

QUARRY

LANE

4 Building

SERPENTINE LANE

EXHIBIT B  
RECEIVED

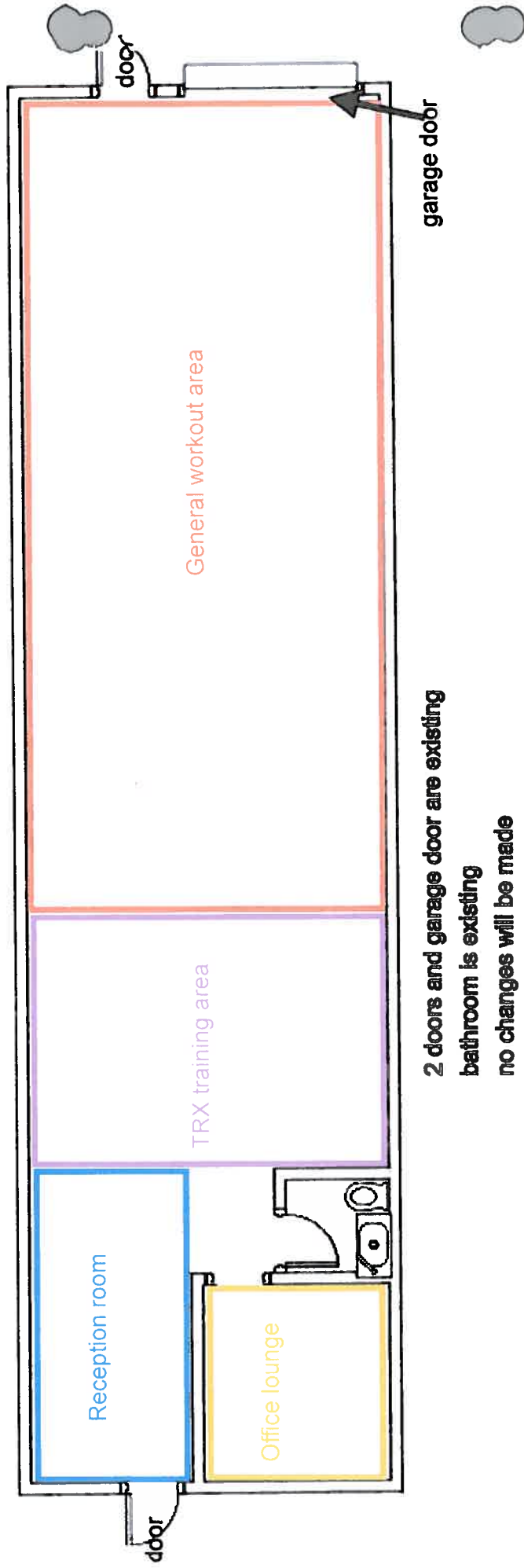
258 Parking Spaces In  
Spac

MASTER

SCALE: 1"=20'-0"  
IF NOT REDUCED

APR 26 2012  
CITY OF PLEASANTON  
PLANNING DIVISION

912 - 0724



2 doors and garage door are existing  
 bathroom is existing  
 no changes will be made

1257 QUARRY LANE, SUITE 115, PLEASANTON, CA

77.4 feet x 25 feet = 1935 sq ft



# SHAPE UP! BOOT CAMPS AND FITNESS

EXHIBIT  
RECEIVED

APR 26 2012

CITY OF PLEASANTON  
PLANNING DIVISION

912-0774

## BUSINESS DESCRIPTION:

SHAPE UP! Boot Camps and Fitness (Shape UP!) is a fitness organization dedicated to helping individuals make personal fitness a lifestyle.

SHAPE UP! provides an array of sports and fitness oriented programs including:

- **Fitness Boot Camp** - One-hour heart pounding total body workouts that differ each day. The program includes cardio drills, strength training and core exercises. These classes are designed to maximize overall body conditioning and huge calorie burn in under 60 minutes. Participants will train with TRX, BOSU's, kettle bells, free weights, resistance bands and so much more. Maximum class size: 15 students:1 instructor Class duration: 55 minutes. Class times: M/W/F 6AM, 9AM, M/W 5:15PM, 6:15PM, T/TH 6AM, 6:15PM, SAT 8AM
- **TRX training** - The TRX Suspension system utilizes gravity and movement to produce results. The exercises integrate strength and balance into a single dynamic format that uses the nervous system at a high level and therefore maximizes the benefits of bodyweight movements. Maximum class size: 6:1 instructor . Class duration: 55 minutes. Class times: M/W 6:15PM, T/TH 9:30AM, 6:15PM, SAT 8AM
- **Introductory Boot Camp Classes** - These sessions are designed to introduce basic fitness boot camp movements. The program is executed at a slower tempo allowing the participant to learn to properly execute many of the exercises used in the Fitness Boot Camp program. Class length: 55 minutes. Maximum class size: 6:1 instructor. Class times: M/W/F 10AM; Sat 9AM
- **Kid's Fitness Programs** - The goal of the Kid's Fitness classes is to impart a love for physical exercise. This program is a great way to involve the kids in fun and fitness. It is packed with skills drills, cardio and balance moves. Participants will also learn to properly execute many strength

