

To: Spring Lake Park Planning Commission  
Spring Lake Park City Council  
City of Spring Lake Park

From: Phil Carlson, AICP, Stantec

REQUESTS: Zoning Code Amendment,  
Conditional Use Permit

Date: May 27, 2025

APPLICANT: Abby Rehberger, Optimize  
Physical Therapy

ADDRESS: 8406 Sunset Road NE

OWNER: Rise, Inc.

ZONING: I-1 Light Industrial

## INTRODUCTION

The Planning Commission and City Council have discussed the idea of amending the code to allow for a sports performance training center use in the Industrial district. The use describes Optimize Physical Therapy (OPT), a commercial physical therapy and training business that caters to youth athletes. OPT is interested in purchasing the property at 8406 Sunset Road NE, the former RISE facility, in the I-1 Light Industrial district. The I-1 district does not now include any permitted or conditional uses that would fit OPT's use, so a text amendment is proposed to add "sports performance training center" as a conditional use. Concurrently, OPT is applying for a conditional use permit (CUP) to allow the use to occupy the property.

Ideally, the code would be changed first, then a business would apply for a CUP applying that code change, but in this instance, city staff has agreed that the two requests could come in together in order to save time and effort, assuming the City Council approves both requests. The risk is OPT's if there are changes to either decision that might impact the requests.



## ZONING CODE TEXT AMENDMENT

The proposed zoning code text amendment is based on the Burnsville zoning ordinance, which includes the use "sports performance training center", combining aspects of a medical clinic with a recreation use. The amendment would be to **Section 16.64.040 Appendix D: Schedule of Permitted Uses By District**, under the I-1 district, but also to **Section 16.04.070 Definitions**, as detailed on the next page.

Proposed additions to the code are in underlined text to include the following:

- Add a definition in the front section of the zoning ordinance, places in alphabetical order
- Add a use in the Appendix table of permitted uses, also in alphabetical order
- Add paragraph N to SLPC 16.36.010 detailing the standards for the use

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#### **16.04.070 Definitions – Zoning**

**SPORTS PERFORMANCE TRAINING CENTER:** A private establishment offering individual or group athletic training programs for specific sports and athletic activities often associated with athletic organizations, sport associations, and schools, supervised by specialized coaches present for all training sessions and where tournaments and competitions may be held. The use may also include therapy by trained medical personnel to treat sports-related conditions.

...

#### **16.64.040 Appendix D: Schedule Of Permitted Uses By District**

...

*C. Light industrial district.* Conditional uses in this paragraph shall be governed by the criteria enumerated in SLPC 16.56, relating to conditional uses. Interim uses in this paragraph shall be governed by criteria enumerated in SLPC 16.58, relating to interim uses.

<i>Uses in I-1</i>	<i>Category</i>
...	
Small wireless facility in right-of-way, as regulated in SLPC 12.48	P
<a href="#">Sports performance training center<sup>1</sup></a>	<a href="#">C</a>
Storage, enclosed rental	C
...	

#### **16.36.010 Development Standards**

##### **N. Sports Performance Training Centers**

1. Parking for all activities on site must be accommodated with off-street parking on the building site or via a joint parking agreement.
2. All signage must meet the requirements of this title.
3. If the facility is located in an existing multi-tenant building, off-street parking and loading must be provided for all tenant uses as required by this title.
4. Customer parking and pedestrian access to the building must not interfere with off-street loading or large truck maneuvering on the site.
5. The Building Official shall determine whether the proposed use requires building modifications to comply with health and safety code. All required modifications shall be completed at the expense of the property owner or tenant.

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## **CONDITIONAL USE PERMIT**

The property at 8406 Sunset Road is about 2.8 acres; the building is about 60,000 sq ft in size. The parking lot has 97 spaces, which Optimize believes is more than adequate, and we concur. The standards in the ordinance (assumed to be adopted) for a sports performance training center require off-street parking for all activities in the facility. The site can accommodate this use as a conditional use. There are internal changes contemplated for the building, but no significant exterior changes to the site or building. The preliminary floor plan for the facility is included at the end of this report.

