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**ATHENS HEALTH CLUB SIGNS 12,500 SQUARE FOOT LEASE WITH ST. JOHN PROPERTIES AT LIBERTY EXCHANGE IN ELDERSBURG, MD**

*Combination fitness, exercise and nutrition center relocating to 5965 Exchange Drive in Eldersburg section of Carroll County this summer*

**BALTIMORE** (June 3, 2015) – Athens Health Club, a combination fitness, exercise and nutrition center, has signed a lease with St. John Properties, Inc. for 12,500 square feet of space at 5965 Exchange Drive, a 61,160 square foot commercial office building located within Liberty Exchange in the Eldersburg section of Carroll County. The health club expects to relocate to the mixed-use business community, situated near the intersection of MD Routes 32 and 26 (Liberty Road), this summer. The commercial real estate company has built four buildings totaling more than 126,000 square feet of office, flex and retail space at the business park, and has a 16,645 square foot retail building under construction.

Ryan Miller of Colliers International and Scott Manhoff represented the tenant, and Will McCullough of St. John Properties represented the landlord in this transaction.

Founded by Barry Frankel, Athens Health Club will contain a strength training area, dedicated studios for individual and group exercise classes, and a wide range of exercise equipment, including treadmills, ellipticals, bicycles, stairmasters and rowers. Various kettlebells, Olympic bars and functional training equipment are on-hand for small or large group training. The health club will also contain an area for its Bulletproof Nutrition System education classes, a science-based diet that integrates with the center's training and exercise strategies.

5965 Liberty Exchange is a single-story office building featuring 10-foot ceiling heights, ample glass line and free surface parking. The single-story building was constructed to support a wide variety of office users, including service-oriented companies, medical-related firms and physician practitioners and entrepreneurial-driven entities.

“Athens Health Club has built an extremely strong customer following in the Central Maryland, and attracting this concept to Liberty Exchange represents a significant win,” explained Richard Williamson, Senior Vice President, Leasing for St. John Properties. “Major differentiating factors for Athens Health Club include its customized health and fitness programs, an experienced team of training professionals and outstanding leadership. This group has separated itself from the competition and is exceedingly more than a health center with training equipment. Instead, it takes a whole-body approach to engineer a better version of its members.”

Each building at Liberty Exchange is designed to satisfy requirements for Leadership in Energy and Environmental Design (LEED) certification. LEED features include high-efficiency HVAC (heating, ventilating and air conditioning) systems, high performance windows, sustainable lavatory fixtures, a white thermoplastic polyolefin (TPO) roofing system, significant open space and wetland/forest preserves, drought-tolerant landscaping and the use of VOC (volatile organic compounds) paints, carpets and adhesives.

“Our leasing team is targeting healthcare and medically-related users for Liberty Exchange, based on the amenities of first-floor office locations, direct visibility and proximity from nearby roadways, and a strategic location in Carroll County that are vital factors for this tenant category,” Williamson added.

Upon completion, Liberty Exchange will be a corporate campus comprised of nine buildings offering approximately 225,000 square feet of office and R&D/flex space, plus retail space that will primarily service tenants and employees of the business community. Intended uses for the retail portion include a convenience store and bank on separate pad sites, as well as in-line retail offering a variety of products and services. This internal retail space is expected to alleviate traffic along Liberty Road as employees stay within the park to eat and utilize business amenities and services.

The retail component of the park features frontage and roadside visibility from Liberty Road. More than 44,000 people reside within a five-mile radius of the site, with an average annual household income exceeding \$119,000.

St. John Properties, Inc., founded in 1971, owns and has developed nearly 17 million square feet of R&D/flex, office, retail and warehouse space in Maryland, Colorado, Louisiana, Nevada, Pennsylvania, Utah, Virginia and Wisconsin. For more information about the company, visit [www.sjpi.com](http://www.sjpi.com).