



CITY OF DORAL NOTICE OF PUBLIC HEARING

All residents, property owners and other interested parties are hereby notified of a **Council Hearing** on **Wednesday, May 24, 2017, beginning at 6:00 PM**, to consider the following rezoning application. The City Council will consider this item for **SECOND READING**. This meeting will be held at the **City of Doral, Government Center, Council Chambers located at 8401 NW 53rd Terrace, Doral, Florida, 33166**. The proposed rezoning application applies to the property shown on the map below.

The City of Doral proposes to adopt the following Ordinance:

ORDINANCE No. 2017-03

AN ORDINANCE OF THE MAYOR AND THE CITY COUNCIL OF THE CITY OF DORAL, FLORIDA, APPROVING/DENYING A REZONING FROM GENERAL USE (GU) TO PLANNED UNIT DEVELOPMENT (PUD) FOR 10.0± ACRES GENERALLY LOCATED BETWEEN NW 107 AVENUE AND NW 109 AVENUE AND NORTH OF NW 41 STREET, CITY OF DORAL, FLORIDA, AND PROVIDING FOR AN EFFECTIVE DATE

HEARING NO.: 17-05-DOR-06

APPLICANT: CC Doral II, LLC

PROJECT NAME: Doral 4200

LOCATION: Between NW 107th Avenue and NW 109th Avenue and north of NW 41st Street, Doral, Florida 33178.

FOLIO NUMBERS: 35-3019-001-0500

SIZE OF PROPERTY: 10.0± Acres

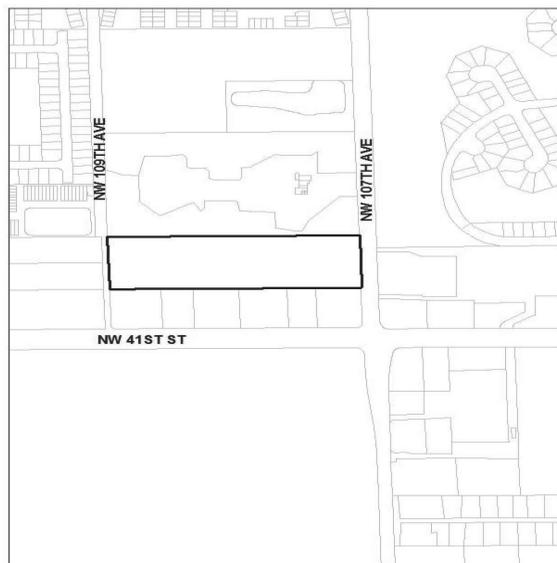
PRESENT LAND USE: Business and Office Residential

PRESENT ZONING: General Use (GU)

REQUEST: CC Doral II, LLC is requesting a rezoning from General Use (GU) to Planned Unit Development (PUD) for the property generally located between NW 107th Avenue and NW 109th Avenue and north of NW 41st Street.

LEGAL DESCRIPTION: Tract 55 of "Florida Fruit Lands Company's Subdivision No.1" according to the plat thereof as recorded in Plat Book 2, Page 17, of the Public Records of Miami-Dade County, Florida, lying in the Southeast ¼ of Section 19, Township 53 South, Range 40 East, City of Doral, Miami-Dade County, Florida.

Location Map



Information relating to the subject application is on file and may be examined in the City of Doral, Planning and Zoning Department Located at **8401 NW 53rd Terrace, Doral, FL. 33166**. All persons are invited to appear at this meeting or be represented by an agent, or to express their views in writing addressed to the City Clerk, **8401 NW 53rd Terrace, Doral, FL. 33166**. Maps and other data pertaining to these applications are available for public inspection during normal business hours in City Hall. Any persons wishing to speak at a public hearing should register with the City Clerk prior to that item being heard. Inquiries regarding the item may be directed to the Planning and Zoning Department at 305-59-DORAL.

Pursuant to Section 286.0105, Florida Statutes If a person decides to appeal any decisions made by the City Council with respect to any matter considered at such meeting or hearing, they will need a record of the proceedings and, for such purpose, may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based. This notice does not constitute consent by the City for introduction or admission of otherwise inadmissible or irrelevant evidence, nor does it authorize challenges or appeals not otherwise allowed by law. In accordance with the Americans with Disabilities Act, all persons who are disabled and who need special accommodations to participate in this meeting because of that disability should contact the Planning and Zoning Department at 305-59-DORAL no later than three (3) business days prior to the proceeding.

NOTE: If you are not able to communicate, or are not comfortable expressing yourself, in the English language, it is your responsibility to bring with you an English-speaking interpreter when conducting business at the City of Doral during the zoning application process up to, and including, appearance at a hearing. This person may be a friend, relative or someone else. A minor cannot serve as a valid interpreter. The City of Doral DOES NOT provide interpretation services during the zoning application process or during any quasi-judicial proceeding.

