – PORTLAND

CODES UTILIZED: 2009 INTERNATIONAL BUILDING CODE
2009 INTERNATIONAL EXISTING BUILDING CODE
2009 INTERNATIONAL ENERGY CONSERVATION CODE
ASHRAE 62.1 – 2007 & 90.1 – 2007

CONSTRUCTION TYPE: IIB – SPRINKLERED

STORIES: 1

OCCUPANCY: ASSEMBLY, A-3

SQUARE FOOTAGE:	7,004 SF = 125 OCCUPANTS
STORAGE:	136 SF / 300 = 0.5
GYM WITH EQUIPMENT:	4,749 SF / 50 = 95
OFFICES:	660 SF / 100 = 6.6
LOCKER ROOM:	787 SF / 50 = 15.7
OTHER:	672 SF / 100 = 6.7

OCCUPANT LOAD > 50
NUMBER OF EXITS REQUIRED: 2
NUMBER OF EXITS PROVIDED: 3
PLUMBING FIXTURE REQUIREMENTS:
1 MALE WATER CLOSET REQUIRED, 1 MALE WATER CLOSETS & 1 URINAL PROVIDED
1 FEMALE WATER CLOSET REQUIRED, 2 WATER CLOSETS PROVIDED
1 MALE LAVATORY REQUIRED, 2 LAVATORIES PROVIDED
1 FEMALE LAVATORY REQUIRED, 2 LAVATORIES PROVIDED
1 DRINKING FOUNTAIN REQUIRED, 2 DRINKING FOUNTAINS PROVIDED

IT IS THE ARCHITECT'S INTENT TO PROVIDE DRAWINGS IN FULL COMPLIANCE WITH ALL FEDERAL, STATE, AND LOCAL CODES, ORDINANCES, REQUIREMENTS, AND THE AMERICANS WITH DISABILITIES ACT AS ENACTED ON JULY 26TH, 1990 NOT LIMITED TO THE ABOVE REFERENCED CODES. THE CONTRACTOR SHALL ALERT THE ARCHITECT AND OWNER OF ANY DISCREPANCIES WITH THE REFERENCED CODES NOTED IN THE DRAWINGS.

NO SITE WORK IS TO BE PERFORMED UNDER THIS PERMIT.

SCOPE OF WORK

TENANT IMPROVEMENT TO WORKOUT ANYTIME GYM:
- MINOR INTERIOR WALL PARTITIONS DEMOLITION
- NEW INTERIOR WALL PARTITIONS
- NEW LOCKER ROOM WITH SHOWERS AND CHANGING ROOMS
- NEW FLOORING
- NEW PAINT

CONTACT INFORMATION

TENANT INFORMATION:
BROOKS RANKIN
P: (215) 285.9576
BROOKS.RANKIN9@GMAIL.COM

BUILDING DEPARTMENT:
PORTLAND MAINE
PLANNING & URBAN
DEVELOPMENT
P: (207) 874.8703

PROJECT MANAGER:
JESSICA MAKSIMOVIC
JMAKSIMOVIC@OUTLOOK.COM
P: (602) 397.0929

ARCHITECT OF RECORD:
TEDROW DESIGN GROUP
2866 ADAMS BROOK WAY
SNELLVILLE, GA 30078
P: (678) 777.9548
TOM.TEDROW@TEDROWDESIGN.COM

ENGINEER OF RECORD:
H AND L ENGINEERS
229 LAND RD.
WALESKA, GA 30083
P: (678) 234.8156

EQUIPMENT SUPPLIER:
COMMERCIAL FITNESS
PRODUCTS, INC.
REACT TRAINER SALES
V.P. SALES & OPERATIONS
ATTN: JOHN CARSILLO
10360 TIMBERSTONE RD.
ALPHARETTA, GA 30022
O: (678) 297.7983
C: (404) 376.9738
F: (678) 297.7984

