

## **From the 2015 Stamford Master Plan**

### **#8. MIXED-USE – CAMPUS**

This category is intended to provide for and protect low-density office parks and commercial (non-retail) centers in locations outside of the Downtown, by allowing limited expansion and adaptive reuse of compatible office, research and development, residential, government, educational and medical uses. Principal large-format retail uses, shopping centers, **sports and entertainment complexes and similar uses shall be prohibited**. New buildings and structures shall be compatible with the scale, height and character of existing buildings and maintain a landscaped “campus” setting of **relatively low development intensity compatible with surrounding residential properties**. Mixed-use development including adaptive reuse of existing buildings shall be carefully planned and designed and **shall result in no net increase in traffic impact compared with office development**. Development within this category shall be at densities, height and bulk far below those allowed in Downtown (Category 11). Such development may be permitted to locate on sites "suburban" in nature, subject to approval of the Zoning Board, based on (1) **compatibility with adjacent uses and residential areas**, (2) superior design including landscape design to buffer this use from adjacent residential uses, (3) **superior traffic management**, (4) compliance with the goal of directing most commercial development to Downtown, and (5) compliance with design guidelines. Total floor area shall not exceed 0.4 FAR for property located adjacent to State highways.

## **APPLICANT'S ORIGINAL DEFINITION**

Gymnasium or Physical Culture Establishment: a health and fitness facility containing equipment and/or indoor and/or outdoor space used by members and/or guests for the purpose of physical fitness, sports and recreational activities as well as ancillary uses including, but not limited to, child care, day camp, hair salon/day spa uses, medispa uses, weight loss/nutrition counseling, café (including liquors, subject to Section 14), physical therapy, medical office, retail sale of health and fitness related apparel, merchandise and memberships and all other customary and incidental uses of a health and fitness facility. All indoor and outdoor activities shall be predominantly participatory and not entertainment. Day surgery and other outpatient procedures are excluded.

## **APPLICANT'S MODIFIED DEFINITION**

Gymnasium or Physical Culture Establishment: A health and fitness facility containing equipment and/or indoor and/or outdoor space used by members and/or guests for the purpose of physical fitness, sports and recreational activities.



## Google Maps Life Time Athletic



Imagery ©2017 Google, Map data ©2017 Google United States 50 ft



## Life Time Athletic

4.1 ★★★★★ · 57 reviews

Gym



1 Westchester Park Dr, West Harrison, NY 10604



lifetimefitness.com



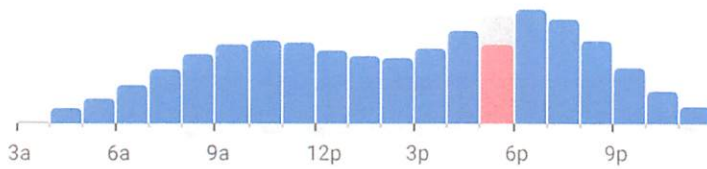
(914) 290-5100



Open now: 4AM–12AM ▼

Popular times Mondays ▼

**LIVE** A little busy



## Review summary



"Great **service**, family oriented and best **place** to **workout**



"One **thing** I appreciate is the **showers** are clean and plenty of **towels**."



"Country club atmosphere, friendly **staff**."

## People also search for

[View more](#)



**White Plains YMCA**  
Youth Organization



**Equinox Scarsdale**  
Gym



**Swim Tank - Home of Aqua Tots**  
Swimming School



**Rye YMCA**  
Community Center



Google Maps Life Time Athletic



Imagery ©2017 Google, Map data ©2017 Google United States 20 ft



## Life Time Athletic

3.2 ★ ★ ★ · 58 reviews

Gym



350 Robbins Ln, Syosset, NY 11791



lifetimefitness.com



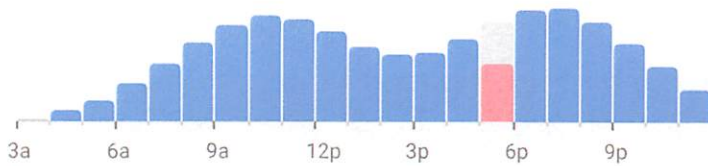
(516) 822-1777



Open now: 4AM–12AM ▼

Popular times Mondays ▼

**LIVE** Less busy than usual



## Review summary



"Better **gyms** in the **area** where you will be treated like a person."



