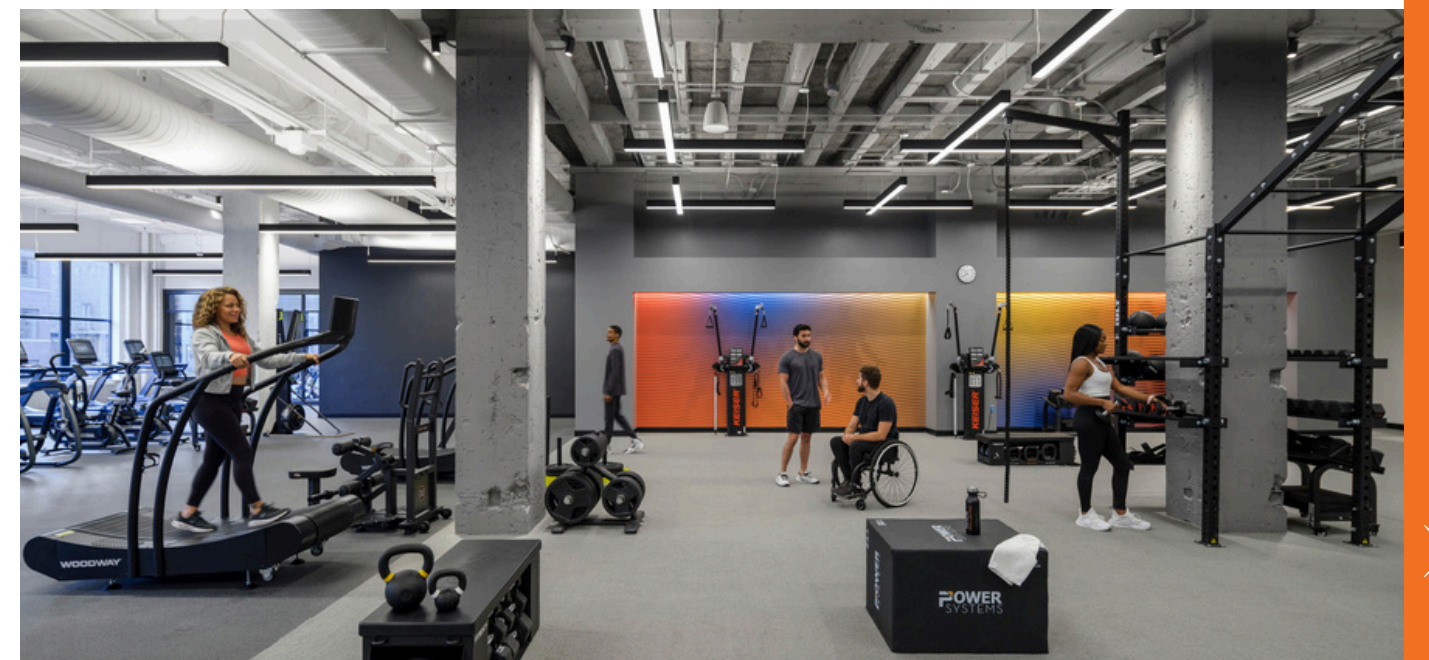