REFERENCE SYMBOLS

DOOR TAG 1

ROOM NAME/ NUMBER — ROOM NAME 100

DETAIL REFERENCE 1/A4

BUILDING ELEVATION REFERENCE X/A4

WALL SECTION REFERENCE X/A4

EQUIPMENT REFERENCE 1

KEYNOTE 1

REVISION 1

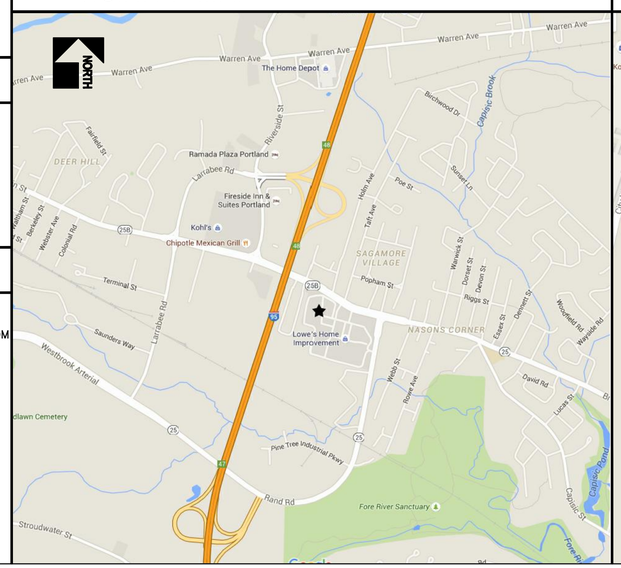
PARTITION TYPE 1

ABBREVIATIONS

ACP	ACOUSTICAL CLG. PANEL
ACT	ACOUSTICAL CLG. TILE
AL	ALUMINUM
ALUM	ALUMINUM
ARCH	ARCHITECTURAL
AVG.	AVERAGE
BLDG	BUILDING
BLKG	BLOCKING
BR	BRICK
CMU	CONCRETE BLOCK
CT	CERAMIC TILE
CFM	CUBIC FEET PER MINUTE
CL	CENTER LINE
CLG	CEILING
CONC	CONCRETE
CONT	CONTINUOUS
CW	COLD WATER
DTL	DETAIL
DF	DRINKING FOUNTAIN
DIA	DIAMETER
DIM	DIMENSION
DN	DOWN
DR	DOOR
DS	DOWNSPOUT
DWG	DRAWING
EA	EACH
ELEV	ELEVATION
EXIST or E.	EXISTING
EXT.	EXTERIOR
FDN	FOUNDATION
FIN	FINISH
FD	FLOOR DRAIN
FL	FLOOR
FLASH.	FLASHING
FOIC	FURNISHED BY OWNER
FO	FINISH OPENING
FRP	FIBERGLASS REINFORCED PANELS
FRT	FIRE RETARDANT TREATED
GA	GAUGE
GALV	GALVANIZED
GL	GLASS
GWB	GYPSUM WALLBOARD
HDWE	HARDWARE
HM	HOLLOW METAL
HOR	HORIZONTAL
HT	HEIGHT
HW	HOT WATER
HWT	HOT WATER TANK
LAV	LAVATORY
LT	LIGHT
MAT'L	MATERIAL
MAX	MAXIMUM
MTL	METAL
MIN	MINIMUM
M.O.	MASONRY OPENING
MUL	MULLION
N/A	NOT APPLICABLE
NIC	NOT IN THIS CONTRACT
NO.	NUMBER
NOM	NOMINAL
NTS	NOT TO SCALE
O.C.	ON CENTER
OD	OUTSIDE DIMENSION
PT	PAINT
P.LAM	PLASTIC LAMINATE
PLYWD	PLYWOOD
R	RISER, RADIUS
REBAR	REINFORCING BAR
REF	REFERENCE
REV	REVISION
RM. RMS	ROOM, ROOMS
RO	ROUGH OPENING
S & V	STAIN AND VARNISH
SC	SOLID CORE
SCHED	SCHEDULE
SEC	SECTION
SHT	SHEET
SPECS	SPECIFICATIONS
SF	SQUARE FEET
ST	STEEL
STOR	STORAGE
STRUCT	STRUCTURAL
SUSP	SUSPENDED
SV	SHEET VINYL
SS	STAINLESS STEEL
TB	TELEPHONE MOUNTING BOARD
TD	TRENCH DRAIN
THRESH	THRESHOLD
TYP	TYPICAL
UNFIN	UNFINISHED
UR	URINAL
VCT	VINYL COMPOSITION TILE
VERT	VERTICAL
VST	VINYL SAFETY TILE
W	WIDTH
WC	WATER CLOSET
WD	WOOD
WDW	WINDOW
WP	WATERPROOF

