

**WorkLife**  
WELLBEING

by exos

**Unlock Your Potential.**

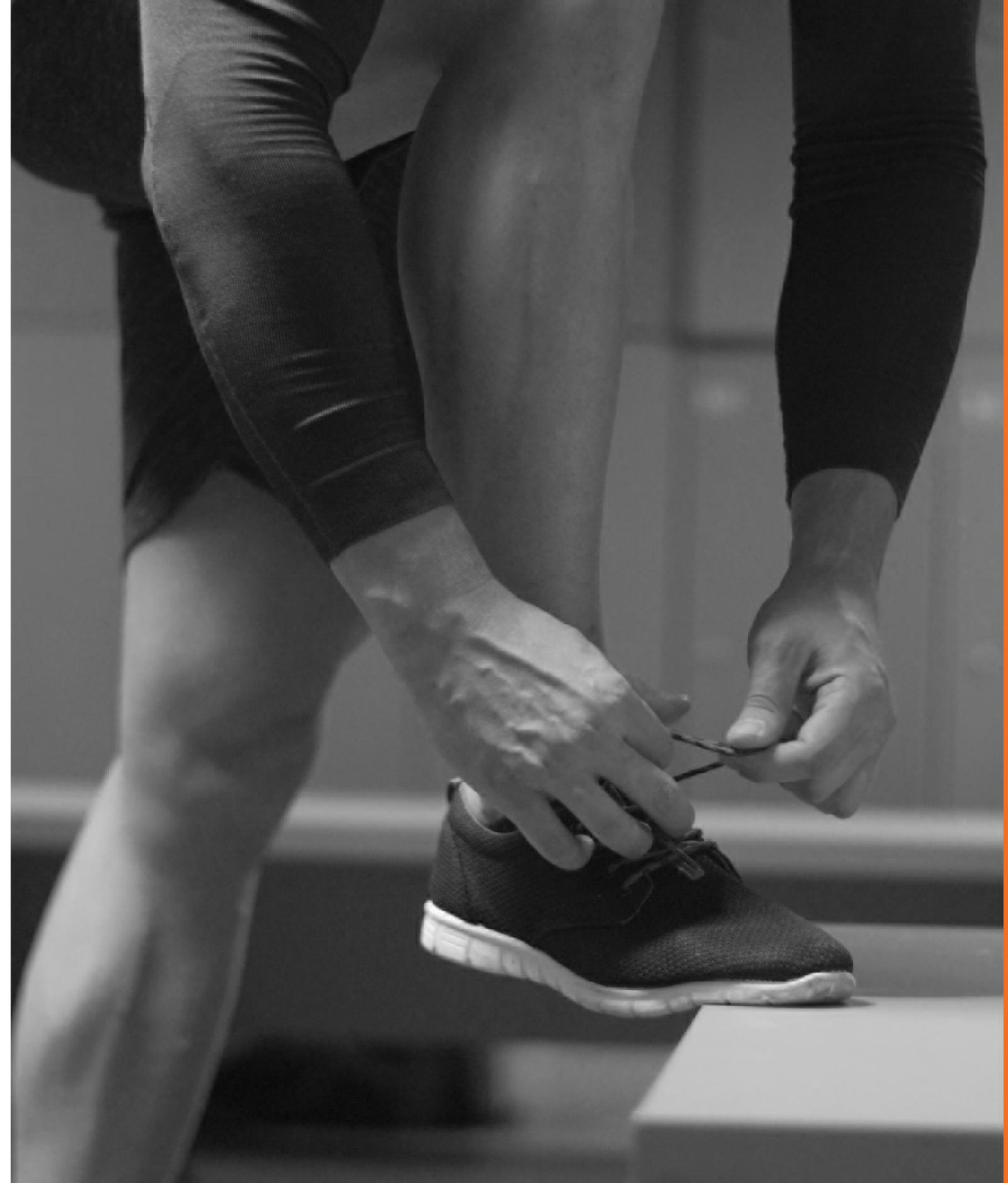




## Your Wellness Journey. At Work.

WorkLife WellBeing by EXOS is a fitness and wellness center like no other, the nucleus of a connected campus with an atmosphere where any health goal is possible. A community that honors the personal journey of every member by providing the support and tools necessary to live a better life.

