

Conceptual Review Agenda

Meetings hosted via Zoom Web Conferencing

Please use the URL and Meeting ID # listed below to join the Review Meeting

Review Date

8/21/2025 11:15 AM

Project Name

Limited Indoor Recreation at 416 Sycamore St
CDR250055

Applicant

Bianca Myers

970-637-7408

bianca@thefreehealingcenter.com

Planner: Arlo Schumann

Engineer: Shawn Mellinger

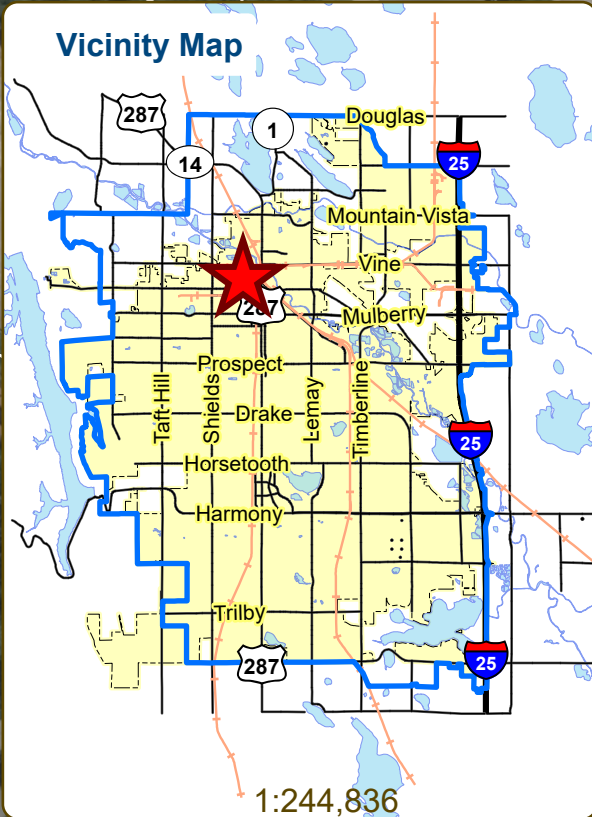
DRC: Todd Sullivan

Description

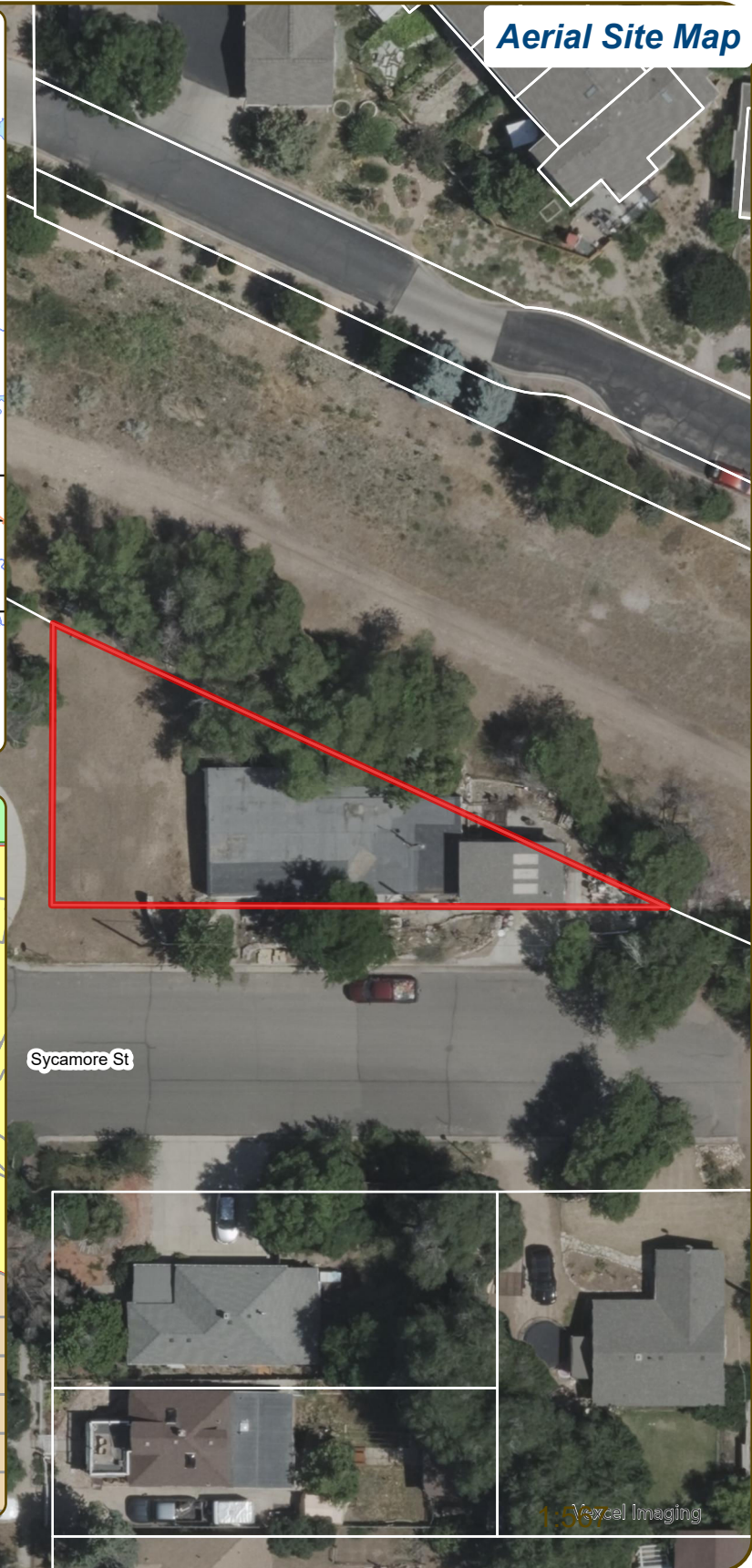
This is a request to convert the existing structure into a wellness center at 416 Sycamore St (parcel # 9711111010). The applicant is proposing to convert the existing foundry into a limited indoor recreational facility. Access can be taken from Sycamore St to the south. The property is located approximately 0.37 mi west of N College Ave and approximately 0.44 mi north of W Mountain Ave. The site is located in the Old Town Medium (OT-B) zone district and is subject to an Addition of Permitted Use (APU).