"This **place** Overpriced and overrated the **crowd** is about who has the most **money**."



"Visiting the Garden City **area**, I attempted to access the **facility**."

## People also search for

[View more](#)



**Equinox  
Woodbury**  
Gym



**Bev Francis  
Powerhouse  
Gym**  
Gym



**New York  
Sports  
Clubs**  
Health Club



**Lucille  
Roberts**  
Health Club

# Hours

Club Hours

Hide Details

516-822-1777

HOURS

Sunday	4am — 12am
Monday	4am — 12am
Tuesday	4am — 12am
Wednesday	4am — 12am
Thursday	4am — 12am
Friday	4am — 12am
Saturday	4am — 12am

Activity Center Hours

Details

Guest Hours

Details

KIDS

Kids Academy

Details

Infant Room

Details

# Hours

## Club Hours

Hide Details

📞 914-290-5100

### HOURS

Sunday	4am — 12am
Monday	4am — 12am
Tuesday	4am — 12am
Wednesday	4am — 12am
Thursday	4am — 12am
Friday	4am — 12am
Saturday	4am — 12am

## Activity Center Hours

Details

## Guest Hours

Details

## KIDS

### Kids Academy

Details

### Infant Room

Details



## Features & Amenities

Amenities

Aquatics

Courts & Fields

Fitness

Gym Facilities

Kid Spaces

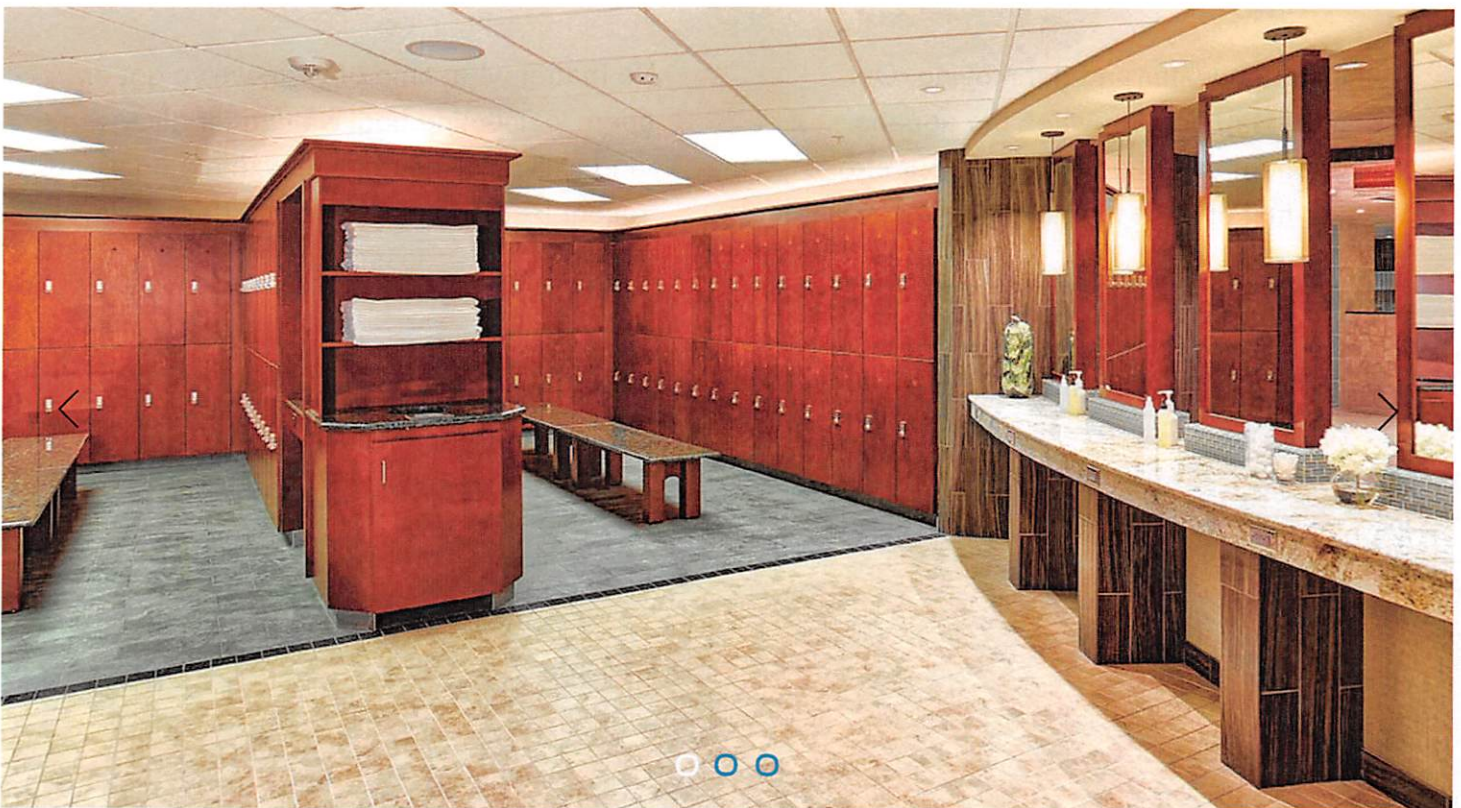
Relaxation Spaces

Dining

Studios

Additional Features

### AMENITIES



Free Lockers & Towels

Plasma Big-screen TVs

Wireless Internet Access

Mouthwash

Shampoo

Razors

Hairspray