WorkLife WellBeing members enjoy access to group classes, open floor workouts, studio sessions, personal training services, and all the benefits that help align the mind and body for optimal results. Wellbeing reimaged. WellBeing at PENN 1.



# WorkLife WELLBEING

by EXOS

WorkLife WellBeing by EXOS, a leader in human performance training, integrates all four pillars of proven EXOS methodology: mindset, nutrition, movement, and recovery. These four pillars are interconnected and form the foundation for overall health.



## MINDSET

Experience the impact a supportive community has on your determination to stay committed to your goals. These relationships motivate us to do a little better than we did the day before. With personal training, nutritional guidance, and an individualized workout plan to start your journey, WorkLife WellBeing is a community that helps its members stay focused.



## NUTRITION

Food is fuel for a healthy body and a clear mind. With a balanced diet, you'll feel the difference every day as you move through life. WorkLife WellBeing members have exclusive access to individual nutrition counseling with a registered dietitian, including an initial consultation during your first 30 days of membership. Fuel your body well and feel the difference every day as you move, perform, and feel better. WorkLife WellBeing members will have exclusive access to our Fueling Station, filled with healthy smoothies and grab and go options.



## MOVEMENT

Unlock your body's potential with exercise options to meet all your fitness goals. Movement options include cardio, strength, and resistance machines featuring Keiser, Precor, and Les Mills Stages bikes. WellBeing also offers small-group and individual training options, group exercise classes, and strength training using next-level TRX, Queenax, and top-of-the-line resistance and weight equipment. We also offer 3D functional movement evaluations for personalized workout planning,



## RECOVERY

Purposeful recovery allows the body to heal, addresses pain, and improves mindset and workout efficiency. When you plan a rest day at WorkLife WellBeing, you have access to the top meditation and recovery tools trusted by professional athletes. The LIVE. WORK. DO. App makes it easy to reserve a time for meditation in a Somadome recovery pod, compression boots, Hyperice therapy, or a massage therapy session.





