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Arsen's Gym signs 9,000 s/f facility lease with Simone Development

October 18, 2024 - Connecticut



Stamford, CT Simone Development Companies has arranged for Arsen's Gym to sign a new, long-term lease for a 9,000 s/f fitness facility at 316 Courtland Ave. The new gym is Arsen's sixth location and will feature a range of equipment, including cardio machines, boxing bags, free weights, and cable machines.

Simone Development Companies was represented by in-house leasing and legal teams along with Kevin Langtry from RM Friedland, who also represented the tenant in the lease.

"We are very pleased to welcome Arsen's Gym to our property at 316 Courtland Ave.," said Josh Gopan, vice president of leasing for Simone Development Companies. "This addition complements our existing fitness-oriented tenants at the property, including Advanced Therapy & Performance

and Empowered Aerial Fitness. Arsen's Gym is a valuable asset to the local community and will enhance the overall fitness landscape and offering in the area."

The new lease brings occupancy to 95% at the property, with two remaining spaces available for 2,508 s/f and 3,500 s/f, respectively. The 115,453 s/f building offers flexible layout options, an elevator to the second floor, and parking with 243 spaces. 316 Courtland Ave. is also located a mile from I-95 and a half-mile from the Glenbrook train station.

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