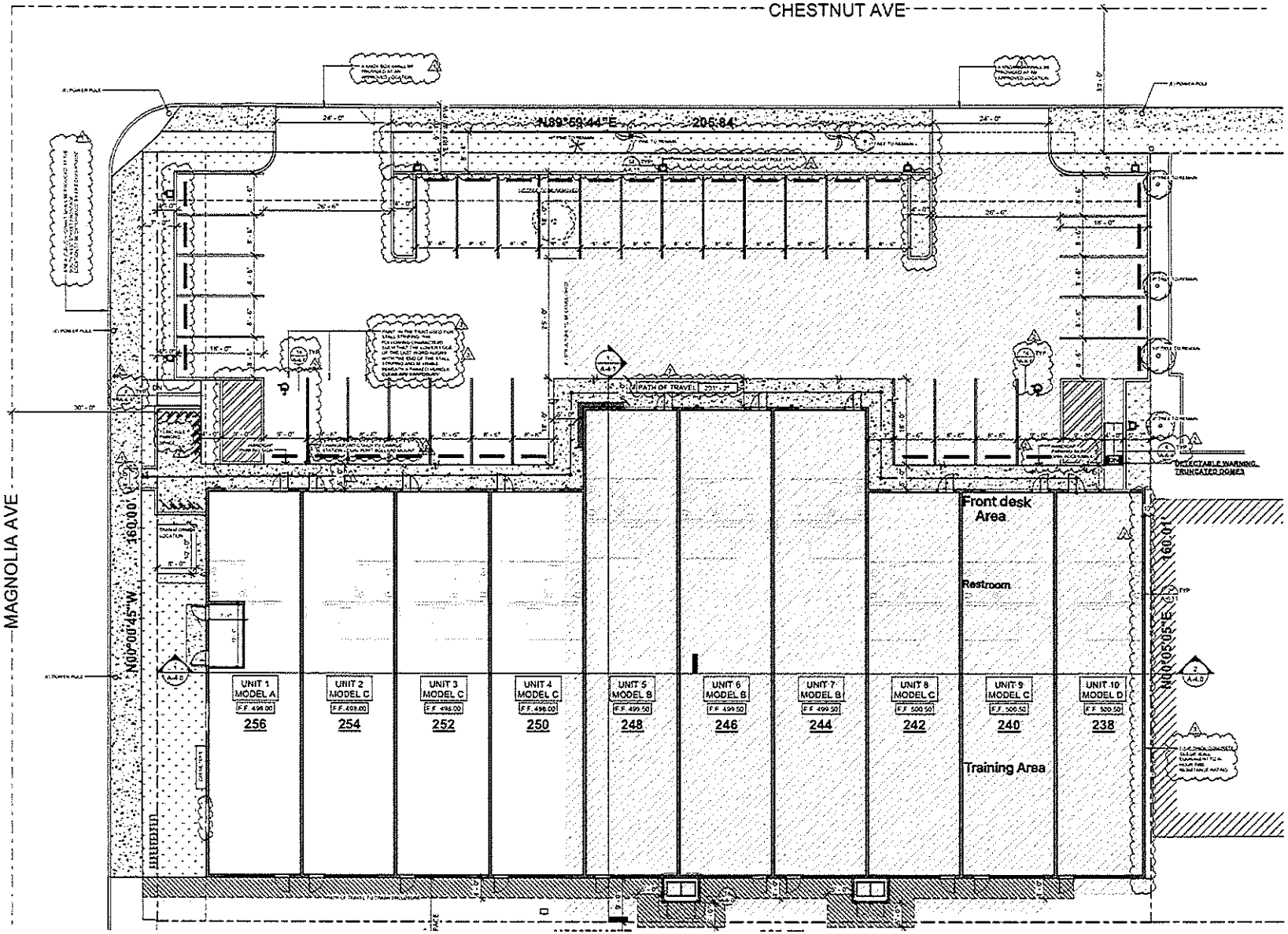
PROPOSED SITE PLAN



*Note: Measurements and sizes are approximate and are subject to change.

238-256 W. CHESTNUT AVE, MONROVIA

19' 3"
11'8 3/4"
8' 5/8"
56' 2 1/4"
Office
Bathroom
Strength
19' 4 1/4"
56' 2 1/4"
77' 11 1/8"
19' 6 7/8"
20' 6 5/8"

Location: 240 W Chestnut Ave, Monrovia CA 91016
EST Operating Date: March 24, 2023
Owner: Li JiMing
Primary Contact: Shawn,Ma Work Phone: 626-688-8317

We are a privately-owned fitness training studio that specializes in providing personalized 1-on-1 training and online coaching services. Our primary focus is on functional training with the use of barbells and dumbbells to help clients achieve their fitness goals safely and scientifically.

Our Head Coach specializes in kinesiology study and has helped over hundreds of clients to achieve their goals by using our FH5 Training system . These FH5 Training systems are designed to help each individual client to improve their body posture and sport performance by enhancing their mobility and prescribing specific exercises. Our assistant coaches work closely with clients to ensure proper execution of the exercises recommended by the Head coach

Our facility is equipped with complex squat racks, as well as a variety of other equipment, including kettlebells, ropes, medicine balls, dumbbells, and barbells. Unlike traditional gyms, we prioritize movement patterns and functional training, which allows us to train our clients in a scientifically sound and safe manner.

We differentiate ourselves from traditional gyms by providing a personalized approach to fitness training. Our facility only has 5 complex squat racks, which means that we require less parking than larger gyms with 20+ machines and multiple patrons at a time.

Planning to install a resilient floor in our space to protect the flooring. This will require us to carefully glue the resilient floor to the existing flooring, ensuring a secure and long-lasting installation. Additionally, we are planning to add mirrors to the walls to further enhance the functionality and aesthetics of the space.We will find a flooring service company to do this installation.

Parking:
Our business hours are from 7am-9pm, Monday to Friday, and from 9am-8pm on Saturdays. We remain closed on Sundays. During each service session, our facility typically accommodates two individuals for an hour-long session. However, we permit clients to bring a friend, allowing for a maximum of three individuals per session. Therefore, our parking requirement is limited to a maximum of three spaces. To optimize our coaching sessions, we have four complex squat racks, each designed to accommodate a specific exercise, enabling our coaches to avoid wasting time adjusting equipment during a session with clients, which might cause the clients to feel their time has been wasted. Our complex squat rack is capable of setting up as a Lat pull down, Squat rack, Overhead shoulder press position, Bench Press etc.