Conditioner

Cotton Balls

Deodorant

## AQUATICS



### Indoor Lap Pool

Get in the water and get moving. Our indoor lap pool provides the aquatic environment you need to refine your stroke or just enjoy a morning workout.

[Indoor Lap Pool Schedules](#)



### Indoor Leisure Pool

No matter what time of year, we've got an open, welcoming pool waiting for all ages and skill levels, complete with nationally recognized coaches teaching daily swim lessons.

[Indoor Leisure Pool Schedules](#)



### Indoor Whirlpool

Sink into our heated indoor whirlpool. Feel



### Outdoor Lap Pool



Sink into our heated indoor whirlpool. Feel the massaging jets work out kinks while the swirling water relaxes you from head to toe.

Indoor Whirlpool Hours

Our outdoor lap pool provides the perfect place to refine your stroke, or a morning workout — all with refreshing, open air.

Outdoor Lap Pool Schedules



## Outdoor Leisure Pool

Take in the sun, have lunch, have fun at a country club like luxurious pool that includes food service. Kids can enjoy group activities, giant water slides and playland equipment.

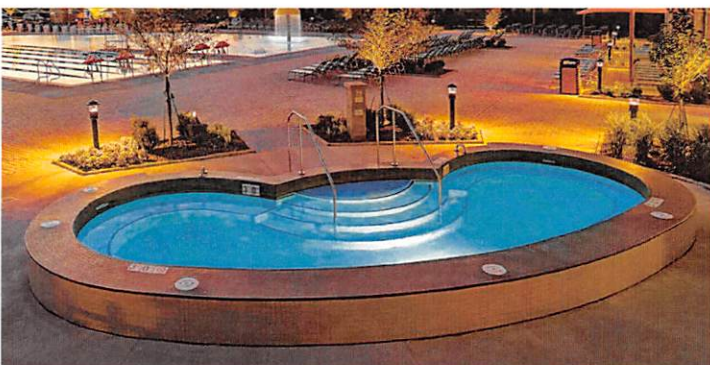
Outdoor Leisure Pool Schedules



## Outdoor Water Slides

Zoom down slippery, spiraling outdoor slides in our pool area — a great way to experience Life Time with the family.

