



CELEBRATING
55 YEARS

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Regency Centers welcomes Central Rock Gym, F45 and Tiger Sugar to The Abbot in Harvard Sq.

October 29, 2021 - Retail

Cambridge, MA Regency Centers, owners and operators of The Abbot Buildings, is pleased to welcome three new retailers to the property in Harvard Sq. New tenants include Central Rock Gym, F45 Training and Tiger Sugar.

Central Rock Gym opened its first location in Worcester, MA in 2009. Since then, brothers Joe and Ed Hardy have opened throughout New England and New York in areas that they feel would truly benefit from the social and physical aspects of climbing. Their goal is to provide their members and guests with access to world-class indoor facilities, while also helping build a strong community. Yoga & fitness classes, top-of-the-line equipment, charitable events, competitions, youth programs, and group events round out their impressive offerings.

Born in Australia, F45 Training combines elements of high-intensity interval training (HIIT), circuit training, and functional training. The variation of their programming keeps their members challenged, eager to grow, and ready to have fun. Their workouts encompass using different energy systems for a maximum burn. There are specially curated cardio workouts, functional movement strength training patterns, and endurance building hybrid courses.

Tiger Sugar began in 2017 in Taichung, and has since opened more than 40 stores across Asia. They deliver high-quality creations enhanced by the dense, fragrant, and multi-layered sweetness of their brown sugar. They create a “perfect combination” of Boba, sugar, and fresh milk. Years of research went into development in order to finally perfect a special dessert that is centered around one ingredient above all others: brown sugar. Also known as “non-centrifugal” sugar, NCS, or “red sugar,” Tiger Sugar uses a minimally refined form of decolorized sucrose that “contributes a number of healthy nutrients found in the sugar cane plant.”

The Abbot is currently undergoing a restoration and redevelopment, with construction scheduled to be complete in early 2022. At that point, the individual spaces will be turned over to the retailers and operators, with a projected mid-2022 opening date.

Regency Centers is the preeminent national owner, operator, and developer of shopping centers located in affluent and infill suburban trade areas.

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