

Village of



There will be a meeting of the Plan Commission at Village Hall, 419 Richmond Road; Kenilworth, IL. The public may attend in person or by utilizing the following link:

[TEAMS MEETING LINK](#)

**If you do not have access to a computer, you may attend via telephone:**

+1 872-242-8055

**Meeting ID: 397 470 606#**

## **Plan Commission Regular Meeting**

**Monday, October 6, 2025 at 7:00 p.m.**  
Kenilworth Village Hall, 419 Richmond Road

### Agenda

- I. Call to Order / Roll Call**
- II. Approval of Minutes**
  - A. October 4, 2024 Regular Meeting Minutes
- III. Regular Business**
  - A. Public Hearing to Consider a Special Use for a Physical Fitness Facility at 554 Green Bay Road, Space B in the B Business District
- IV. Other Business**
  - A. 2026 Regular Meeting Schedule
- V. Business from the Public**

Rules for Public Comment may be viewed at  
<https://www.vok.org/DocumentCenter/View/1423/Rules-for-Public-Comment>
- VI. Adjourn**

The Village of Kenilworth is subject to the requirements of the Americans with Disabilities Act of 1990. Individuals with disabilities who plan to attend this meeting and who require certain accommodations in order to allow them to observe and/or participate in this meeting or who have questions regarding the accessibility of the meeting or the facilities are requested to contact the Village Manager at 847-251-1666 promptly to allow the Village to make reasonable accommodations for those persons.

VILLAGE OF



KENILWORTH, IL

**Plan Commission Meeting  
Monday, August 4, 2025**

**CALL TO ORDER**

A meeting of the Plan Commission of the Village of Kenilworth in the Kenilworth Village Hall, Kenilworth, Illinois was held at 7:00 pm on Monday, August 4, 2025. Chair Mohr called the meeting to order at 7:02 pm.

**Attendance was as follows:**

**Plan Commissioners Present:**

Justin Mohr	Chair
Anna Simpson	Commissioner
Shannon Stoelting	Commissioner
Joby Berman	Commissioner

**Plan Commissioners Absent:**

Ian Fisher	Commissioner
Ken Kaufman	Commissioner

**A quorum was present.**

**Other Recorded as in Attendance:**

*Village Officials and Staff:*

Heather McFarland	Assistant to the Village Manager
Kathy Thake	Village Manager (Remote)
Carol Brobeck	Village Planner, Teska Associates

**Agenda Item II. APPROVAL OF MINUTES: December 2, 2024**

The Minutes of the Plan Commission meeting of December 2, 2024, were placed before the Commissioners.

**Chair Mohr made a motion** to approve the December 2, 2024 Plan Commission Meeting Minutes, as presented, and **Commissioner Simpson seconded the motion.**

**A voice vote was taken as follows on the motion:**

**Yea:** Mohr, Simpson, Stoelting, Berman

**Nay:** None

**Absent:** Kaufman, Fisher

**Abstain:** None

**The motion was approved 4 – 0**

Chair Mohr swore individuals in attendance that wished to speak to items on the agenda.

**Agenda Item III.A. PUBLIC HEARING TO CONSIDER TEXT AMENDMENTS TO CHAPTER 153 OF THE KENILWORTH CODE OF ORDINANCES CONCERNING AIR CONDITIONING EQUIPMENT AND ELECTRICAL AND TELEPHONE EQUIPMENT**

Chair Mohr introduced the agenda item with background on compact heat pumps. Chair Mohr explained that heat pumps have risen in popularity and sometimes result in reduced energy costs for homeowners. Other commissioners weighed in, noting that heat pumps (mini-splits) make for easy installation on older homes.

Village Planner Carol Brobeck explained that existing Village regulations prohibit heat pumps that are above grade and / or wall mounted. In addition, she continued, zoning regulations do not permit air conditioning units that are roof mounted. The proposed text amendment, Ms. Brobeck explained, would permit heat pumps to be wall mounted up to six feet high. She shared that the amendment would also allow rooftop units for non-residential uses in residential districts.