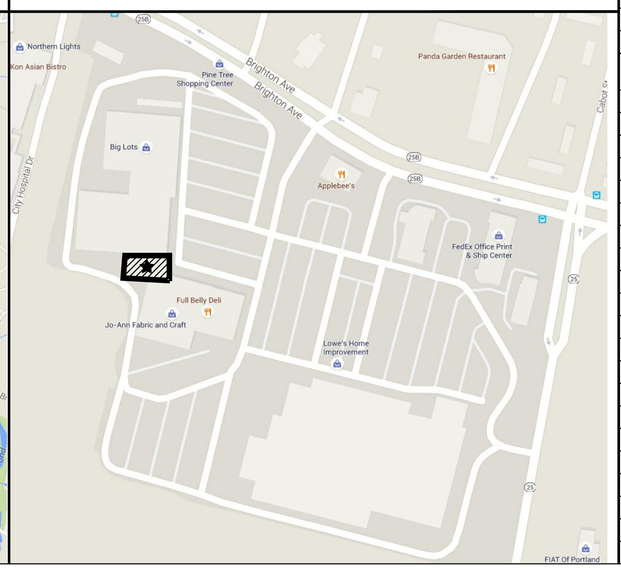
VICINITY MAP

★ INDICATES PROJECT LOCATION



SITE MAP

★ INDICATES PROJECT LOCATION



GENERAL NOTES

1. ALL CONSTRUCTION MUST COMPLY WITH ALL GOVERNING CODES.
2. ADA ISSUES WILL COMPLY TO THE ACCESSIBILITY CODES AS ESTABLISHED BY THE LOCAL GOVERNING CODES.
3. ALL CONTRACTORS & SUBCONTRACTORS WILL THOROUGHLY FAMILIARIZE THEMSELVES WITH THESE CONSTRUCTION DOCUMENTS & WILL VERIFY EXISTING SITE & BUILDING CONDITIONS PRIOR TO SUBMITTING A BID.
4. SUBCONTRACTORS, BEFORE STARTING THEIR WORK WILL CHECK & VERIFY THEIR PARTICULAR RELATED REQUIREMENTS FOR COMPLIANCE ALONG WITH MEASUREMENTS, SURFACE LEVELS, & SURFACE CONDITIONS NEAR & ABOUT THEIR WORK. IT WILL BE CONCLUDED THAT EACH BIDDER UNDERSTANDS & KNOWS WHAT WILL BE REQUIRED.
5. THIS ARCHITECT & HIS PROFESSIONAL CONSULTANTS WILL NOT HAVE CONTROL OF & WILL NOT BE RESPONSIBLE FOR CONSTRUCTION MEANS, METHODS, SEQUENCES, OR SAFETY PRECAUTIONS IN CONNECTION WITH THE WORK ON THE PROJECT OR FOR THE ACTS OR OMISSIONS OF THE CONTRACTOR, SUBCONTRACTOR, OR ANY OTHER PERSONS PERFORMING ANY OF THE WORK ON THIS SITE.
6. ALL CONTRACTORS WILL PROVIDE ADEQUATE BRACING AND/OR SHORING TO INSURE STRUCTURAL STABILITY OF THE BUILDING & ALL RELATED BUILDING COMPONENTS, I.E. STRUCTURAL WALLS, INTERIOR WALL ASSEMBLIES ETC. DURING THE CONSTRUCTION PHASE OF THIS PROJECT.
7. ALL WORK WILL BE COORDINATED WITH OTHER TRADES IN ORDER TO AVOID INTERFERENCE & PRESERVE MAXIMUM HEADROOM & AVOID OMISSIONS. EACH CONTRACTOR WILL INCLUDE ALL MISCELLANEOUS ITEMS REQUIRED BY CODE & NEED TO COMPLETE THIS WORK.