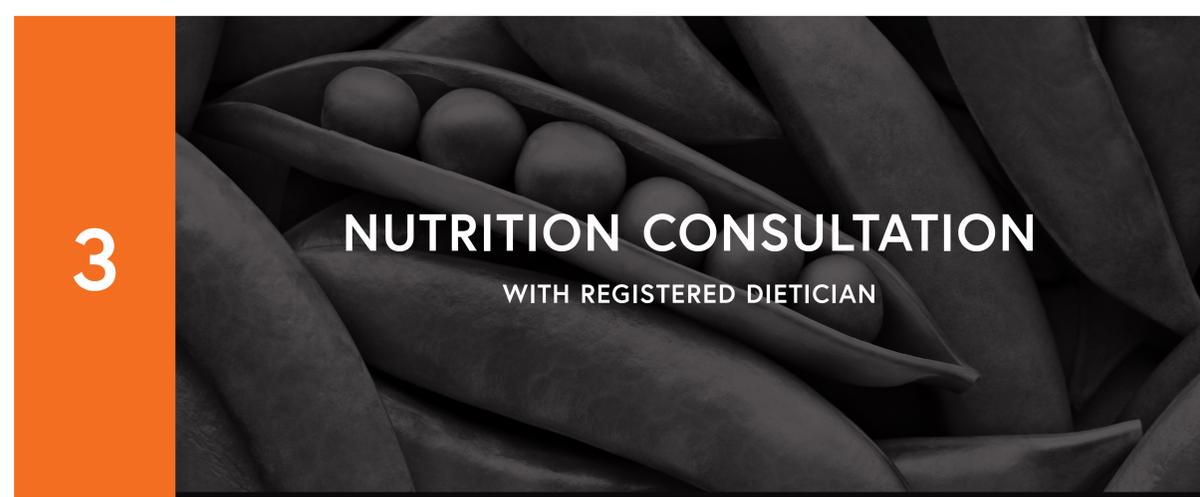
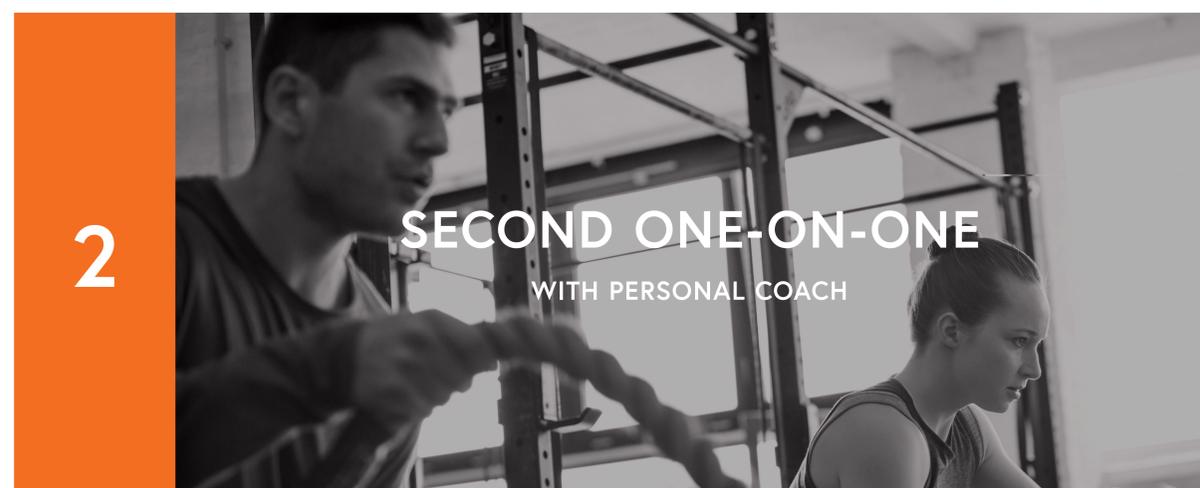
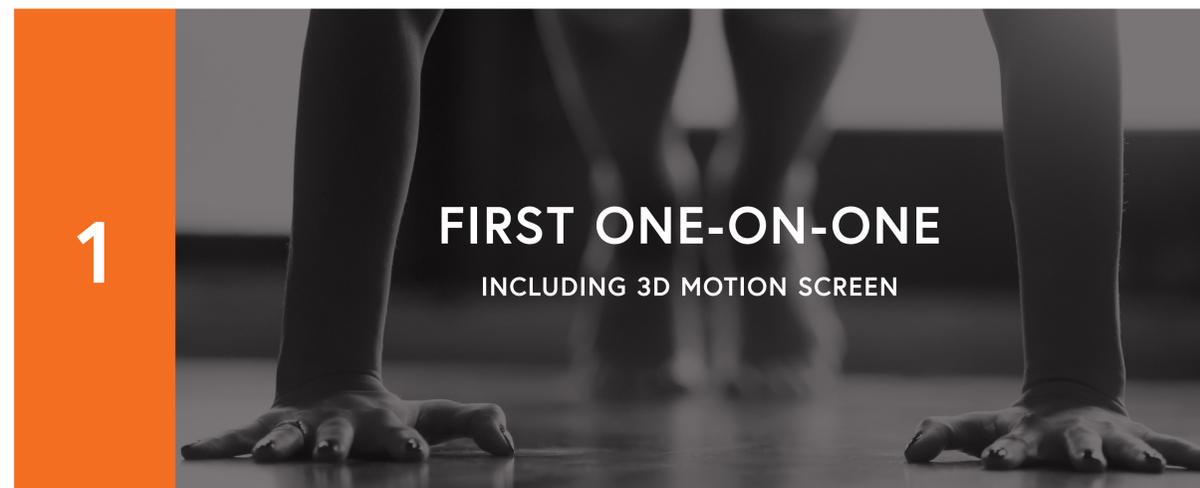
# Live, Work, Perform

WorkLife WellBeing is designed to serve the needs of the PENN 1 working community. This purpose-built facility features 35,000 square feet of fitness and wellness space.