Indoor Recreation Facility at 416 Sycamore- Indoor Recreation Facility, Limited

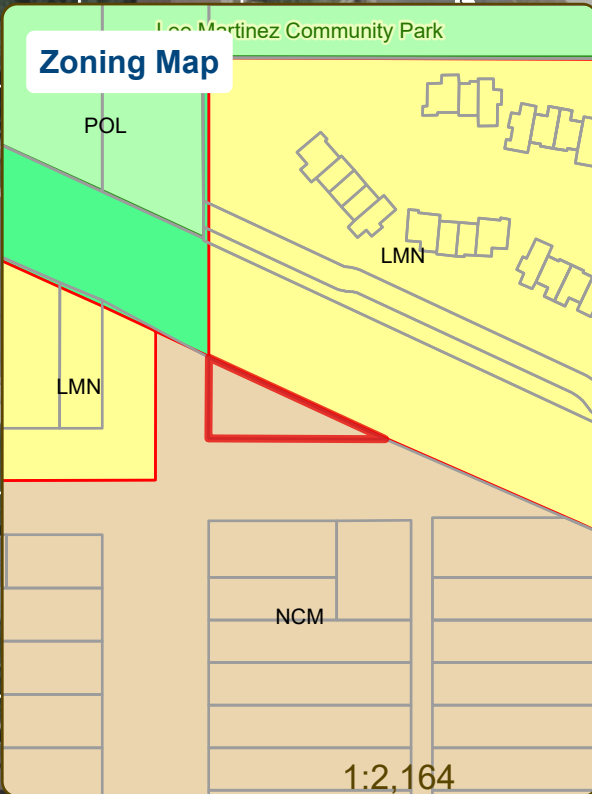
Vicinity Map



Aerial Site Map



Zoning Map



These map products and all underlying data are developed for use by the City of Fort Collins for its internal purposes only, and were not designed or intended for general use by members of the public. The City makes no representation or warranty as to its accuracy, timeliness, or completeness, and in particular, its accuracy in labeling or displaying dimensions, contours, property boundaries, or placement of location of any map features thereon. THE CITY OF FORT COLLINS MAKES NO WARRANTY OF MERCHANTABILITY OR WARRANTY FOR FITNESS OF USE FOR PARTICULAR PURPOSE, EXPRESSED OR IMPLIED, WITH RESPECT TO THESE MAP PRODUCTS OR THE UNDERLYING DATA. Any users of these map products, map applications, or data, accepts same AS IS, WITH ALL FAULTS, and assumes all responsibility of the use thereof, and further covenants and agrees to hold the City harmless from and against all damage, loss, or liability arising from any use of this map product, in consideration of the City's having made this information available. Independent verification of all data contained herein should be obtained by any users of these products, or underlying data. The City disclaims, and shall not be held liable for any and all damage, loss, or liability, whether direct, indirect, or consequential, which arises or may arise from these map products or the use thereof by any person or entity.





CONCEPTUAL REVIEW:
APPLICATION

General Information

All proposed development projects begin with Conceptual Review. Anyone with a development idea can schedule a Conceptual Review meeting to get feedback on prospective development ideas. At this stage, the development idea does not need to be finalized or professionally presented. However, a sketch plan and this application must be submitted to City Staff prior to the Conceptual Review meeting. The more information you are able to provide, the better feedback you are likely to get from the meeting. **Please be aware that any information submitted may be considered a public record, available for review by anyone who requests it, including the media.** The applicant acknowledges that they are acting with the owner's consent.