8. ALL MATERIALS USED WILL BE NEW & BEAR UL LABELS WHERE REQUIRED & MEET APPROPRIATE NEMA STANDARDS.
9. LAYOUT ALL PARTITIONS BEFORE BEGINNING CONSTRUCTION TO PREVENT ERRORS BY DISCREPANCY. ALL DRYWALL PARTITIONS WILL BE INSTALLED AS NOTED ON THE DRAWINGS. DO NOT SCALE DRAWINGS.
10. VERIFY ALL DIMENSIONS IN THE FIELD PRIOR TO ORDERING, CUTTING AND/OR INSTALLING MATERIAL, PRODUCT OR EQUIPMENT. IN THE EVENT OF ANY DISCREPANCIES, CONTACT THE ARCHITECT BEFORE PRECEDING WITH THAT WORK.
11. ALL SUBCONTRACTORS WILL PROVIDE A CERTIFICATE OF INSURANCE TO THE OWNER PRIOR TO STARTING ANY WORK ON THIS PROJECT. CERTIFICATE OF INSURANCE CANNOT BE TERMINATED OR CANCELED WITHOUT 10 DAYS PRIOR WRITTEN NOTICE TO THE OWNER.
12. NO SUBSTITUTIONS OF ANY KIND FOR MATERIALS SPECIFIED ON THESE CONSTRUCTIONS IS ALLOWED. NO "EQUIVALENT" SUBSTITUTIONS WILL BE MADE, UNLESS APPROVED IN WRITING BY THE ARCHITECT & APPROVED BY THE OWNER DUE TO THE LACK OF AVAILABILITY OF ORIGINAL.
13. EACH CONTRACTOR IS RESPONSIBLE FOR FIRST CLASS WORKMANSHIP & WILL ASSUME ALL RESPONSIBILITY FOR THE CARE & PROTECTIONS OF HIS OWN WORK & MATERIALS FROM DAMAGE. HE WILL MAKE GOOD ANY DAMAGE TO HIS OWN OR OTHER WORK CAUSED BY HIMSELF OR WORKMEN EMPLOYED BY HIM.
14. EACH CONTRACTOR WILL ABIDE BY LOCAL AREA STANDARDS & RELATED OSHA STANDARDS FOR THE SAFETY OF THEIR EMPLOYEES ON SITE. THIS ARCHITECT & HIS PROFESSIONAL CONSULTANTS WILL BE HELD HARMLESS BY THE OWNER, GC AND RELATED AWARDED TRADES, ON THIS PROJECT FOR ACCIDENTS OF INJURIES CAUSED OR ACCRUED ON THIS PROPERTY DURING CONSTRUCTION PHASES OF THIS PROJECT.
15. FIRE ALARM & SPRINKLER DRAWINGS TO BE SUBMITTED BY SUBCONTRACTORS & SEPARATE PERMIT ISSUED.

