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F45 Training leases 6,600 s/f at Cummings' 64-J Concord St.

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Wilmington, MA F45 Training is expanding its global fitness brand with a 6,600 s/f lease. The Australian-born workout community will launch a newly renovated training facility this winter at Cummings Properties' 64-J Concord St. business campus.

F45 Training offers instructor-led group sessions designed to maximize full-body strength, energy, flexibility, and overall wellness. Aided by proprietary technology, each 45-minute workout consists of a unique combination of high-intensity interval, circuit, and functional training movements.

Since its launch in 2013, the brand has expanded to encompass more than 3,000 franchises operating in 67 countries across six continents. Aiding its notoriety in the U.S. are numerous

celebrity endorsements, including that of part owner and chief brand officer Mark Wahlberg. The new F45 Training Wilmington will be its 21st location in Mass.

Existing infrastructure and a ready client base made the Concord St. site an attractive option for F45 Training, according to Cummings senior leasing director Mike Truesdale, who noted that the space had previously housed a gym.

“F45 Training recognized a great opportunity to fulfill an unmet demand for community fitness and team training in the area,” said Truesdale.

Truesdale worked with Elizabeth Sardina, of Pasciuto & Associates brokerage firm, on the lease.

“Elizabeth and I have worked together many times over the past couple years,” said Truesdale. “Having a rapport makes it smooth sailing to arrange a lease that meets the client’s needs.”

Cummings’ Wilmington business corridor is off I-93 at Exit 33, close to I-95 and I-495 as well as two MBTA commuter rail train lines. The Concord St. campus features Dunkin’ and Mona’s Mexican Food, as well as numerous healthcare and business service providers.

Cummings Properties’ 11 million s/f of commercial real estate accommodates labs and clean rooms, offices, health care facilities, restaurants, retail storefronts, warehouses, satellite offices, executive suites, and more. With a portfolio of this size and variety, the firm can meet virtually any commercial real estate need. Its in-house experts in design, construction, and property management offer “one-stop shopping” for the business community.

F45 Training is a global fitness and lifestyle community that aims to deliver a complete wellness solution through high-intensity functional and interval training, nutritional guidance, and continued challenges and accountability. Led by a certified personal trainer, each F45 workout is a program that incorporates cardio, resistance-based strength training, or a hybrid of both.

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