



LIFESTART LAUNCHES NEW SITE IN PORTLAND AT THE HISTORIC MEIER & FRANK BUILDING

CHICAGO, IL, UNITED STATES, December 11, 2018 /EINPresswire.com/ -- LifeStart, the country's largest multi-tenant corporate fitness management company, announced today the grand opening of the ultimate wellness club located inside the newly modernized Meier & Frank Building in Portland, Oregon. Originally built in 1909, the historical building covers a full city block and is located conveniently in the heart of the city. The Sterling Bay-managed site proves the centrality of amenities in modern multi-tenant spaces, with approximately 14,000 square feet dedicated to special offerings. Amenity services include an expansive bike room, with heated lockers and private changing rooms, a lounge, and of course a full-service fitness and wellness club.

The club features a large group exercise room with Life Fitness IC5 spin bikes and on-demand classes, a cardio and weight room with an Aktiv functional unit, Life Fitness cardio machines, Peloton bikes, and free weight area. The locker rooms feature elegant finishes complete with complimentary fluffy towels and spa-quality products.

LifeStart, which consulted throughout the design and development phase, now moves into the management role, providing on-site fitness professionals, motivating group exercise instructors, and expert trainers to ensure that all fitness needs and goals of the tenants are met. Monthly social events and special classes will be held in the center to further create a sense of community within the building. Candlelight yoga, guided meditation, and live DJ classes are just a few things that members can expect to enjoy in the facility.

The Meier & Frank building establishes LifeStart's presence in the Portland area. However, the company has been involved with two other design and development projects this year in the city, with plans for a second managed site in 2019 and substantial growth in the Pacific Northwest region in the next 12 months.

About LifeStart

LifeStart is a national corporate fitness center development and management company that operates an ever-expanding portfolio of sites across the country. This site expands LifeStart's portfolio to 83 locations under management.

LifeStart's success has been attributed to its programming and unique staffing solutions, that vastly enhance a building's amenity services, leading to industry-shattering engagement statistics. With over 27 years of experience, LifeStart has a proven record of developing and operating onsite fitness centers, securing the highest utilization in the industry and creating fun and engaging environments that motivate employees while enhancing a building's onsite amenities.

To learn more about LifeStart visit www.lifestart.net.

About Sterling Bay

Sterling Bay owns and manages a commercial real-estate portfolio in excess of seven million square feet. They provide fully-integrated in-house resources, allowing them to quickly execute

all facets of different real estate transactions, including legal, architectural, construction, and asset management departments. Sterling Bay targets overlooked and undervalued assets in emerging locations and transforms them into high-demand strategic destinations to maximize value. They have actively invested in opportunistic and value-added real estate through decades of changing economic climates, and have consistently achieved strong returns. To learn more about Sterling Bay visit www.sterlingbay.com.

About KBS

Industry leaders Peter M. Bren and Charles J. Schreiber, Jr. formed KBS Realty Advisors, an SEC registered investment adviser, in 1992, which established the basis for today's family of KBS-affiliated real estate companies. KBS is one of the nation's largest buyers of commercial real estate and has completed transactions exceeding \$38 billion. In 2018 National Real Estate Investor ranked KBS the 8th largest office owner globally.

KBS-affiliated entities have invested in and managed commercial real estate assets on behalf of clients that include large institutions, such as public and private pension plans, endowments, foundations, sovereign wealth funds and seven public non-traded real estate investment trusts (REITs). In late 2017, KBS launched KBSDirect.com, providing investors direct access to institutional quality commercial real estate via a KBS-sponsored Real Estate Investment Trust.

KBS' headquarters are in Newport Beach, CA, with other offices in New York and Washington DC. KBS is structured with two regional presidents and their respective teams of asset managers and analysts, backed up by financial and administrative teams totaling over 180 people. Assets under management by KBS-affiliated companies exceed \$11.2 Billion as of September 30, 2018.

To learn more about KBS visit www.kbs.com.

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