

**From:** [Lindsey Green](#)  
**To:** [Holly Malynyk](#)  
**Subject:** FW: New Gym In Dundalk  
**Date:** December 21, 2022 2:53:51 PM  
**Attachments:** [image001.png](#)  
[image002.png](#)  
[image003.png](#)

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**Lindsey Green, Dipl.M.A.**

Municipal Clerk

**Township of Southgate**

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**From:** Erika Thurston [REDACTED]

**Sent:** December 8, 2022 11:38 AM

**To:** Lindsey Green <lgreen@southgate.ca>

**Subject:** New Gym In Dundalk

Good morning,

My name is Erika Thurston and I am writing this email in support of Randii Colwell and her new gym.

I would like to first touch on the one complaint made against it. They are arguing that the gym seems to cater to the younger generation only, and that it being 24hrs will allow for break ins and loitering. I would like to argue that a lot of Randii's clients are into their 20s, 30s and 40s. Not to mention gym go-ers of all ages in general are very respectful people. They are paying for a service that can very easily be taken away with one wrong behaviour. And with gyms being so scarce in our rural area, no one wants to lose privileges to their local gym. As for the loitering and break ins, that can happen at any building in Dundalk.. Foodland, both gas stations, schools, etc. That's just the price you pay of owning a business. But with proper security (which I'm sure she will have), it will be safe and proper.

24 hour gyms are crucial. I, personally, will not join a gym unless it's 24hrs. Not everyone works a typical 8 or 9-5. Imagine being a nurse, paramedic, doctor, fire fighter, police officer, factory worker, or dispatcher (and more) trying to attend a gym 4-5 days a week that is only operative from 8-8? That would be near impossible for anyone listed above or anyone else working shift work. I go to the gym at 5am because it's the best time for me to prioritize my health above everything. It leaves me feeling energized and with a good start to the morning. I currently drive 30 minutes each way to access a gym that is 24hrs. It would be a game changer to have a gym 10 minutes away. And for a lot of people this gym will be a short walk away.

Fitness has changed my life as I'm sure it has changed many others. For some people, physical

exercise is the only thing that has kept them alive during these last few years, including me. The world has gone completely downhill, and for some people, fitness is the only good thing in their life. Movement and physical activity is crucial to mental health. I know there aren't going to be very many cardio machines in this gym, but everything has to start small somewhere. If given this opportunity to start this gym, I truly believe Randii will expand if/when she can to accommodate even more types of movement.

This gym would be such an amazing addition to a growing town like Dundalk. So many people are moving to Dundalk from the city, where they had amenities like multiple Starbucks, shopping centres, gyms, and more. This gym could be one more thing in Dundalk that draws people to town. With Dundalk growing so largely and so rapidly, additional amenities like a gym are essential to keeping people living in all these new houses that are being built.

Now speaking personally about Randii.. she is the most kind, thoughtful, and respectful person you will ever meet. All she wants to do is help people, specifically help people of all ages with reaching their health goals! She has lived across the road from my parents house (my childhood home) for many years. I have babysat her children a few times. Her and her husband Tyler were always ready to lend a hand when needed, or let us borrow various grocery items when we ran out and the store was closed. Her and her whole family have always been wonderful neighbours.

In my opinion, sidelining or shutting down this gym would be the worst mistake the town of Dundalk could make. I am in full support of this gym and will be joining it if it opens.

Thank you for taking the time to read my email.

Sincerely,

Erika Thurston, resident of Dundalk for 15 years.