



# F45

## Private Equity Backed Franchise Operator

### Building Size

- 2,400 - 3,500 SF

### Property Type

- 25 foot minimum width for exercise floor
- Shared pads or outparcels preferred
- End caps, in-line space must have strong visibility

### Site Criteria

- High-end grocery anchored centers and freestanding locations
- Co-tenants that appeal to affluent consumer: Starbucks, Panera, etc.
- 25 parking spots minimum
- Upper to high median incomes
- Minimum 25,000 VPD
- Ease of ingress and egress

### About F45

- F45 is a High Intensity Interval Training (HIIT) concept developed in Australia. The F stands for functional training classes that are typically 45 minutes long
- F45 workouts are designed to unify the muscle groups of the body to help you move and feel stronger in all aspects of your life
- Contemporary, high-end build-out featuring cutting edge equipment
- Great appeal to women ages 23-55, as well as men in the same age group
- Attracts an upscale clientele with strong disposable income that places a high value on health, wellness, fitness and living an active life style

### Submit Sites to

Gary Krauss

Ph. 732-707-6900 x 7

[gary@piersonre.com](mailto:gary@piersonre.com)

**PIERSON**  
COMMERCIAL REAL ESTATE®