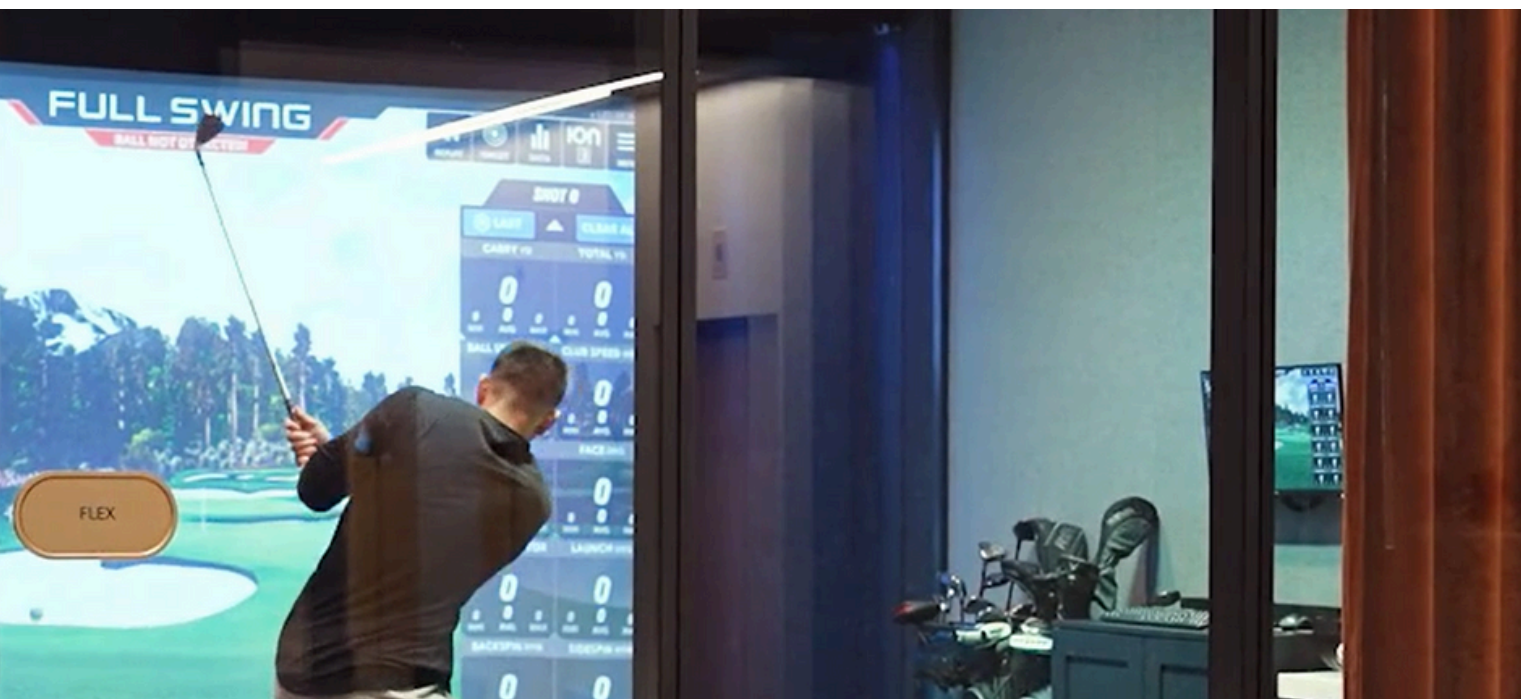