Outdoor Water Slide Hours





## Outdoor Whirlpool

Sink in to our Outdoor Whirlpool — feel the massaging jets work out kinks while the swirling water relaxes you from head to toe.

[Outdoor Whirlpool Hours](#)

## Zero-Depth Entry Pool

Our zero-depth pool gradually increases in depth to keep your little ones safe and in sight.

[Zero-Depth Pool Schedules](#)

## COURTS & FIELDS



### Indoor Tennis Courts

Our climate-controlled courts allow you to participate in tennis programs and play friendly matches, no matter what the weather or season.

[Reserve a Court](#)

[Indoor Tennis Court Hours](#)



### Squash Courts

We welcome both the novice as well as the experienced player to show up for a heart-pounding, calorie-burning workout on modern courts designed to keep you fit and moving.

[Reserve a Court](#)

[Squash Court Hours](#)

## FITNESS



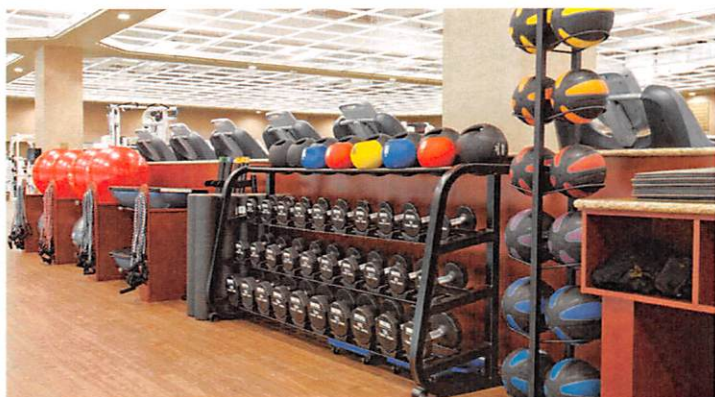
## Cardio Equipment

If you're looking for a well-rounded cardio workout, start here. We've got the latest, most sophisticated equipment available, backed by sports-specific training and technology when you need it.



## Connected Technology

Your wearable technology connects to our cutting-edge fitness equipment to help you track your workout and get the very most out of every healthy workout.



## Free Weights and Equipment

If you love to lift, this is your place. We're always stocked with kettlebells, barbells and more. So many weights, you'll never have to wait.



## Functional Training Area

Get stronger for the life you want to lead. Our dedicated space allows you to work multiple muscles at the same time for better overall strength and mobility.







## Resistance Training

Feel the burn while you use resistance bands and advanced tools to build and tone muscle.



## Weight Machines

Concentrate on specific muscle groups with our weight machines. Every lift you perform will be in perfect alignment thanks to the precision design of our equipment.

## GYM FACILITIES



## Basketball Courts

We take this sport as seriously as you do. That's why we've got an open gym ready for anything from pick-up games to league play in order to bring your game to the next level.

[Class Schedules](#)

[Basketball Court Hours](#)



## Rock Wall

Getting to the top is only part of it. We offer classes and open climb for all ages and skill levels, helping climbers develop strength and agility as well as teamworking skills.

[Rock Wall Details](#)

[Rock Wall Hours](#)



Class Schedules

## KID SPACES



### Arts and Crafts Studio

We offer education and hands-on crafts in our Arts & Crafts studio, where kids can get messy, play with possibility, and discover how imagination and creation go hand in hand.

Studio Hours



### Child Center

Give your kids a playground that they can actually learn in. Bring them into an exhilarating, fun-packed atmosphere, while you get the beneficial, undisturbed workout you deserve.

Center Hours

☎ 914-290-5151



### Dance and Yoga Studio



### Infant Room

The Movement Studio is a place specifically designed with kids in mind. In this studio, children will engage in various Dance options that include Zumba, as well as yoga!

Studio Hours

With our small ratios and private rooms, your infant is in good hands at Life Time. We will feed, talk to, and keep your baby entertained with a variety of infant toys.

