

# CONDITIONAL USE APPLICATION

Submitted by: Tim and Peg Mills; co-owners of UFIT Dublin

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## **OUR HISTORY**

UFIT was started in 2017 by Peggy Mills. Peggy taught Adapted Physical Education to children with disabilities ages 3-22, in the Dublin City School district for over 20 years. Peggy retired early to begin to fulfill her passion of addressing the growing need for quality lifelong fitness programming for adults and students with neurological, physical and developmental needs. Combining her experience and success with the best practices in the field of education, she developed the UFIT2 Visual system. This proprietary system has been tested on hundreds of individuals and is proven to teach independence in developing and incorporating physical lifestyle changes into the lives of those differently abled. Today, a significant portion of UFIT's clients are Dublin students and families. Many of the students with whom Peggy worked with in the past are now clients of hers as adults. Her first employee is a 37-year-old woman with Down Syndrome who she taught at Thomas Elementary school.

## **ABOUT UFIT**

UFIT stands for **Unique Fitness Independence Training**. At UFIT, uniqueness is celebrated through an uncommon passion for those with special neurological, developmental or physical needs. UFIT believes that everyone deserves to experience optimal levels of health and fitness that lead to greater independence, personal growth, and lifelong health.

In less than 2-years of operations UFIT has achieved several important goals. Most importantly, UFIT is empowering individuals to make fitness a part of their lives and has increased their independence while working out at UFIT.

## **OUR CLIENTS**

Clients at UFIT come from all over the city to have access to the expertise of Peggy and the other highly qualified UFIT trainers. Clients range in age from 11-76 years. They are individuals, Adapted PE students on field trips from Dublin schools and surrounding communities, consumers attending adult day programs and families- all coming to UFIT for strength training, open gym memberships, dance, martial arts instruction and adaptive yoga. Some clients drive to the gym by themselves and some clients require 2 staff to accompany them due to significant behavioral concerns. At UFIT, we can cater to the unique needs of anyone, including those with significant disabilities.

## **OUR VISION**

UFIT's vision is to expand its operations through a UFIT2™ licensed training program. The training program will offer two tracks. Track 1 is for educators and will provide .7 CEU's after completion of the 1-day course. Track 2 is for licensed trainers and physical therapists. Upon completion of the two-day course, a licensed trainer will be able to work with a special need client in the area of physical fitness and will be certified as a UFIT2™ System Fitness Professional. This system will be introduced into the market in Q2 of 2020. As this system expands and certifies other trainers in the area, we hope to utilize the 6631 Commerce Parkway Unit L space as a training center and utilize the UFIT2 system in the community centers and fitness centers within the community. Our goal is to ensure that each person with a disability is accessing and benefitting from lifelong fitness within the center that is closest to and most convenient for them.

## **OUR SPACE**

We are currently leasing 1,860 square feet from Klein Realty. The intended use for this space was originally a "pilot" site to test the concept of the UFIT system. The concept has met with incredible success and is being sought out by facilities across the country as well as in Columbus. UFIT hopes to utilize one unit at our current location as a professional training center while continuing to offer personal training and a gym membership for those who prefer a small facility or who require significant support that prevents them from accessing community gyms.

We chose this space due to the proximity to 1) the post-secondary program at Emerald Campus; 2) Dublin high schools, 3) easy access to the community rec center where we hope to offer our certification and course to assist them in providing the absolute best lifelong health for our community members with disabilities. At the time of this application we just received permission to offer our UFIT2 System course approved through the National Academy of Sports Medicine (NASM) and the Aerobics and Fitness Association of America (AFAA). We are also approved to offer UFIT2 System as a 1 semester hour course at Ashland University for physical education and adapted physical education teachers and physical therapists. 4) The location is also close to other gyms in the area that we hope will use our system to best meet the needs of their consumers with disabilities.

## **OUR EQUIPMENT**

UFIT has several types of machines and physical fitness equipment. Several of these are adaptive to meet the unique needs of our clients. All equipment was purchased with the differently abled athlete and client in mind. While UFIT is a fitness center, its design and friendly pricing allows for workouts to be conducted in an inclusive atmosphere. While other gyms make inclusion available, this is truly at the heart of what makes UFIT unique. The space and equipment are centered around the differently abled athlete;

however, it is accommodating to providers, family members and the general public to also workout.

To walk into UFIT, you would get the feel of a CrossFit gym rather than a Lifetime Fitness or Dublin Community Recreation Center. This is due to the cognitive levels of many of our clients. We emphasize the development of independence in our clients, so we hand-picked the equipment to ensure that safety is a priority. That is also why you would not see any cable machines in our space.

## **OUR BUSINESS**

UFIT designed to be of benefit to as many people as possible and can be used by the disabled and non-disabled alike. ANY person embarking on a journey to lifelong health and fitness can use our model. With that in mind, we do not believe we are in competition with anyone in the community.

After doing extensive research throughout the country, we have discovered that we stand alone. There is no program like UFIT. As was the case for me when I was a part of the Dublin Schools education system, this Dublin business is on the cutting edge of serving its community members. We offer fitness programming that is unique, fosters independence, is sustainable for life for someone with or without a disability and hires staff that is second to none. The program is innovative, sought-after by organizations such as Nationwide Children's Autism Center, and poised to attract leaders in the field of disability research. Our conversations with Nisonger Center, local autism schools, adult day programs in Ohio, the County Boards in Central Ohio, to name a few, will bring others to Dublin to see the work that is being accomplished at UFIT and in the gyms who utilize our trademarked system.