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# SHAPE UP! BOOT CAMPS AND FITNESS

training exercises using a variety of equipment including body weight, free weights, bands, TRX Suspension system and balance apparatus. This class will challenge and encourage young participants to aspire to be their personal best. Class length: 90 minutes. Maximum class size: 6:1 instructor. Class times: M-TH 4PM; Sat 10AM

- **Personal and Small Group Training** - Fitness training designed specifically to achieve the goals of individual or small groups. Class length: 55 minutes. Maximum class size: 4:1 instructor

## **EQUIPMENT DESCRIPTION:**

- Free weights
- TRX equipment
- Medicine Balls
- Kettle Bells
- Body Bars
- Balance and Proprioception accessories (BOSU trainers, dyna disks, stability balls)
- Agility equipment (agility ladders, hurdles)
- Other Resistance equipment

## **HOURS OF OPERATION:**

### **Group Sessions**

- Monday and Wednesday
  - 6:00am-7:00am
  - 9:00am-11:00am
  - 4:00pm-7:45pm
- Tuesday and Thursday

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# SHAPE UP! BOOT CAMPS AND FITNESS

- 6:00am-7:00am
- 9:30am-10:30am
- 4:00pm-7:45pm
- Friday
  - 6:00am-7:00am
  - 9:00am-11:00am
- Saturday
  - 8:00am-11:00am
- Sunday
  - CLOSED

## Group Sessions

- By Appointment Only

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# SHAPE UP! BOOT CAMPS AND FITNESS

## WEEKLY GROUP EXERCISE SCHEDULE



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	Sun	Mon	Tues	Wed	Thur	Fri	Sat
5 am :30							
6 am :15 :30 :45	<b>CLOSED</b>	6AM BOOT CAMP	6AM BOOT CAMP	6AM BOOT CAMP	6AM BOOT CAMP	6AM BOOT CAMP	<b>CLOSED</b>
7 am :15 :30 :45	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	
8 am :15 :30 :45	<b>CLOSED</b>						8AM BOOT CAMP 8AM BASIC/NOVICE TRX
9 am :15 :30 :45	<b>CLOSED</b>	9AM BOOT CAMP	9:30AM TRX	9:15AM BOOT CAMP	9:30AM TRX	9AM BOOT CAMP	9AM BASIC BOOT CAMP
10 am :15 :30 :45	<b>CLOSED</b>	10AM BASIC BOOT CAMP	<b>CLOSED</b>	10AM BASIC BOOT CAMP	<b>CLOSED</b>	<b>CLOSED</b>	10AM FIT FOR KIDS
11 am :15 :30 :45	<b>CLOSED</b>	<b>CLOSED</b>		<b>CLOSED</b>		<b>CLOSED</b>	<b>CLOSED</b>
12 PM :15 :30 :45	<b>CLOSED</b>						
1 PM :15 :30 :45	<b>CLOSED</b>						
2 PM :15 :30 :45	<b>CLOSED</b>						
3 PM :15 :30 :45	<b>CLOSED</b>						
4 PM :15 :30 :45	<b>CLOSED</b>	4:00PM FIT FOR KIDS	4:00PM FIT FOR KIDS	4:00PM FIT FOR KIDS	4:00PM FIT FOR KIDS		
5 PM :15 :30 :45	<b>CLOSED</b>	5:15M BOOT CAMP	5:15MTRX	5:15M BOOT CAMP	5:15MTRX		
6 PM :15 :30 :45	<b>CLOSED</b>	6:15M BOOT CAMP 6:15PM TRX	6:15M BOOT CAMP	6:15M BOOT CAMP 6:15PM TRX	6:15M BOOT CAMP		
7 PM :15 :30 :45	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>		
8 PM :30							

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