Infant Room Hours



## Karate and Tumble Studio

Practice and play in a safe place. The Karate and Tumble Studio is fully equipped with padded flooring so kids can give maximum effort without dangerous results.

Studio Hours



## Kids Academy

Kids 3 months to 11-years-old are guided through innovative, high energy sets of classes, from yoga, karate and fitness to arts and dance that will stick with them.

Kids Academy Details

Class Schedules

Kids Academy Hours







## Play Maze

Fun and adventure await your children ages 3 and up. Playtime is always adventurous and fun in our multi-level maze. Children have the freedom to climb high or zoom down slides.

[Play Maze Hours](#)

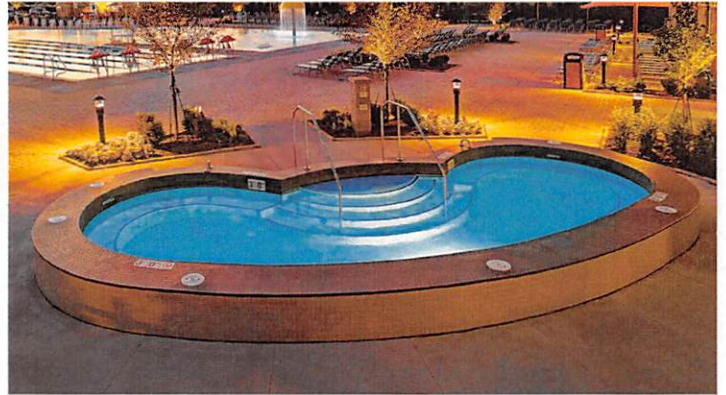
## RELAXATION SPACES



## Indoor Whirlpool

Sink into our heated indoor whirlpool. Feel the massaging jets work out kinks while the swirling water relaxes you from head to toe.

[Indoor Whirlpool Hours](#)

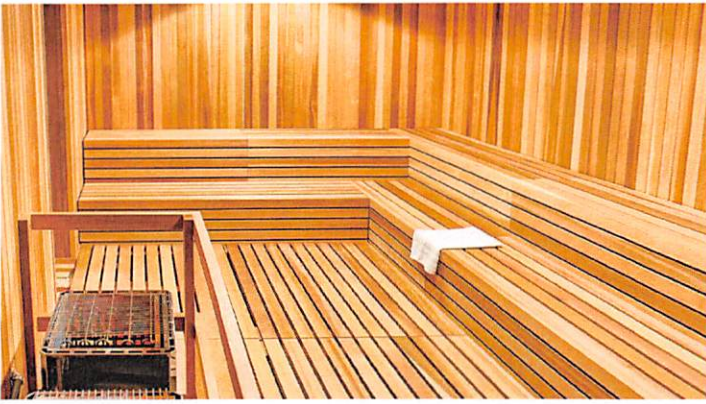


## Outdoor Whirlpool

Sink in to our Outdoor Whirlpool — feel the massaging jets work out kinks while the swirling water relaxes you from head to toe.

[Outdoor Whirlpool Hours](#)





## Saunas

There are so many wonderful benefits of the sauna. Whether you're in need of rest, or need to take care of sore muscles, or just chat with friends, don't forget to sauna.

Sauna Hours

☎ 914-290-5124



## Spa

When you're looking good, you're feeling good. That's why a full range of spa services are available to you, from hair and nails to various massages and skin care services.

☎ 914-290-5124

Spa Hours



## Steam Rooms

Breathe in relaxation, and exhale the day's cares. Our Eucalyptus Steam Rooms have a calming quality that accompanies normal muscle relaxation.

Steam Room Hours

☎ 914-290-5124

## DINING



### Bar

Peruse our extensive wine list and enjoy a post-workout cocktail with a friend in a welcoming and sophisticated environment.

[Bar Hours](#)



### LifeCafe

Our key to success is focusing on wholesome ingredients with no artificial additives. It all adds up to tasty meals that give you that healthy, post-workout fuel you need.

