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Greenwich Office Park renovates fitness center and flu vaccination program

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Greenwich, CT Greenwich Office Park has debuted a newly renovated fitness center and offering a flu vaccination clinic this October.

Greenwich Office Park has renovated its Tenant Fitness Center to suit contemporary preferences in exercise gear and fitness technology. The relocated, 3,500 s/f facility offers tenants new Star Trac treadmills, recumbent and upright stationary bicycles; Hoist jungle stations; Cybex press machines; and a wide selection of dumbbells, barbells and kettle balls. Other amenities include four private shower rooms and a post-workout lounge with flat screen TV and charging stations. Free Wi-Fi, water bottle filling station and lockers are additional elements available to tenants.

“Our new fitness center recognizes that today’s workouts emphasize strength training for men and women of all ages. At the same time, many of our tenants seek cardio-focused equipment to support their weight management goals, so we invested in new Star Trac devices suitable for people at any stage of their fitness journey,” said Christian Bilella, senior vice president of leasing and property management.

The flu clinic, in partnership with Rite Aid Pharmacy, will take place on Thursday, October 12, 2023, and provides a convenient amenity, enabling tenants to effectively balance their busy workweeks while proactively tending to their health needs. “This will be the fifth year the flu clinic has taken place with up to 100 participants per year,” said Bilella. “We are proud to be able to continue offering this helpful benefit to tenants.”

Fareri Associates, LP acquired the 23-acre campus at 51 Weaver St. in 2016 and the fitness center update and relocation are part of the owner’s continuing efforts to adapt the eight-building property to suit tenant demands. The campus includes a full-service café (currently undergoing renovation), two fresh-water ponds with fountains, outdoor seating, electric vehicle charging stations, seasonal events, shuttle service to and from Metro-North’s Greenwich Station as well as a dedicated on-site management team.