

Saint Paul City Council
15 Kellogg Blvd. West
310 City Hall
St. Paul, MN, 55102

Alison Fox
10381 Yukon Ave S.
Bloomington, MN 55438
alisonfx4@gmail.com
(651) 428-9610

Dear Members of the City Council:

My name is Alison Fox, and I'm writing to express my strong support for the concept of extended access hours for a local fitness studio, specifically a niche studio with exercise classes offered inside infrared saunas called Hotworx, located in the Union Park neighborhood at 431 Snelling Avenue North. The studio is owned and operated by Natalia and Malik Davis, who also live in Saint Paul.

I've been a dedicated member of Hotworx since its opening and utilize the facilities a couple times a week. My lifestyle, much like many others, involves a demanding schedule with work, family, and other commitments. This often necessitates exercising outside of traditional business hours, either very early in the morning, late in the evening, or on the weekends. I have been a resident of St. Paul most of my life, but recently had to move out of the city. The accessibility of an on-demand studio meets my needs and allows me to avoid driving during peak traffic hours.

I've consistently found the studio and its surrounding environment to be safe and welcoming. The studio's location offers a covered parking garage, and a secure access system operated by tap through the Hotworx app. The studio itself is clean, well-maintained, and fosters a respectful atmosphere among members. The ability to schedule workouts in advance provides a sense of control and privacy, allowing me to choose when and how I exercise.

Furthermore, the studio's design and equipment contribute to a safe and effective workout experience. I also have an autoimmune condition that is supported by use of infrared saunas. Having access to equipment that promotes my fitness goals and offers an additional benefit for supplemental support for my autoimmune condition is invaluable to me. The workouts are guided by video instructors offering modifications for varying fitness levels. I have always felt confident in my ability to use the facilities without risk of injury or discomfort.

Even during off-peak, early morning weekend hours, I have always felt safe. The studio's security measures and the respectful behavior of its members contribute to a sense of safety and comfort.

The potential for extended, unstaffed access hours is incredibly appealing. It would provide much-needed flexibility for individuals like myself with demanding schedules, longer commutes thus allowing them to prioritize their health and well-being. I strongly urge you to consider and approve this request.

Please feel free to contact me if you require any further information regarding my experience and support for extended access hours at Hotworx Union Park.

Sincerely,

Alison Fox
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