[LifeCafe Details](#)

[Menu](#)

[LifeCafe Hours](#)



### LifeCafe Poolside Bistro



Get the same natural food, organic drinks and fresh ingredients you love while you lounge at the pool. Our friendly staff delivers everything with a smile.

[Bistro Details](#)

[Menu](#)

[Bistro Hours](#)

## STUDIOS



### Fitness Studios

We're here to make sure you get the most out of your workout. And that means providing you with a modern, inspiring atmosphere with the most up-to-date equipment available.

[Class Schedules](#)



### Indoor Cycle Studio

Pedal your way to a calorie-burning, cardio-infused workout in concert-quality spaces. Our latest cycling equipment is prepared for as many revolutions as you're ready to bring.

[Class Schedules](#)

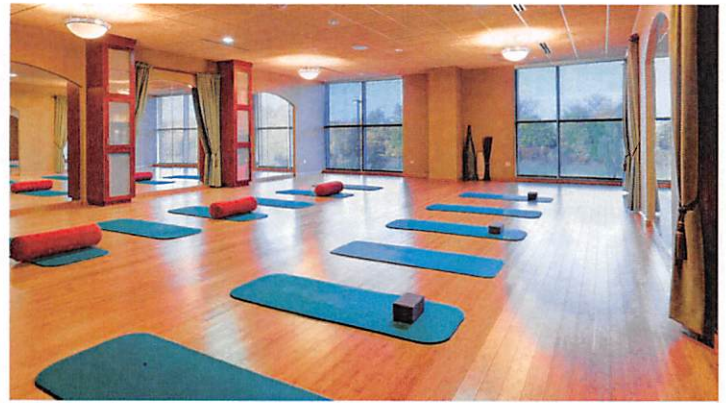




## Pilates Studio

Our expert instructors help you achieve precision via mats, reformers, and towers in our Pilates studio while combining strength, flexibility and cardio for a totally toned you.

[Class Schedules](#)



## Yoga Studio

Step into tranquility. Brimming with quiet energy and filled with natural light, our yoga studio is the perfect place to let go of your day and focus on your practice.

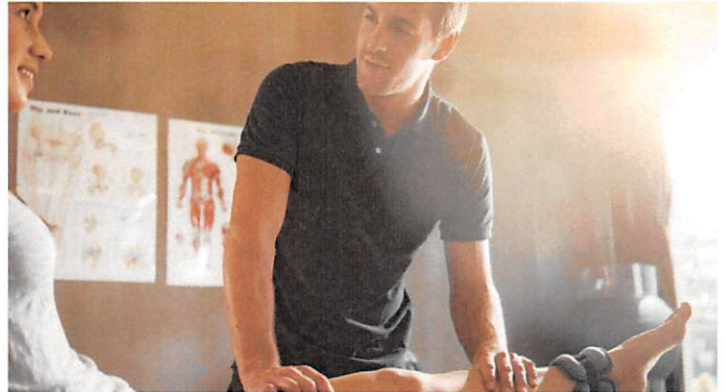
[Class Schedules](#)

