



# Get Ready for LifeStart, One Two Pru

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*LifeStart is excited to be selected by Sterling Bay as fitness center management of One Two Pru.*

CHICAGO, ILLINOIS, UNITED STATES, May 20, 2019 /EINPresswire.com/ -- Occupying a full city block, One Two Pru has been an iconic fixture on the Chicago skyline beginning with Pru One constructed over a half a century ago, and the Pru Two completed in 1990. The property consists of two Class A commercial buildings that feature unbeatable views of Lake Michigan, Millennium Park, and the Mag Mile. Tenants have access to several amenities including parking, car washes, a roof deck, multiple on-site restaurants, a shuttle service, and a remarkable fitness center.

The fitness facility features a complete line of Precor cardio and strength machines, a designated free weight area, a group exercise studio, and spa-like locker rooms.

LifeStart is ecstatic to activate the fitness space by bringing a variety of on-site services to enhance the overall member experience. We plan on turning up the energy with a well-rounded group exercise schedule which is sure to appeal to all types of exercisers. The 15+ classes per week range in variety from boxing, meditative yoga, cycling, and various cardio and strength formats, as well as weekly outdoor roof deck HIIT and sunrise yoga classes. In addition, small group and one-on-one personal training sessions will be available and led by our motivating on-site management team, who are not only certified and degreed expert personal trainers, but also certified health coaches.

To celebrate the launch of the new services at the fitness center, LifeStart held an open house party for all tenants. A cardio HIIT class with coffee bar, DJ boxing class, cryo-facials, smoothie bowls, and lavender lemonade mocktails curated by our very own registered dietitian are just a few highlights of the day. A huge thank you to Café Rom, Cryo-Effect, Vital Proteins, and Joybowl for partnering with us and helping to make it such a special day!

## About LifeStart

LifeStart has created the largest network of multi-tenant amenities – using social fitness to create a holistic experience that will enliven the mind, body and spirit. LifeStart is honored to be selected by Sterling Bay to power the One Two Pru facility!

The One Two Pru project expands LifeStart's portfolio to more than 90 locations under management. This will be the fifth location LifeStart manages with Sterling Bay.

To learn more about LifeStart, visit [lifestart.net](http://lifestart.net) or email [info@lifestart.net](mailto:info@lifestart.net).

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