



## Zoning Application Narrative: HOTWORX Homewood, IL

This narrative is submitted in support of the Special Use zoning application for a new HOTWORX location in the Village of Homewood, Illinois. This document details the proposed use of the property, including a description of the services offered, anticipated hours of operation, and projected capacity levels.

HOTWORX is a 24-hour infrared fitness studio that offers members the opportunity to maximize the benefits of exercise through heat and infrared energy. This unique workout environment accelerates detoxification, reduces stress, and promotes recovery, all within a virtually-instructed, semi-private setting. The concept is entirely distinct from traditional gyms or high-intensity interval training (HIIT) studios.

### Services Provided

HOTWORX offers two primary categories of fitness services, both utilizing patented, small-group infrared sauna rooms (Saunas):

#### 1. Infrared Isometrics (30-minute sessions)

These sessions involve various forms of heated yoga, pilates, and body-sculpting routines. The focus is on holding low-impact postures while utilizing the heat and infrared to enhance results.

#### 2. Infrared HIIT (15-minute sessions)

These sessions feature high-intensity interval training on custom-designed equipment (e.g., stationary bikes, rowing machines) inside the Saunas. The short duration and high intensity are amplified by the infrared heat.

All workout sessions are virtually instructed by a high-definition video monitor inside each Sauna. The studio is video monitored by security and staffed during peak business hours.

### Hours of Operation and Staffing

HOTWORX operates on a 24-hour access model for members, providing flexibility and accommodating various schedules. The following are the hours of operation for on-site staff and the building access schedule for members:

Category	Days of Operation	Time
<b>Member Access (24/7)</b>	Monday - Sunday	24 Hours

Category	Days of Operation	Time
<b>On-site Staffed Hours</b>	Monday - Thursday	11AM - 8PM
<b>On-site Staffed Hours</b>	Friday	9AM - 6PM
<b>On-site Staffed Hours</b>	Saturday	9AM - 2PM
<b>On-site Staffed Hours</b>	Sunday	Closed (Member Access Only)

Staffing is primarily focused on customer service, new member enrollment, retail sales, and facility cleanliness during the indicated staffed hours. The facility will employ approximately 3-5 part-time employees and one full-time manager.

## Anticipated Capacity

The HOTWORX model is designed to naturally stagger attendance and minimize overcrowding, due to the limited capacity of the small-group Saunas and the 24-hour access. Capacity is measured by the number of members actively using a Sauna at any given time.

The facility is anticipated to feature a total of **10 Saunas**. Each Sauna has a maximum capacity of **3 users** at a time. The capacity analysis below reflects these parameters.

## Average and Peak Capacity Projections

Metric	Projection	Description
<b>Facility Max Capacity (Simultaneous Users)</b>	24 - 30 users	Based on 10 Saunas * 3 users per Sauna
<b>Anticipated Average Peak Capacity</b>	12 - 18 users	Estimated 50-60% of Max Capacity during peak hours (e.g., 5:00 PM - 8:00 PM)
<b>Anticipated Average Off-Peak Capacity</b>	3 - 6 users	Estimated 10-20% of Max Capacity during midday or overnight hours
<b>Average Member Visits Per Day</b>	80 - 100 visits	Total number of unique member entries over a 24-hour period

Due to the short nature of the workout sessions (15-30 minutes), member turnover is rapid, and users are consistently cycling through the available Saunas, ensuring a steady, manageable flow of traffic throughout the day. The vast majority of activity is contained within the Saunas, minimizing noise and congregation in common areas.