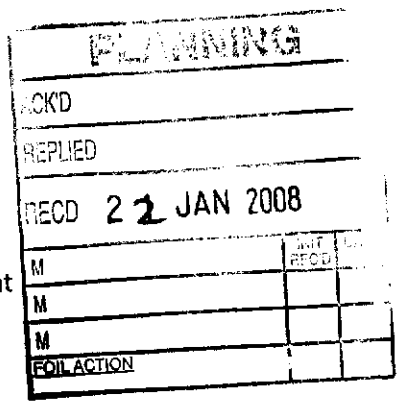
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Planning
Chief Executive's Department
PO Box 463
Town Hall Extension
Manchester
M60 3NY

Primal Fitness LLP - Application for Planning Permission: Change of Use – B8 to D2

Dear Sir/Madam,

Primal Fitness LLP would like to apply for permission to change the use of an industrial warehouse unit (166A Plymouth Grove, M13 0AF) to that of an Ethical and Environmentally Conscious Fitness Training Facility.

Primal Fitness currently operates outdoor fitness training classes within two Manchester City Council Parks – Alexandra Park and Hulme Park and is committed to Improving the Health, Fitness and Wellbeing of Manchester residents while protecting the environment and building local community spirit.

Primal Fitness would like to expand upon this by opening its own specialist facility in which top quality training and facilities can be provided to local Manchester residents 7 days per week.

A Primal Fitness Training Facility would benefit Manchester in the following ways:

1. **Improve the Health and Wellbeing of the local community.**

Primal Fitness is not simply a health club focused on drawing in new members with the promise of a quick fix. Primal Fitness is committed to providing top quality training through the provision of functional training equipment and a high level of expertise and dedication.

Primal Fitness will provide the necessary training and facilities to enable people to lose excess body fat and its associated health implications, improve posture and join mobility in turn reducing incidences of lower back and joint pain, improve cardio-vascular health, reduce stress and depression, improve confidence and self-esteem.

2. **Provide top of the range facilities and training for local athletes and sports people.**

As mentioned above Primal Fitness will be equipped exclusively with functional training equipment. In addition to being the best way to improve the health and mobility of the general population, it will also double as a premier training facility for local athletes and sports people.

3. **Primal Fitness will be Carbon Neutral and committed to combating climate change.**

Primal Fitness will have no Treadmills, Cross-Trainers, Saunas, Plasma TVs etc. Instead it will be equipped with free weights, cable machines, kettlebells, gymnastic equipment etc, none of which use any electricity.

In addition to this, to encourage our members to use their cars less (for both health and environmental reasons) Primal Fitness will be offering 25% discount from our membership prices to anyone that Cycles or uses Public Transport to travel to the facility on a regular basis.

4. **Primal Fitness is committed to Reducing, Re-Using and Recycling.**

Primal Fitness will encourage people to use re-usable water bottles and will only sell products with little or no packaging, or easily recyclable/biodegradable packaging.

Any waste that is produced that can be recycled will be recycled through Emerge Recycling.

5. **Primal Fitness is committed to Accessibility for all.**

Primal Fitness is committed to providing easy access and facilities to those with disabilities. All our facilities will be on the ground floor with easy access through a large shutter door and provision of a disabled toilet. Primal Fitness recognises that all individuals have different needs and abilities and as a result has no "one size fits all" machines or "cookie cutter" exercise programs. Every individual will be assessed in their own right and given the advice, encouragement, opportunity and equipment to meet their own personal goals and objectives.

In the long-term Primal Fitness could have the potential to be a training facility for para-olympians or disabled sports teams due to its uniquely flexible and diverse training methodologies.

6. **Primal Fitness will operate and Ethical Sourcing Policy for all its stock.**

Primal Fitness will endeavour to only sell products and services that it can ensure are ethically sourced. Primal Fitness aims to sell only items that are Fairtrade, Organic and locally sourced.

Please find attached our application for Planning Permission. If there is anything further that you require in order to process our application please contact Simon Whyatt on 07828 60 40 13 or Fernando Ajmad on 07919 161 111.

Kind Regards,

Simon Whyatt
Primal Fitness LLP

Fernando Ajmad
Primal Fitness LLP