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The Procopio Companies signs first retail tenant at Caldwell in Lynn, MA

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Lynn, MA According to The Procopio Companies (Procopio), Soul City Yoga, a yoga and rowing studio, will open a new studio at Caldwell, a LEED Platinum-pending multifamily development located at 34 Munroe St. The studio is the first retail tenant at Caldwell and will open its new 2,500 s/f location in November.

Soul City Yoga is a popular local fitness studio that has served the local community since 2016 at two existing locations. Co-owners Shanel Anderson and Sara Bailey are lifelong Lynn residents, making the decision to keep the studio in the city an easy one. In addition to yoga, Soul City is also introducing a brand-new rowing studio at Caldwell, the first of its kind in Lynn, and will offer rowing classes in addition to its signature yoga flows. Soul City Yoga is dedicated to dismantling barriers of who yoga is “for” and invites practitioners of all levels to join classes. The studio prides itself on its diverse staff, representing all cultures, races, sexualities, sizes, and shapes, truly making it a space where anyone can feel comfortable.

“Soul City Yoga’s mission is to create a safe environment for yogis where diversity is celebrated and representation is valued,” said Shanel Anderson, co-owner and founder of Soul City Yoga. “The growth of our business is the result of our commitment to authenticity and passion, and we look forward to this new chapter, expanding our special community at Caldwell this fall.”

Soul City Yoga gives back to its community in several ways, ensuring that fitness is accessible to everyone.

For example, the studio offers a sliding pay scale for those who face financial barriers to help them progress their fitness and yoga journeys. Additionally, Soul City Yoga will be using its new rowing studio to partner with local schools and form a youth rowing club. The studio will be partnering with William Goldenheim, founder of North Shore Maritime Center, to expand youth rowing in the city. The studio will also be holding rooftop yoga classes for Caldwell residents throughout the summer, with gorgeous views of the city and beyond.

“Soul City Yoga’s welcoming, community-oriented mission is important and aligns perfectly with what we are cultivating here at Caldwell,” said Michael Procopio, CEO of The Procopio Companies. “The creativity and vibrancy of Lynn is echoed in the studio’s mission to provide top-tier, yet accessible, fitness classes, and we look forward to our residents and the community enjoying all that Soul City Yoga has to offer.”

Caldwell has an array of amenities and features for its residents, including high quality building materials and unparalleled sustainability features, which has led to Caldwell's pending LEED-Platinum certification status (the highest certification awarded by the U.S. Green Building Council). From responsibly sourced wood and 100% Energy Star rated appliances to electric car charging stations, solar power production, optimized fresh air filtration systems, and rooftop vegetable gardens, each detail of the building was created with sustainability in mind.

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