SHEET INDEX

T1.0 TITLE SHEET

ARCHITECTURAL
A0.0 DEMOLITION PLAN
A1.0 PROPOSED FLOOR PLAN & FINISH SCHEDULES
A1.1 ENLARGED LOCKER ROOM PLAN & LIFE SAFETY PLAN
A2.0 REFLECTED CEILING PLAN
A3.0 DETAILS
A3.1 UL DETAILS

MECHANICAL & PLUMBING
MP0.1 MECHANICAL SPECIFICATIONS
M0.1 MECHANICAL REFERENCE
M1.0 MECHANICAL FLOOR PLAN
P1.0 PLUMBING FLOOR PLAN
P1.1 PLUMBING FLOOR PLAN
P1.2 PLUMBING SCHEDULES & NOTES

ELECTRICAL
E0.1 ELECTRICAL SPECIFICATIONS
E1.0 ELECTRICAL LIGHTING PLAN
E2.0 ELECTRICAL POWER PLAN
E2.1 ELECTRICAL ROOF POWER PLAN
E3.0 ELECTRICAL SCHEDULES

RESPONSIBILITY SCHEDULE

NOTE: THE DIVISION SYSTEM OF THE RESPONSIBILITY SCHEDULE DOES NOT CONTROL THE DIVISION OF WORK AMONG TRADES NOR THE EXTENT OF WORK TO BE PERFORMED BY ANY TRADE. THE G.C. IS RESPONSIBLE FOR ALL WORK UNLESS OTHERWISE NOTED IN THE CONSTRUCTION DOCUMENTS.

ITEM	SUPPLIED BY OWNER	INSTALLED BY OWNER	SUPPLIED BY EQUIP. VENDOR	INSTALLED BY EQUIP. VENDOR	SUPPLIED BY SIGN/GRAPHICS VENDOR	INSTALLED BY SIGN/GRAPHICS VENDOR	SUPPLIED BY G.C.	INSTALLED BY G.C.
DIVISION 06 – WOOD & PLASTICS								
STRUCTURAL FRAMING, MISC. BLOCKING							●	●
FINISH CARPENTRY NOT INCLUDING MILLWORK							●	●
CUSTOM MILLWORK							●	●
MILLWORK: ELECTRICAL & BLOCKING REQUIREMENTS							●	●
DIVISION 07 – THERMAL & MOISTURE PROTECTION								
INSULATION: BATT, SOUND BATT, & E.I.F.S.							●	●
DIVISION 08 – DOORS & WINDOWS								
ALUMINUM DOORS/ WINDOWS							●	●
DIVISION 09 – FINISHES								
GYPSUM BOARD, CEILING, WALLS, ETC, AND REQUIRED FRAMING AND BLOCKING							●	◐
FLOOR FINISHES (INCLUDED IN GC PRICING)			●	●				
DIVISION 10 – SPECIALTIES								
SIGNS					●	●		
DIVISION 11 – EQUIPMENT								
GYM EQUIPMENT			●	●				
LOCKER EQUIPMENT (INCLUDING BENCHES & LOCKERS)			●					●
MIRRORS							●	●
DIVISION 12 – OFFICE FURNISHINGS	●							●
DIVISION 15 – MECHANICAL								
HVAC WORK							●	●
PLUMBING WORK							●	●
DRINKING FOUNTAIN							●	●
FIRE SPRINKLER WORK							●	●
DIVISION 16 – ELECTRICAL								
DATA & PHONE CONDUIT, BOX, AND PULL STRING	●	●						
DATA & PHONE CABLING AND HOOKUP	●	●						
LIGHT FIXTURES (WITH LAMPS)							●	●
EXIT LIGHTS, EMERGENCY LIGHTS, ETC.							●	●
SIGNS (ELECTRICAL REQUIREMENTS)							●	●
ELECTRIC HAND DRYERS							●	●
VENDING MACHINES	●	●						

WORKOUT ANYTIME™
Pine Tree Shopping Center
1100 Brighton Avenue
Unit 12
Portland, ME 04102

Thomas F. Tedrow, AIA
2866 Adams Brook Way
Snellville, Georgia 30078
Phone. 678.777.9548

LICENSED ARCHITECT THOMAS TEDROW ARC4280 STATE OF MAINE

REV. NO.	DATE	DESCRIPTION
1		

ISSUE DATE: 08-24-15 RELEASED FOR CONSTRUCTION

TITLE SHEET

T1.0