NOTA: Si usted no está en capacidad de comunicarse, o no se siente cómodo al expresarse en inglés, es de su responsabilidad traer un intérprete del idioma inglés cuando trate asuntos públicos o de negocios con la Ciudad de Doral durante el proceso de solicitudes de zonificación, incluyendo su comparecencia a una audiencia. Esta persona puede ser un amigo, familiar o alguien que le haga la traducción durante su comparecencia a la audiencia. Un menor de edad no puede ser intérprete. La Ciudad de Doral NO suministra servicio de traducción durante ningún procedimiento durante el proceso de solicitudes de zonificación.

Connie Diaz, CMC
City Clerk
City of Doral
5/10

17-03/0000221603M

THE PROFESSION

When Firm Life Makes Them Flabby, Lawyers Call This Trainer

by Leigh Jones

All rise!

Constant sitting is plaguing the U.S. workforce, and lawyers, with their abnormally long office hours, are among the professionals affected the worst. All sorts of awful things happen to the human body due to prolonged sitting, which can lead to weight gain, high blood pressure and cardiovascular disease.

Personal trainer Jonathan Jordan, at Equinox in San Francisco, enjoys a client base that's about 25 percent lawyers, he said. Clients include lawyers at Nixon Peabody; Kecker Van Nest & Peters; and Morrison & Foerster.

They come to his gym, which is in San Francisco's Financial District and nestled among several Big Law offices, with loose glutes, collapsed cores and hunched shoulders from all the sitting. But they share other traits in common, too, including a fierce sense of competitiveness and strong determination. They're also able to pay a pretty penny to have someone like Jordan push them to the limit.

We spoke with Jordan, 37, about the physical consequences of a lawyer's sedentary job and how to tighten up. Questions and answers were edited for clarity and length.

What's so bad about sitting, anyway? It seems pretty comfortable.

You've heard that sitting is the new smoking, right? By sitting all the time, we put our bodies in unnatural compensation patterns. All of our muscles are covered and wrapped in a connective tissue called fascia. Chronic sitting causes dysfunction in our fascia that leads to stiffness, pain, poor posture and joint problems. Our hip flexors get tight; our glutes are passively weakened; we'll have a weak and inactive core.

That sounds bad. What do you recommend to help?

Mobility work. Stretching. Get yourself a foam roller, and start giving yourself a deep-tissue massage. Foam roll your back, shoulders and hips to help relieve tension in your fascia and keep it from pulling your joints out of alignment. Many of my clients keep foam rollers in their offices and carry-on bags.

Stretching? A foam roller? That's not going to burn calories. Don't people need to sweat?

That's the warm up.

Oh. So, what's different about lawyers compared with other clients?

It's the number of hours. It's the stress. It's the same challenges as other professions, but it's turned up a notch. It's a really tough industry. They're also Type A and hardworking, and they want the best.

What are the biggest mistakes lawyers make with their own fitness routines?

They're going to the gym, but they're not doing the mobility work. They're running, doing biceps curls, bench presses, but they're not doing what they need to reverse the effects from sitting.

What differences in fitness levels do you see in older vs. younger lawyers?

I am more afraid for my younger clients. My lawyers in their 40s and 50s structurally



"Chronic sitting causes dysfunction in our fascia that leads to stiffness, pain, poor posture and joint problems," says fitness trainer Jonathan Jordan, who counts as his clients lawyers from Nixon Peabody; Kecker Van Nest & Peters; and Morrison & Foerster.

are in better shape than my younger clients, because the older clients did not grow up with iPhones, iPads and laptops. The upper bodies of my older clients are markedly less damaged. All of my 30-year-olds and 20-year-olds have jacked-up shoulders.

There's a lot of hype about high-intensity interval training. Is cardio dead?

Cardio is definitely not over. Interval training is popular because most people want to burn fat. I want my clients to do some form of interval training, but I also encourage aerobic exercise, like yoga or jogging, hiking or swimming.

Who's more likely to stick with a routine? Those who work out in the morning or those who do it after work?

Lawyers who work out in the morning are less likely to cancel appointments. They also like the feeling of having already done something great for themselves before work. My millennials can't get up in the morning. They'll sneak out in the afternoon and then go back to office for the evening.

How much do you charge?

It's about \$125 per hour. It varies depending on how many sessions you sign up for, that kind of thing, but that's about how much it runs.

What about the trend for shorter, more intense workouts? A seven-minute workout seems like something lawyers could squeeze into their schedules.

There's no "one size fits all." A seven-minute workout or a nine-minute workout is better than not working out at all. It depends on your goal, but I'm not sure you'll get where you want to be in seven minutes.

What are your typical lawyer-clients like?

The majority of my clients come to me because they want to see changes in how they look and feel. They hit a big birthday like 30 or 40 and all of a sudden notice that along with the late nights and takeout dinners the pounds have packed on, they can't move how they used to and generally feel stressed and anxious all the time. While they love their jobs, and most say they do, their practices are slowly killing them. Those who learn to incorporate a basic fitness program into their lives not only look, feel and move healthier, they also tell me they become better lawyers from it.

Contact Leigh Jones at ljones@alm.com. On Twitter: @LeighJones711.