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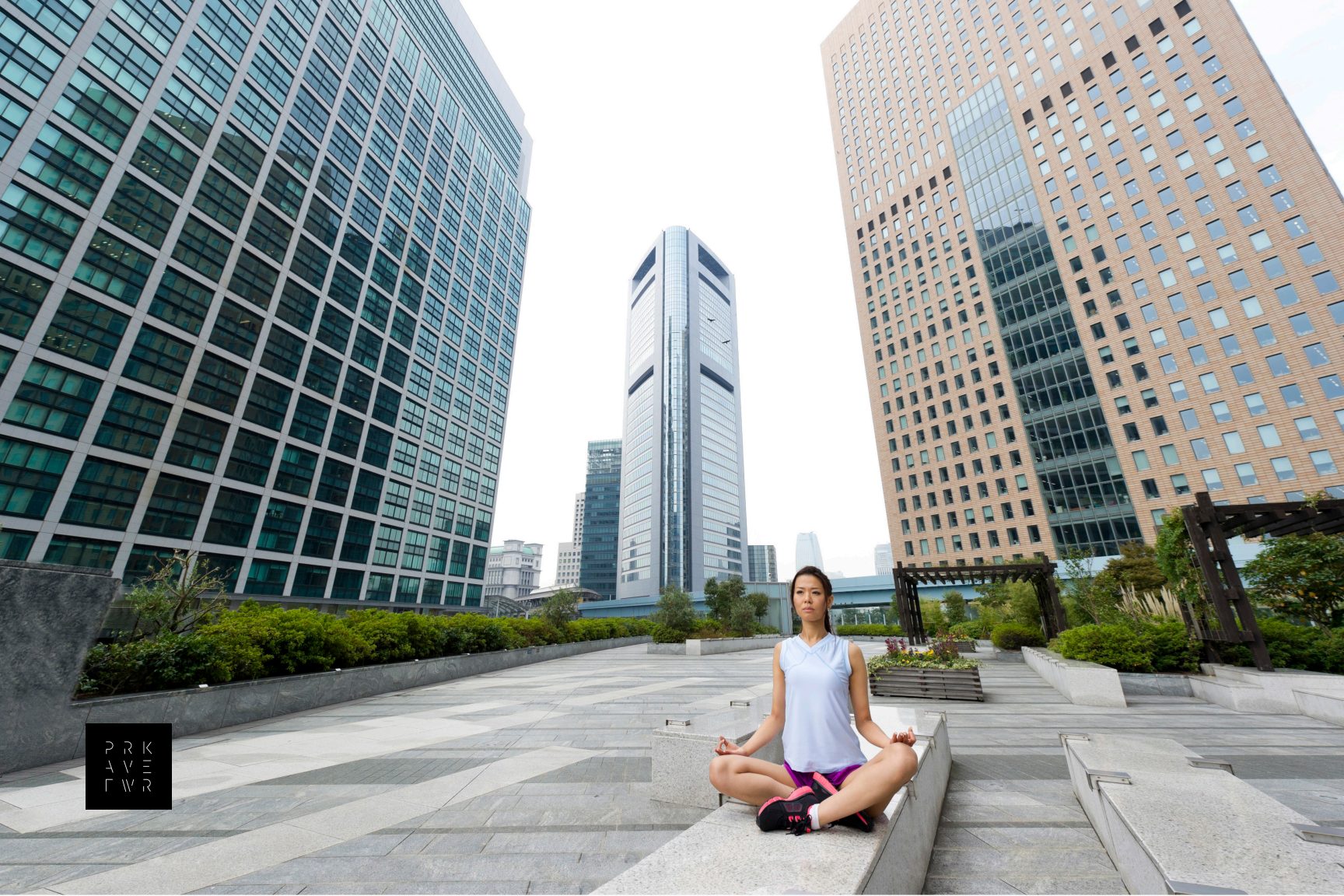


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AMENITIES  
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PRK  
AVENUE  
TOWER

## PARK AVENUE TOWER

- Private Fitness Center with Membership for Tenants with Complimentary Educational Seminars
- Corporate Wellness Programs
- Personalized Concierge Services
- Fitness and Wellness Coaches
- At-Home Service Packages
- All Services and Programs Provided by FitLore, NYC's Leading Private Fitness and Wellness Provider



### *Specialty Programs Include:*

*Personal Training*

*Nutritionists & Weight Loss*

*Private Spa Services*

*Women's Health Program*

*Personal Chefs*

*Martial Arts and Self Defense*

*Running Club*

*At-Home Acupuncture*

*Fitness and Wellness Solutions  
Available Exclusively For Park Avenue Tower Tenants*

**fit**lore





## FITNESS CENTER AT THE CLUB

*On-Premises Private Facility*

Park Avenue Tower's Fitness Center at the Club provides tenants a state of the art facility equipped with the latest **Technogym** equipment and innovative accessories that offer diverse fitness solutions for every skill and fitness level.