The zoning code, in Section 16.56.030, lists eleven criteria for considering any conditional use, excerpted at the end of this report. The OPT use satisfies all the criteria and will not be detrimental to surrounding properties or impose a burden on city services and infrastructure.

## **RECOMMENDATION**

### *Zoning Code Text Amendment*

I recommend that the Planning Commission recommend approval of the attached draft ordinance adding the sports performance training center use in the Definitions and the Table of Uses in the Spring Lake Park Zoning Code as a conditional use in the I-1 district.

### *Conditional Use Permit*

I recommend that the Planning Commission recommend approval of the conditional use for Optimize Physical Therapy at 8406 Sunset Road NE as detailed in the materials submitted by Optimize, with the following conditions and findings.

#### *Conditions for Approval*

- 1) The conditional use permit is only approved if the zoning code is amended to include the sports performance training center definition and use.
- 2) Parking for all activities on site must be accommodated with off-street parking on the building site or via a joint parking agreement
- 3) All signage must meet the requirements of this title
- 4) Customer parking and pedestrian access to the building must not interfere with off-street loading or large truck maneuvering on the site
- 5) The building inspector must determine if the change of use requires alterations to the building to ensure health and safety. The applicant shall be responsible for all required changes.

#### *Findings of Fact for Approval*

- 1) Optimize Physical Therapy has applied for a conditional use permit to operate a sports performance training center in the building at 8406 Sunset Road NE.
- 2) The proposed use meets the conditions in the Zoning Code Section 16.64.040 for a sports performance training center.
- 3) The Optimize Physical Therapy use satisfies the criteria in Section 16.65.030 of the Zoning Code for approving a conditional use permit.

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### *Denial of Conditional Use Permit*

A conditional use is considered a permitted use to which reasonable conditions may be attached based on findings. If the Commission wishes to recommend denial of the conditional use permit, they should craft findings to support that decision.

### **60-DAY DEADLINE**

The application was received on May 2, 2025. The deadline for final action by the City Council per State statute 15.99 is July 2, 2025.

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## **CONDITIONAL USE PERMITS**

### **Section 16.56.030 Application Procedure.**

*E. Findings and recommendations.* The Planning Commission shall then make its findings and recommendations to the City Council within 30 days following the end of the public hearing.

1. The City Council may then authorize the conditional use permit, provided the applicant has provided evidence establishing the following:
  1. The proposed use at the particular location requested is necessary or desirable to provide a service or a facility which is in the interest of public convenience and will contribute to the general welfare of the neighborhood or community;
  2. The use will not, under the circumstances of the particular case, be detrimental to the health, safety, morals, or general welfare of persons residing or working in the vicinity or injurious to property values or improvements in the vicinity;
  3. The proposed use will comply with the regulations specified in this title for the district in which the proposed use is to be located;
  4. The use is one of the conditional uses specifically listed for the district in which it is to be located;
  5. The proposed use shall not have a detrimental effect on the use and enjoyment of other property in the immediate vicinity;
  6. The use will not lower property values or impact scenic views in the surrounding area;
  7. Existing streets and highways and proposed access roads will be adequate to accommodate anticipated traffic;
  8. Sufficient off-street parking and loading space will be provided to serve the proposed use;
  9. The use includes adequate protection for the natural drainage system and natural topography;
  10. The proposed use includes adequate measures to prevent or control offensive odor, fumes, dust, noise, or vibration so that none of these will constitute a nuisance; and
  11. The proposed use will not stimulate growth incompatible with prevailing density standards.

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## **OPTIMIZE PT USE**

Optimize provided the following information to the City about their use.

### **1. Building use**

#### *Describe your business*

- Optimize Physical Therapy and Elite sport Performance is a physical therapy and sports training facility. We have been operating out of a facility in Blaine for the past 5 years and was located in Roseville for 2 years prior to that.
- We are primarily an outpatient orthopedic physical therapy clinic that specializes in manual therapy, injury prevention, return to sport and concussion/dizziness.
- In addition, we run multiple sport training camps/clinics for youth athletes. We currently primarily focus on weight lifting (after school and during the summer) and softball and baseball camps. During the school year we train youth athletes from 3pm-9pm on the weekdays and 9am-9pm on weekends. During the summer months we run strength and conditioning 9am-1pm in our weight room while other staff travel MN running outdoor softball and baseball camps (Brainerd, Alexandria, Spring Lake Park, White Bear Lake, Etc.)
- For reference in the past 2024 and early 2025 we had 40 baseball and softball teams we were unable to accommodate due to not having enough space in our current location.
- Aside from the camps Optimize runs, we also offer our space for team rental and rent our batting cages to several youth little league teams, travel ball teams and High school teams.