## ADDITIONAL FEATURES



## Retail Store

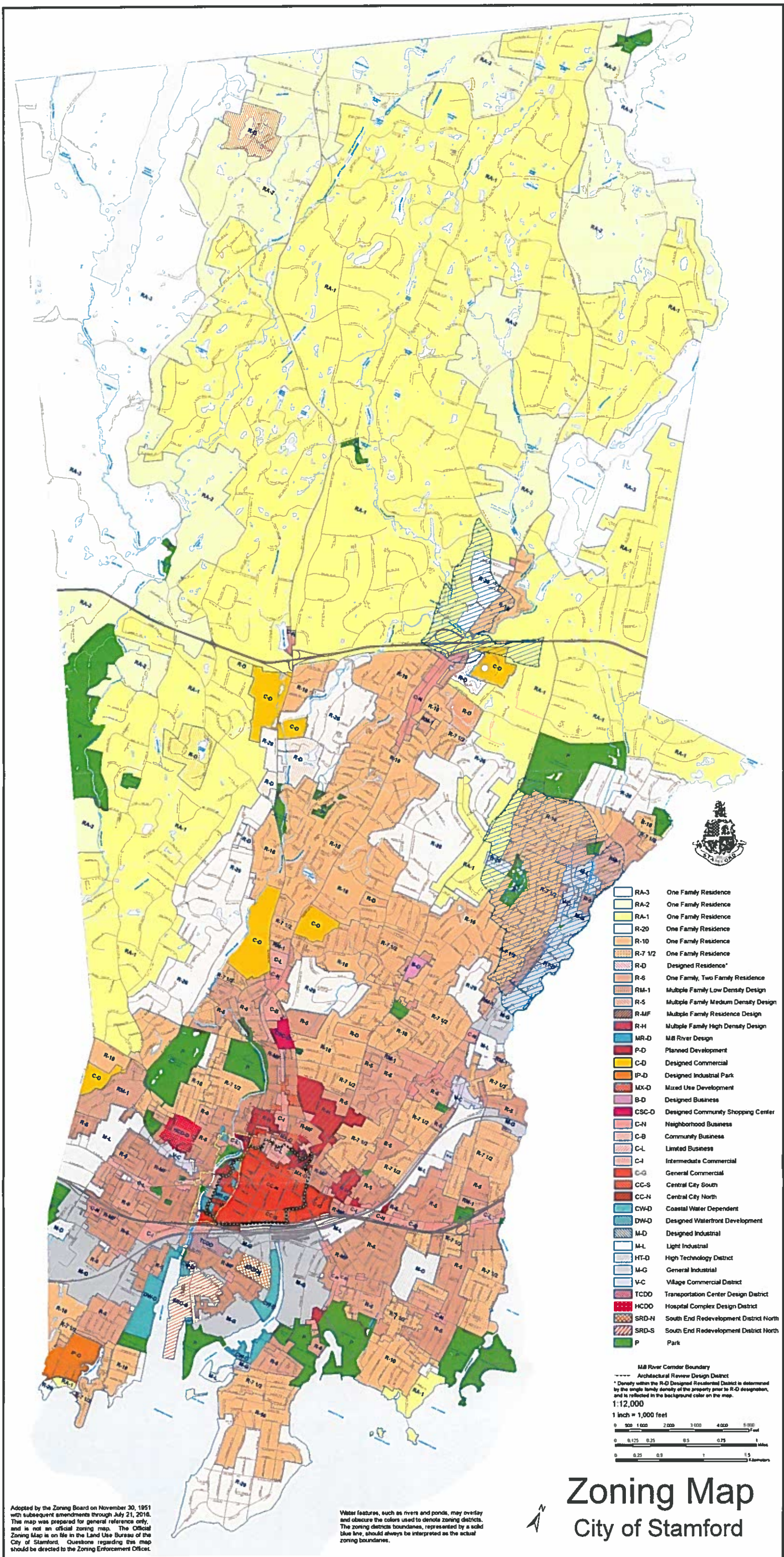
Pick up everything you need to complement your healthy way of life: Your favorite brands plus Life Time-branded apparel, nutritional supplements, wearable technology and more.



## Physical Therapy & Chiropractic

Bring your body to its best. Optimize your performance and recovery through integrated treatments targeting your skeletal and muscular systems as one.





Adopted by the Zoning Board on November 30, 1951 with subsequent amendments through July 21, 2016. This map was prepared for general reference only, and is not an official zoning map. The Official Zoning Map is on file in the Land Use Bureau of the City of Stamford. Questions regarding this map should be directed to the Zoning Enforcement Officer.

Water features, such as rivers and ponds, may overlay and obscure the colors used to denote zoning districts. The zoning district boundaries, represented by a solid blue line, should always be interpreted as the actual zoning boundaries.



# Zoning Map

## City of Stamford