WorkLife
WELLBEING

THE MART
A VORNADO PROPERTY

NEW NAME. NEW FLOOR. SAME COMMUNITY.

Welcome to **WorkLife** WELLBEING



FLOOR PLAN

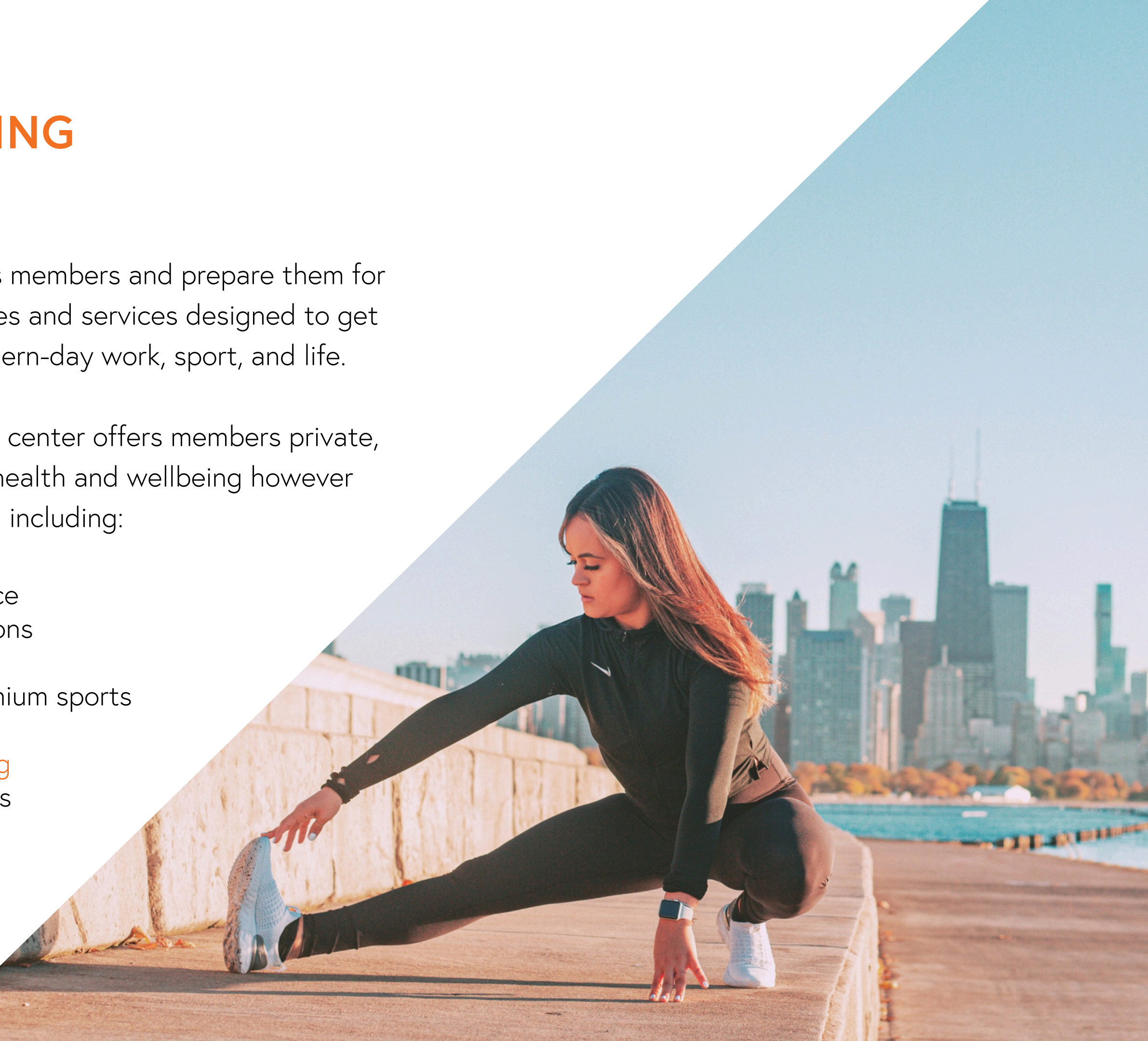


THE WORKLIFE WELLBEING EXPERIENCE

We are a community that seeks to uplifts its members and prepare them for the moments that matter by providing spaces and services designed to get individuals ready to meet the needs for modern-day work, sport, and life.

Our 21,000 square foot fitness and wellness center offers members private, 24-hour access to reset and prioritize their health and wellbeing however they choose through our range of amenities, including:

- **Luxurious** locker rooms with towel service
- Restorative therapies and recovery options
- **Three dedicated** group exercise studios
- **Multi-sport simulator room** offering premium sports and entertainment experience
- Training, wellness, and nutrition **coaching**
- **Members-only** events and special classes



WorkLife WELLBEING

LUXURIOUS LOCKER ROOMS

- Spa-Like Atmosphere
- Personal Lockers
- Fresh Towel Service
- Laundry Service
- Private Showers
- Premium Toiletries
- Infrared Saunas



LUXURY SPACES TO DECOMPRESS AND RESET

DRESS FOR SUCCESS

INFRARED SAUNA

A modern twist on a traditional sauna that uses electromagnetic lighting, which can be absorbed underneath the skin. Benefits include:

- Faster recovery, decreased stress and overall detox
- Boosted immunity and improved quality of sleep

LUXURY AMENITIES

Modern, spacious locker rooms stocked with everything you need post-workout, including:

- Multiple showers with towel service
- Complimentary toiletries
- Day-use lockers
- Laundry services and personal lockers available at an additional charge