Commissioner Simpson asked if a copy of the proposed ordinance was available. Ms. Brobeck reviewed the text of the ordinance in detail. Ms. Brobeck stated the ordinance would allow for electrical cables to be above ground on a case-by-case basis, if approved by Village staff. Ms. Brobeck explained that air conditioning setback requirements would be maintained, and screening of units required.

Commissioner Simpson asked if electrical services would need to be screened. Ms. Brobeck responded that it would, but it would not apply to existing units unless moved.

**Commissioner Simpson made a motion** to recommend approval of the text amendments to Chapter 153 of the Kenilworth Code of Ordinances concerning air conditioning equipment and electrical and telephone equipment. **Commissioner Berman seconded the motion.**

**A roll call vote was taken as follows on the motion:**

**Yea:** Mohr, Simpson, Stoelting, Berman

**Nay:** None

**Absent:** Kaufman, Fisher

**Abstain:** None

**The motion was approved 4 – 0**

**Agenda Item IV.A. OTHER BUSINESS**

Chair Mohr asked if there were any requests expected to come before the Plan Commission. Ms. Brobeck shared that the Planned Unit Development (PUD) request for 604 Green Bay Rd would not be moving forward. Ms. Brobeck explained that a different PUD request for properties at 515-519 Park Dr may be submitted in the future and that a neighborhood meeting was recently held to introduce the concept to residents.

**Agenda Item V. BUSINESS FROM THE PUBLIC**

None

**Agenda Item VI. ADJOURN**

**Commissioner Berman made a motion** to adjourn the meeting, and **Commissioner Simpson seconded the motion.**

**A voice vote was taken as follows on the motion:**

**Yea:** Mohr, Simpson, Stoelting, Berman

**Nay:** None

**Absent:** Kaufman, Fisher

**Abstain:** None

**The motion was approved 4 – 0**

The meeting adjourned at 7:50 p.m.

Respectfully Submitted,  
Heather McFarland  
Assistant to the Village Manager

## Request for Commission Action

**Agenda Items:** III.A

**Considered By:**  
Plan Commission

**Date:**  
10/06/25

**Staff Contact:** Carol Brobeck, Teska Associates, Inc.  
Heather McFarland, Asst. to the Village Manager

**Subject:** Special Use to permit a Physical Fitness Facility in the B Business District

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**Applicant:** The Pavlik Building, LLC on behalf of Lift Fitness

**Owner:** The Pavlik Building, LLC

**Location:** 554 Green Bay Road, Space B

**Zoning:** B Business District

**Purpose:** Recommendation to the Village Board for a Special Use Permit

**Applicable Regulations:** Chapter 153.245 Special Uses

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**Background:**

554 Green Bay Road is a 1-story structure with multiple ground floor commercial spaces. Space B (ground floor) was last occupied by Athletico, a physical therapy office, who vacated at the end of 2024. A new physical fitness facility, Lift Fitness, is seeking to occupy the space.

A physical fitness facility, including one-on-one personal training, is a permitted Special Use in the B Business District.

**View of Space B from Green Bay Road**



**Summary of Request:**

The Special Use request is for a new physical fitness facility, *Lift Fitness*, to occupy Space B, a ground floor commercial space.

*Proposed Business Hours:* The facility intends to operate primarily Monday through Friday, 5:00 a.m. to 2:00 p.m., Saturdays from 7:00 a.m. to 12:00 p.m., and intends to expand offerings to include training for local students in afternoon and early evening hours.

*Anticipated Services:* The facility intends to operate as a personal training facility, with two - three personal trainers on site at any given time. The maximum number of concurrent training sessions would be three, with no more than eight people total on site at any given time.

*Staffing:* Lift Fitness currently operates in three locations: one in Glencoe and two in the City of Chicago. The business anticipates having a maximum of three personal trainers on site. Trainers will work with anywhere from one to three customers at a time.