#### *What is the plan for the building?*

- Our plan for the building is to expand our current physical therapy and sports training practice to include basketball and volleyball and offer a much larger baseball/softball space for teams to rent, train and expand our softball and baseball camps.
- In the summer months we plan to offer youth sports summer camps.
- Offer community use of the courts during the day time hours for pickleball, court use, weight room.
- Home school co-op during the school year.

#### *How will spaces within the building be used, including square footage and capacity?*

- See diagram for full description:
  - Office area for treatment rooms, turf speed training and open lounge area.
  - 3 Volleyball/basketball areas
  - Open warehouse with turf for baseball/softball training
  - Turfed bullpen area
  - 2 weight rooms

#### *Do you plan to sublet any portion of the building to another tenant?*

- Optimize will operate the entire building and local sports teams will use the space to practice, scrimmage and potentially be a site to run youth (2nd, 3rd and 4th grade) tournaments.
- There will be two separate entities operating within the space (All companies involved owned by Abby Rehberger.
- Apparel company- owned by Abby Rehberger
- Home school co-op- Owned by Abby Rehberger

### **2. Physical Changes:**

#### *Will there be exterior changes or only interior modifications?*

- No plans to modify the exterior
- No, as-is, the building is ideally suited for our use.

### **3. Exterior Uses:**

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*Are there plans for exterior uses or amenities, such as the existing break/lunch area indicated on the aerial imagery?*

- The outdoor break area will be left as is and used as an outdoor break area.

4. Hours of Operation:

*What are your proposed hours of operation, including times for specific activities or uses?*

- Hours vary slightly depending on the time of the year. We work with primarily youth athletes.
- During the school year:
  - We will have “general” patients during the day time hours. There’s currently 2.5 therapists on staff all treating one patient at a time.
  - Home-school co-op with 8-12 students.
  - We also would hope to open the facility for community members during the day time with monthly memberships to use the courts for activities such as pickleball, basketball and weight room use.
  - After school: sports training and practices from 3-9pm.
  - Softball/Baseball we limit training to 20 athletes/group. There would be two groups in the baseball area totaling 40 athletes and 8-10 staff. ALL parents drop off and pick up for these as we do not allow parents to stay for practice. After their 1.5 hour practice they transition into the weight room and the next group comes in.
  - Basketball/volleyball: approx 10 kids on each team. If they do 2 teams, 20 total with 2-3 coaches in each gym.
- Summer months:
  - Physical Therapy treatments continue.
  - Summer youth sports program: 40 kids total (20: K-3rd and 20: 4-6th) Again parents will drop kids off and pick up after work.

5. Miscellaneous Questions:

*How many staff, clients or visitors do you anticipate at peak times?*

- October - March: 3-6pm during the school year: 150 max

*How many employees do you have?*

- We currently have 25 people on payroll. However, many of these are High school and college students that assist with summer camps and after school training and work a total of 10-15 hours/week during our training times.
- We have 2 people on staff full time including myself.
- With this expansion we will be closer to 6 people on staff full time plus the seasonal workers.

*Are there any activities that might create elevated noise levels or increase traffic during specific times?*

- The only noise would be during the evenings and weekends of teams practicing/cheering
- Possibility for youth 2-4th grade basketball tournaments on a weekend day. (Most likely Saturday). 2 teams in 3 courts for a total of 60 athletes playing. Plus 20-40 kids finishing games and leaving as new players come in (total 100). That is if every single parent drove their kid vs some car pooling.

6. Truck Loading Needs:

*Do you anticipate retaining the existing truck dock for deliveries?*

- We will keep them there, but after move in do not plan to use them for the purpose of receiving any deliveries.

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## Optimize PT Floor Plan, 8406 Sunset Road NE