## WorkLife WellBeing membership includes:

- Group exercise classes, small group training options, three dedicated exercise studios
- Personal training, wellness, and nutrition coaching service options
- Innovative 3D motion screening and connected Precor smart machines
- Keiser selectorized and strength equipment featuring pneumatic resistance system
- The revolutionary Queenax functional training and strength system
- TRX training and indoor cycling featuring Stages Cycling screen and technology
- Restorative therapies featuring massage, Normatec, Hyperice, and Somadome
- The Fueling Station - A grab and go juice bar with healthy snack options
- Members-only events and special classes to challenge and inspire you
- Our retail Gear Shop featuring EXOS partner products





## Member Start-Up Plan

Every WorkLife WellBeing member will have two, one-on-one assessments with a fitness and performance coach, plus one evaluation with our registered dietitian. Members begin with a functional movement screening using our 3D motion screen analysis, goal-setting with your coach, plus a sample workout or equipment training session. The third assessment will include a discussion with our registered dietitian.

Your WorkLife WellBeing team will help you create a fitness and nutrition plan that supports your goals and will get you started with the tools and support you need to succeed.





# It's all in 1

WorkLife WellBeing is designed to provide the services and amenities our members need to achieve any health and fitness goal. The carefully designed space allows for plenty of room for individual workouts using cardio and strength equipment, and space for stretching on the fitness floor.

## WorkLife WellBeing membership includes:

- Three dedicated exercise studios: Mind-Body, Stages Indoor Cycling Room, and Group Exercise Studio
- Queenax functional movement and strength area on the fitness floor, for individual and group exercise class use
- Recovery room featuring massage, Normatec station, and a Somadome pod
- Luxurious locker rooms and showers with a spa-like atmosphere and all the top amenities
- Retail area featuring EXOS partner products (including Onnit and Hyperice), and workout gear by Adidas and Lululemon
- Keiser selectorized and strength equipment featuring pneumatic resistance system
- Fueling Station with healthy, grab and go snacks and post-workout smoothie options





# Second Floor





# Third Floor



















## Move at Your Own Pace

WorkLife WellBeing members have full access to a robust group exercise schedule featuring 20+ class options per week, 15 of which are premium-level classes. Step into our Mind-Body Studio and workout to Wellbeats, offering virtual, on-demand fitness classes, on your schedule.

Find your favorite workout or try something new and challenging!

### Group exercise classes include:

- Yoga
- HIIT
- Mat Pilates
- TRX
- Zumba®
- Cycling
- Stretch & Refresh (Queenax)
- EXOS Rally
- Bootcamp (Queenax)
- Wellbeats

### Member exercise options available for an additional fee include:

- Pilates Reformer
- Personal Training
- Small Group Training





## LIVE. WORK. DO. Member App

Members of WorkLife WellBeing have access to an exclusive member app, downloadable to any smart device. Stay connected, book appointments and services, as well as manage your member account.

### Features include:

- Paperless membership sign-up and payment
- Health assessment intake questionnaire
- Group exercise class reservations and cancellations
- Fueling Station pre-order
- Retail shop purchases and discounts on PerformBetter.com purchases
- Direct messaging for WellBeing fitness leadership
- Personal training, nutrition counseling, or premium class reservation and payment
- Recovery services scheduling and payment
- Real-time WellBeing facility updates





## The Connection

Adding a mind-body practice into your workout routine allows you to focus your energy on discovering mental clarity and a calm state of mind. Research shows that meditation, yoga and similar activities can be a beneficial form of stress relief. It can also help improve your concentration, encourage a healthy lifestyle and increase your self-awareness and overall happiness.