*Life Safety Capacity:* At this early stage, there is insufficient information to determine a maximum capacity to ensure life safety by the Winnetka Fire Department. However, in speaking with an inspector, the most important factor in determining a safe capacity for space is ensuring a proper number of exits. For the size of the space (approx. 2,300 sf) the maximum capacity starts at 100 people but would be reduced based on the actual layout of equipment. A life safety inspection will occur at a later stage to ensure proper measures are taken.

*Parking for Patrons:* No parking spaces are required for uses located on the ground floor within the B Business District. However, the 554 Green Bay Road location has a total of 18 off-street parking spaces dedicated to serving the businesses. This includes nine off-street parking spaces for patrons in the front of the building (including one accessible space), an additional nine off-street spaces located in an adjacent lot, and no parking spaces in the rear (accessible from the alley).

The Kenilworth Police Department indicated that the parking areas for 554 Green Bay Road are well used, with potentially more limited parking during drop-off and pick-up times for the tutoring business on site. However, the Department does not anticipate significant parking issues due to reoccupation of this space with a physical fitness facility of limited participants.

*Parking for Employees:* As is typical for businesses along Green Bay, employees are eligible for employee parking tags enabling all day parking in certain zones, including a stretch along the eastern side of Green Bay Road, parallel to the 554 building. The Kenilworth Police Department has indicated limited ongoing issues with employee parking in this area; no significant issues are anticipated due to the reoccupation of this space with a physical fitness facility of limited participants.

**Considerations:**

The Plan Commission may consider the following in evaluating this request:

- Current adjacent tenants to Unit B include The North Shore Dentist, Schoolhouse 4 Math, Dermatology Physicians, a dry cleaner and Hairsay Salon.
- Historically, this space was operated by Athletico Physical Therapy for 20+ years. Adjacent tenants have also historically been medical offices and services rather than retail or food and beverage tenants.
- There are currently five approved Special Use permits for Physical Fitness Facilities. These include Home Ice Hockey/Toned Yoga, Coach Tom, Salt Fitness, Body Science, and Practice Hora (not operating).
- No exterior work to the structure is required; minor interior renovations may be completed, approved by a building permit. Additional permits will be required for any proposed signage.

**Required Action:** To proceed forward with the applicant’s request for a Special Use permit for a physical fitness facility, the Village’s Zoning Regulations in Chapter 153 of the Municipal Code require that:

1. The Plan Commission review and recommend approval, approval with conditions, or denial of the Special Use permit to the Village Board.
2. The Village Board review and consider approval, approval with conditions, or denial of the Special Use permit.

**Attachments:**

1. Explanation of Request from Gregory Hughes of Schermerhorn & Co., dated 9/4/25
2. Explanation of Request from Life Fitness, received 9/12/25
3. Village of Kenilworth Business District Parking Map [\[link\]](#) – page 2]

**Example Motions for Consideration – Special Use:**

I move to **recommend approval [with conditions]** of the application submitted by the Owner, The Pavlik Building, LLC, on behalf of Lift Fitness, for a Special Use Permit for a physical fitness facility located at 554 Green Bay Road, Unit B, in accordance with the materials included in the packet for the October 6, 2025 Plan Commission Meeting, subject to compliance with the requirements of the Kenilworth Municipal Code, Section 153: Zoning, [and on the condition that:]

[INSERT APPROVAL CONDITION(S) HERE].