All tenants receive a Complimentary Membership to the Fitness Center as a premium amenity of Park Avenue Tower.



## FITNESS CENTER FEATURES

- Complimentary Membership
- Facility is Private to Park Avenue Tower Tenants
- 24/7 Access, Staffed 6:30am - 7pm for on-floor assistance
- Locker Room and Showers with Laundry Service
- Equipped with Cardio, Strength, Functional Training, Yoga and Stretching Areas
- Free Facility and Equipment Tours
- Complimentary Fitness and Wellness Seminars and Workshops for All Tenants

## OPTIONAL SERVICES

*Individual or Session Packages Available*

- Personal Training
- Tai Chi and Kung Fu
- Boxing
- Functional Training
- Small Group Sessions
- Yoga Instruction
- Mat-Based Pilates
- Personal Nutrition
- Injury/Rehab
- Circuit Training



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**CORPORATE  
WELLNESS  
OPTIONS TO  
MEET EVERY  
COMPANY'S  
NEEDS**



## THREE TIERS OF WELLNESS SOLUTIONS

### *CORPORATE WELLNESS*

#### *GOOD FOR:*

Small Companies or Offices looking for a complete, tailored corporate wellness solution.

#### *BENEFITS TO COMPANY:*

Lower Health Care Costs, Improved Productivity, Increased Retention

#### *PROGRAM MODEL:*

- Tailored for Each Organization
- Company Sponsored
- Administration + Per Employee Fees Optional Programs

### *PERSONAL WELLNESS*

#### *GOOD FOR:*

Companies that already have a Wellness Program or are not currently seeking one.

#### *BENEFITS TO COMPANY:*

All of the benefits of corporate wellness without a corporate-wide program.

#### *PROGRAM MODEL:*

- Choose to cover some or all of the program fees, or leave it up to employees

### *FITNESS CENTER SERVICES*

#### *GOOD FOR:*

Fee-Free In-Building Fitness Center with Optional Wellness Services on a Per-Person basis.

#### *BENEFITS TO COMPANY:*

A great perk for all employees without costs or commitments to the company.

#### *PROGRAM MODEL:*

- No Fees or Obligations
- Optional Programs provide added services if desired

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## WELLNESS SOLUTION FEATURES

FitLore offers flexible options for every Park Avenue Tower Tenant, from Company-Wide programs to Individual Employee choices. We'll work with you to tailor the best program to maximize the benefits to your employees.

## FEATURES

### CORPORATE WELLNESS

### PERSONAL WELLNESS

### FITNESS CENTER SERVICES

#### Wellness Program Features

- Sponsored by Company
- Enhances Company Benefits
- Tailored Website, Resources
- Special Seminars & Education
- Program Administration

- 
- 
- for company
- 
- tiered options

- optional or in part
- 
- for building

- as tenant amenity
- building wide

#### FitLore Coach & Concierge

- Personally Assigned Coach
- Premium Assessments
- Personal Fitness & Wellness Plan
- Unlimited Support
- OPTIONAL My Wellness Concierge*

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- 
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- per employee

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- 
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- 
- per employee

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#### FitLore Session Services

##### *Pay Per Session or Package*

- Diverse Fitness and Wellness Services

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##### Available as Service Add-Ons:

- Packages, Discounted Rates
- In-Office Services
- At Home Service Options

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- select packages

#### PAT Club Fitness Center

- 24/7 Access w/ Staff Hours
- Tours, Seminars & Workshops

- (no fee)
- (no fee)

- (no fee)
- (no fee)

- (no fee)
- (no fee)

Fitness and Wellness Solutions  
Available Exclusively For Park Avenue Tower Tenants





## SPECIALTY SERVICES

*One-of-a-Kind Programs at Park Avenue Tower*

### “MY WELLNESS CONCIERGE”

FitLore’s ultimate individualized service at Park Avenue Tower, our *My Wellness Concierge* is a personal assistant for an executive’s daily fitness and wellness needs, from delivery of your morning energy juice to daily fitness program reminders or arranging a home-base acupuncture treatment.



### AROMATHERAPY

Enhance workplace energy and aesthetics with FitLore’s custom Aromatherapy-For-Offices program.



## AT-HOME SERVICES

Participants of our Corporate and Personal Wellness Programs may receive FitLore services in their NYC homes, including Personal Chefs, Acupuncture and Personal Spa Services.



## WORK OFFICE WELLNESS

The health of your employees can be greatly impacted by environment, posture and other office factors. FitLore offers consultations, programs and solutions to enhance the well-being of your employees.

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## ABOUT FITLORE



FitLore—the premier provider of premium fitness, wellness and lifestyle services in New York—has tailored special programs and amenities for Park Avenue Tower tenants.

With programs designed to enhance your employees' health and wellness, our customer support is based on a concierge model developed for our private clients.

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## CONTACT

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