**Mind-Body classes at WorkLife WellBeing could include:**

### YOGA

- Hatha
- Power flow
- Restorative
- Vinyasa

### PILATES

- Barre
- Mat
- Reformer
- Restorative



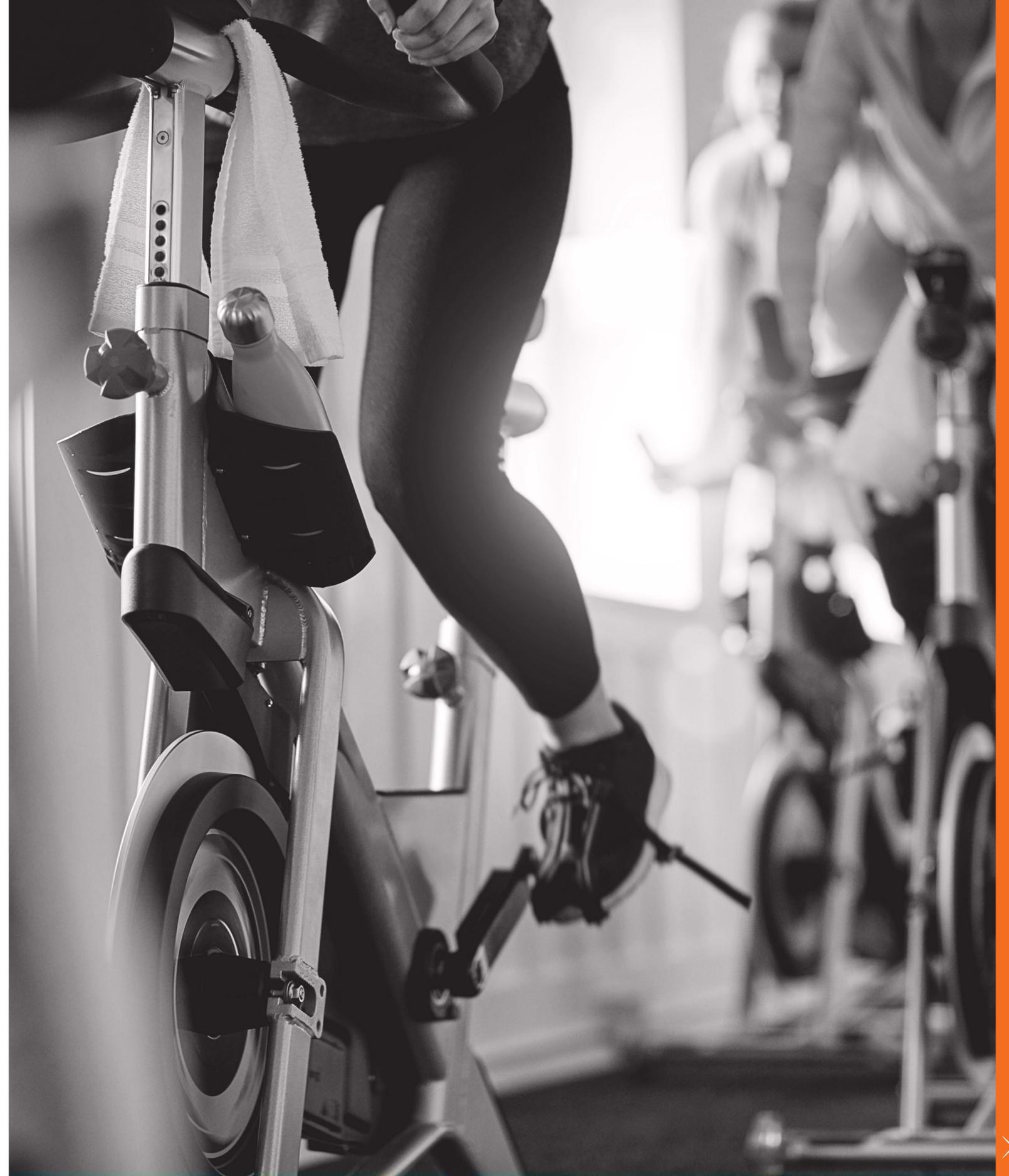


## Movement: Cardio

Group and individual cardio options feature the latest technology-supported solutions for a variety of heart-pumping workouts.

