



Town of East Lyme  
 Zoning Department  
 PO Box 519  
 Niantic, CT 06357  
 (860) 691-4114  
 FAX: (860) 691-0351

**SPECIAL PERMIT APPLICATION**

Location: 170 Flanders Rd Unit 5+6 Date of Application: 1/31/23

Assessor's Map/Block/Lot: 26.3 11 Zone: \_\_\_\_\_

Applicant's Name: George Norden

Applicant's Address: 3 Farmview Dr. Guilford, CT 06437 Telephone: (203) 996-1031

Owner of Record: 170 Flanders LLC Volume/Page: 1003/0679

Owner's Address: 169 Niantic River Rd Waterford 06385 Telephone: (860) 625-1265

**DESCRIPTION OF SPECIAL PERMIT REQUEST** {Requires compliance with Zoning Regulations 24, 25 & 9 and all other applicable Zoning Regulations of the Town of East Lyme; also state which sections of Zoning Regulations Special Permit is subject to}:

Signature of Owner: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_

**Attach a true copy of the Deed and a Site Plan {10 copies required}.** A copy of the deeds for all affected properties and a site plan demonstrating compliance with all applicable zoning code requirements must accompany this application.

**Proof of posting of Special Permit Application public notice sign (Section 25.4.3-1).** Proof of posting of the Special Permit Application for Public Notice must be submitted.

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**Below this line for Office Use Only:**

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Deed Copies Attached:	YES	NO	SPECIAL PERMIT FEE	\$150.00 ✓	
			OUTDOOR DINING RENEWAL	\$20.00	
Site Plan Attached:	YES	NO	N/A	SITE PLAN FEE	\$300.00
				STORM WATER	\$300.00
				STATE FEE:	\$60.00 ✓
CHECK # <u>ck# 1082</u>				TOTAL DUE:	\$ <u>210. —</u>

Date Approved: \_\_\_\_\_ Date Denied: \_\_\_\_\_

Approval subject to conditions attached. YES/NO

Approval to become effective upon publication and date of entry into the land records of the Town of East Lyme affecting the premises as described in this application.

Date: \_\_\_\_\_ Attest \_\_\_\_\_

East Lyme Zoning Chairman

February 2, 2023

East Lyme Building & Zoning  
Town of East Lyme  
P.O. Box 519  
Niantic, CT 06357

Re: New Business Description

To Whom It May Concern:

Joint Effort is an exercise center where individuals over the age of 50, or those with chronic pain or illness, can exercise safely and effectively to maintain or regain a healthy and active lifestyle.

Our small class structure ( six to eight clients ) facilitated by one to two trainers, allows our clients to receive the supervision and accountability needed to achieve their health goals in a more affordable fashion than personal training.

The equipment utilized to accomplish this will be low impact cardiovascular equipment (seated bicycles and ellipticals ), traditional, but small, strength training machines, and functional training equipment such as resistance bands, medicine balls, light dumbbells, and light body bars.

We currently have locations in Branford, Guilford, and Old Saybrook and are excited about the possibility of adding Niantic to our list of Shoreline towns that we offer this wonderful program in.

Thank you for your time. Please feel free to call me any time with questions.

George Norden  
Founder, Joint Effort Exercise  
203-996-1031

George Norden  
Founder, Joint Effort Exercise  
300 Village Walk  
Guilford, CT 06437  
(203)458-6683