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September 4th, 2025

Village of Kenilworth  
Planning Commission  
419 Richmond Road  
Kenilworth, IL 60043

Re: The Pavlik Building - 554 Green Bay Road, Space B, Kenilworth  
Plan Commission – New Personal Training Tenant

Dear Planning Commission Members:

We had Athletico Physical Therapy in space B at 554 Green Bay Road for over the past twenty years, and they moved out earlier this year. The space has been vacant for over the past 7-8 months. For the past several months, we have worked on securing a quality replacement Tenant; Lift Fitness - a personal training Tenant. The proposed Tenant has existing locations in Glencoe and Lincoln Park. They are very similar in nature to Athletico that recently vacated. They offer one-on-one training and usually will have two trainers and two clients in the space at a time, so the parking will be minimally impacted at our two parking lots. Also, their primary hours are from 5:00am until 2:00pm. Some of the neighboring Tenants are; The North Shore Dentist, Schoolhouse 4 Math, Dermatology Associates, Cleaners, and Hairsay Salon.

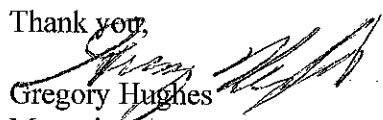
We are hoping we could receive expedited approval for our new personal training prospect.

The Tenant would like to open later this year, and we still have a couple months of interior construction & painting to prepare the space before opening.

Please let us know if you have any questions & Please confirm we are on the agenda for October 6<sup>th</sup>.

We appreciate your help with this Tenant.

Thank you,

  
Gregory Hughes  
Managing Agent

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Lift Northshore  
345 Park Ave  
Glencoe, IL 60022

To whom it may concern,

LIFT is a boutique PRIVATE strength training facility that specializes in getting busy professionals strong, while remaining injury free and improving quality of life. With locations in River North, Lincoln Park, and Glencoe, LIFT was founded by Exercise Science degree holding, former collegiate strength coaches, who have taken the fundamentals of training elite athletes and privatized it for the general population. It doesn't matter if you are a beginner or an experienced weight lifter; we will guide anyone to their goals with our tried-and-true scientific approach to strength training. Each tailored program consists of the non-negotiable, necessary pillars of a complete workout program: Squat Movement Patterning, Hinge Movement Patterning, Single leg Movement Patterning, Upper Body Push, Upper Body Pull, Carries/Core work. Every coach operates under these tenants and works as team LIFT!

We typically perform 1-on-1 personal training but at times operate in up to 3-on-1 scenarios in a small group fashion. At the proposed Kenilworth location, we intend to operate with 3 coaches at one time. At no point will there be more than 6-8 people in the space at one time. Our typical hours in Glencoe (the most similar floor plan and area to Kenilworth) are 5am-2pm. However, with the proximity to New Trier, we do intend to improve the lives of athletes and students with afternoon/early evening hours. We also intend to be open Saturdays from 7am-12pm (roughly).

LIFT will bring health, wellness, and community to Kenilworth in an elite, boutique professional setting. We have grown at each of our locations primarily through referrals. This is the highest compliment to our services as clients trust us enough to enter their communities, friend circles, and business circles. I hope this helps to understand what LIFT is and what it can bring to the community. We are excited for the opportunity to expand to Kenilworth.

Thank you,  
Josh Siroko, Managing Member

**NOTICE**

**SCHEDULE OF THE REGULAR MEETINGS  
PLAN COMMISSION  
VILLAGE OF KENILWORTH  
COOK COUNTY, ILLINOIS**

**2026**

PUBLIC NOTICE IS HEREBY GIVEN that the regular meetings of the PLAN COMMISSION of the Village of Kenilworth, Cook County, Illinois, during the year 2026 will be held at 7:00 P.M. in the Kenilworth Village Hall, 419 Richmond Road, Kenilworth, Illinois on the following dates:

Monday, February 2, 2026  
Monday, April 6, 2026  
Monday, June 1, 2026

Monday, August 3, 2026  
Monday, October 5, 2026  
Monday, December 7, 2026

This schedule is subject to change as the Plan Commission of the Village of Kenilworth shall determine and as the law shall allow. These meeting dates will only be used as needed. All such meetings shall be open to the public, except as to those the Village of Kenilworth shall determine to hold in private and which the law shall allow to be held in private.



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Heather McFarland, Secretary  
Plan Commission

Notice of this schedule given this ## day of MONTH, 2025.