

## Orangetheory Fitness

Admiral Real Estate is pleased to announce that Orangetheory Fitness will be opening its 42<sup>nd</sup> New York location on the ground floor of Tuckahoe's new 100+ luxury residential rental development. Located at 150 Main Street, Quarry Place at Tuckahoe is centrally located between Bronxville and Scarsdale, and is in close walking distance to the Tuckahoe Metro-North train station.



Designed for all fitness levels, Orangetheory fitness offers heart-based interval training training. Backed by the science of Excess Post-Exercise Oxygen Consumption (or EPOC), Orangetheory's heart rate monitored training is designed to maintain a target zone that stimulates metabolism and increases energy, which they call afterburn. Orangetheory estimates that its members burn about 500 to 1,000 calories in 60 minutes.



Lisa Daniels of Goldschmidt & Associates represented Orangetheory in this transaction. The developer, Mack-Cali, was represented by Haryn Intner of Admiral Real Estate Services Corp., who specializes in retail leasing and sales in southern Westchester County.

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*Admiral Real Estate Services Corp. is a commercial real estate brokerage firm, offering tenant representation, agency leasing and investment sales services. Based in Westchester, the company currently lists and/or manages over 100 retail, office, and development properties in the New York metropolitan area.*