



Seeking Locations in Westchester County

Location Requirements:

- Strong residential and daytime population
- Convenient, accessible locations in daily commuter pattern
- Household incomes in excess of \$90,000 per year
- Visibility to primary road with prominent signage
- Ample parking
- Desired Co-Tenants: grocery, fast casual restaurants, health & fitness, beauty & personal services

Site Requirements:

- 2,200 – 2,800 SF
- Minimum ceiling height 10' clear
- Open rectangular training area ±34' x 57'



INNOVATION
MOTIVATION
RESULTS



FUNCTIONAL HIIT

F45 is specifically designed to provide a functional full-body workout while improving energy levels, metabolic rate, strength, and endurance.



TEAM TRAINING

The team mentality at F45 Training helps members transform their lifestyle physically and mentally while encouraging community growth and a no-ego attitude.



45 MINUTES

F45 is one of the most time-efficient ways of training. We aim to burn up to 750 calories per 45-minute session.



CONTACT EXCLUSIVE AGENT:

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RM FRIEDLAND

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