**Independent smart machines** – Our fitness floor features the latest connected cardio equipment that allows the user to select personalized resistance levels, speeds, and workout programs. Connect your machine to your smartphone to track performance and progress, integrate with Zwift and Strava, and create a workout experience that is truly your own.

- Keiser selectorized strength technology uses low-impact pneumatic 1-pound adjustments to enable cardio workouts using strength equipment built to target upper or lower-body zones.
- Precor app-connected cardio machines feature interactive displays and a variety of pre-set and customizable workout options.
- Les Mills Stages Cycles feature cinematic 15-inch HD touchscreens for fully immersive HIIT workouts with real-time Stages Power feedback to gauge user output and performance.
- StepMills provide a fixed-height stair climbing workout with user-controlled speed and resistance variables.
- StairMasters integrate user-defined resistance and speed with constant foot-pedal contact.





## Movement: Strength

Resistance and strength training are an integral part of a balanced workout plan. At WorkLife WellBeing you will find your ideal strength training activity while using the latest high-end equipment.

**Keiser Strength** – Build power and strength safely with Dynamic Variable Resistance machines from Keiser. These machines use Pneumatic Technology to maintain resistance and reduce shock loading, allowing for workouts that challenge and build strength without undue strain, minimizing the risk for injury.

**Queenax** – Precor's ultimate movement and strength machine, Queenax offers individuals, small groups, and classes multiple training options in a circuit attached to the central unit. Complete your movement reps, move to the next station, and repeat. With Queenax, you'll complete a total strength workout that will help you move and feel stronger.

**Weight machines & free weights** – WorkLife WellBeing offers individual weight benches and racks for using our complete system of free weights. Use resistance machines for strength training if you prefer. Our strength options offer something for everyone.





## Recovery

Our dedicated Recovery Room provides a space where members can benefit from muscle recovery and injury prevention using the following resources:



**Somadome Recovery Pod** - Uses LED color therapy, binaural beats, and Microcrystalline Tiles to stimulate brain impulses. This produces the best environment to experience maximum benefits of meditation, and promotes stress relief, vitality, and mind-body alignment.

**Normatec by Hyperice** - Pneumatic compression sleeves are designed to facilitate the reduction of metabolic waste from large muscle groups, post-workout. They reduce muscle fatigue and discomfort while stimulating circulation and recovery.

**Hyperice** - Offers recovery and movement enhancements to help you move better and reach your full potential using percussion, vibration, thermal and ice compression therapies.

**Massage** - With therapies drawn from around the globe, our expert massage therapists will make your world a little more peaceful, help your body recover from activity, or will focus on a specific problem area.





## Nutrition

**Nutrition Counseling** – Fueling a healthy body requires education and support. All WorkLife WellBeing members will have access to a nutrition consultation with a registered dietitian during the first 30 days of membership, with the option to purchase additional counseling sessions. Together, the member and dietitian will set individualized short and long term to enhance performance and progress.

**Fueling Station** – WorkLife WellBeing members will have exclusive access to The Fueling Station featuring healthy smoothies, a variety of whole foods and grab and go options. The menu features a wide selection of delicious, protein-boosting shakes, as well as pre-workout electrolyte drinks and a fully customizable menu of add-ins. Choose from existing menu items, create your own pre- or post-workout drink, and ready-to-drink beverages for quick fueling options.





# Ultra-Marathoner. Weekend Warrior. Fitness Beginner. Everything In-between.

It's time to focus on you. We're here to help you find your way, in your time, meeting your goals along the way. Are you ready?

**Become a Member Today:**

646-852-WELL (9355) | [worklifebyvornado.com/wellbeing](http://worklifebyvornado.com/wellbeing) | [wellbeing@worklifebyvornado.com](mailto:wellbeing@worklifebyvornado.com)

**Stop by WorkLife WellBeing Sales Office**

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**VORNADO**  
REALTY TRUST