WorkLife WELLBEING

RENEW AND RECOVER

- Somadome Personal Meditation Chamber
- Hydromassage RelaxSpace Wellness Pod
- Human Touch Novo Massage Chairs
- Normatec Compression Boots
- Infrared Sauna
- Traditional Massage Therapies



STATE-OF-THE-ART RECOVERY SERVICES FOR THE PERFECT MIDDAY BREAK

SOMADOME

A meditation pod that features LED color light therapy, binaural beat meditation, and results in:

- Better performance
- Increased relaxation
- Less anxiety

NORMATEC BOOTS

Designed to reduce soreness, improve circulation, and enhance performance, these boots are your ultimate recovery tool after a workout or a long day.

MASSAGE THERAPIST

Book a service in our private spa. Our treatment options were designed to help you unwind from work or recover after a workout and leave feeling rejuvenated.



WorkLife WELLBEING

THREE DEDICATED STUDIOS

- Mind-Body Studio
- Indoor Cycling Studio
- Group Fitness Studio



GROUP FITNESS CLASSES

MOVE OFTEN MOVE TOGETHER

MIND-BODY

Combine body movement with mental focus, and controlled breathing to improve overall health and increase strength, flexibility, and balance.

INDOOR CYCLING

Low impact and high-intensity workouts that feature intervals, high-intensity climbs, and recovery rides to improve endurance.

GROUP EXERCISE

Bootcamp and HIIT style formats that combine circuit training and high-intensity interval training to burn fat and boost overall energy levels.



WorkLife WELLBEING

FITNESS INNOVATION

Technology

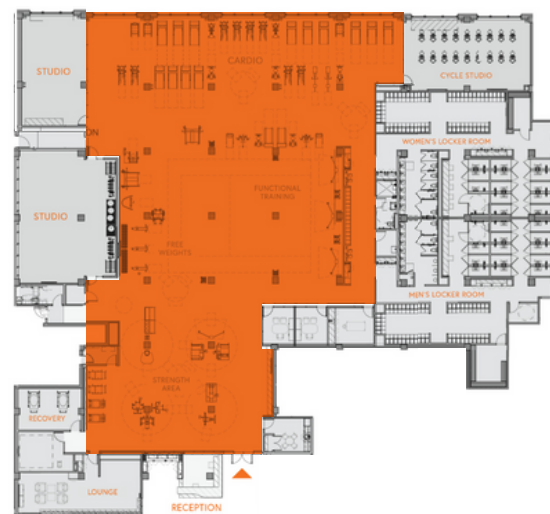
- Full Swing Multi-Sport Simulator

Strength

- XULT Monster Rig
- Keiser Selectorized Machines

Cardio

- Woodway Curve
- SkiErg



LUXURY MULTI-SPORT SIMULATOR

UNLEASH YOUR INNER ATHLETE

GOLF PRO SIMULATOR

Explore iconic courses with the most innovative software in golf. Features include:

- Access to 84 championship courses
- Multiple high-speed camera angles

MULTISPORT CAPABILITIES

Play like a pro with virtual team sports, including:

- Over 13 sports, including football, soccer, and zombie dodgeball
- High-definition video analysis



JOIN OUR COMMUNITY

MEMBERSHIP BENEFITS

- Full access to premier 21,000 sq. ft. training facility
- Two complimentary personalized fitness sessions with a Certified Personal Trainer
- Unlimited studio classes
- Fully equipped strength, cardio, and functional workout spaces
- Full-service locker room, including toiletries and towel service
- Access to a Registered Dietitian for nutrition counseling and meal planning



GETTING STARTED FIT FOUNDATIONS

Every WorkLife WellBeing member is entitled to an initial assessment and a one-on-one training session with one of our highly skilled personal training coaches. Our team helps our clients create a fitness plan tailored to reaching their fitness and wellness goals.



FITNESS CONSULTATION
with a Personal Trainer



ONE-ON-ONE COACHING
customized training session



NUTRITION COUNSELING
with a Registered Dietitian



WorkLife
WELLBEING

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