Conceptual Reviews are scheduled on three Thursday mornings per month on a "first come, first served" basis and are a free service. One 45 meeting is allocated per applicant and only three conceptual reviews are done each Thursday morning. A completed application must be submitted to reserve a Conceptual Review time slot. **Complete applications and sketch plans must be submitted to City Staff on Thursday, no later than end of day, two weeks prior to the meeting date.** Application materials must be e-mailed to preappmeeting@fcgov.com. If you do not have access to e-mail, other accommodations can be made upon request.

At Conceptual Review, you will meet with Staff from a number of City departments, such as Community Development and Neighborhood Services (Zoning, Current Planning, and Development Review Engineering), Light and Power, Stormwater, Water/Waste Water, Advance Planning (Long Range Planning and Transportation Planning) and Poudre Fire Authority. Comments are offered by staff to assist you in preparing the detailed components of the project application. There is no approval or denial of development proposals associated with Conceptual Review. At the meeting you will be presented with a letter from staff, summarizing comments on your proposal.

BOLDED ITEMS ARE REQUIRED **The more info provided, the more detailed your comments from staff will be.**

Contact Name(s) and Role(s) (Please identify whether Consultant or Owner, etc) _____

Are you a small business? ☐ Yes ☐ No **Business Name** (if applicable) _____

Your Mailing Address _____

Phone Number _____ Email Address _____

Site Address or Description (parcel # if no address) _____

Description of Proposal (attach additional sheets if necessary) _____

Proposed Use _____ **Existing Use** _____

Total Building Square Footage _____ S.F. Number of Stories _____ Lot Dimensions _____

Age of any Existing Structures _____

Info available on Larimer County's Website: <http://www.co.larimer.co.us/assessor/query/search.cfm>

If any structures are 50+ years old, good quality, color photos of all sides of the structure are required for conceptual.

Is your property in a Flood Plain? ☐ Yes ☐ No If yes, then at what risk is it? _____

Info available on FC Maps: <http://gisweb.fcgov.com/redirect/default.aspx?layerTheme=Floodplains>.

Increase in Impervious Area _____ S.F.

(Approximate amount of additional building, pavement, or etc. that will cover existing bare ground to be added to the site)

Suggested items for the Sketch Plan:

Property location and boundaries, surrounding land uses, proposed use(s), existing and proposed improvements (buildings, landscaping, parking/drive areas, water treatment/detention, drainage), existing natural features (water bodies, wetlands, large trees, wildlife, canals, irrigation ditches), utility line locations (if known), photographs (helpful but not required). Things to consider when making a proposal: How does the site drain now? Will it change? If so, what will change?



YOGA STUDIO

SAUNA & PLUNGE

TREATMENT ROOM

TREATMENT ROOM

LG THERAPY ROOM

VITAMIN D PORCH

FRONT DESK

LOUNGE

BATHROOMS

BATHROOMS

CLOSET

RETAIL

YOGA STUDIO

OUTDOOR PATIO

Topics to include in Conceptual Review for 416 Sycamore:

- Address: 416 Sycamore Street Fort Collins, CO 80521
- Parcel Number: 9711111010
- Brief description of the type of business you intend to run, including:

Welcome to The Be Free Healing Center. We are a wellness and healing center currently located at 1006 Spring Creek Lane, Fort Collins, CO. We have been in business for 5.5 years and are looking to find a new space to call our forever home! We offer yoga classes, massage therapy and several different types of natural healing modalities for mind, body and spirit. Our mission is to create a safe space for community to thrive on their journey of health and wellness. You can find out more about us online at www.befreehealing.com

We believe wellness is a journey of self-discovery, not a physical workout. While the mainstream wellness industry emphasizes changing your body to fit a mold, we focus on inner healing and growth. Here, YOU ARE ENOUGH just as you are. We embrace creativity as a core value, encouraging you to explore *your* unique path to well-being.

We've also witnessed how cultural appropriation is a problem in many parts of the industry, where sacred traditions are commodified without regard. Our studio is committed to honoring the roots of yoga as we mindfully weave ancient wisdom into our offerings.

We offer a brave, inclusive space, designed with you in mind. This is a place where authenticity thrives, and you can be yourself, surrounded by a community that values vulnerability and connection. Whether you're looking to heal physically, emotionally, or spiritually, we're here to support you every step of the way. We invite you to dive in and be nurtured!

- Average number of patrons at any one time:
 - 2 minimum-25 max
- Total number of on-site staff at any one time:
 - No Employees only Subcontracted Practitioners 1-5 ppl
- Any supplemental uses you might explore:
 - None
- If you have any goals of expansion:
 - Potential second story expansion down the road to include 2 more wellness rooms and another large yoga studio space for workshops and classes, ETC.











