



NEWS RELEASE

COMPREHENSIVE DESIGN/BUILD CONSTRUCTION SERVICES

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FOR IMMEDIATE RELEASE

McShane Construction Company
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McSHANE CONSTRUCTION AWARDED 52,000 S.F. LUXURY FITNESS CENTER ASSIGNMENT ON BEHALF OF FITNESS FORMULA CLUBS

*(New Project Located Within Presidential Towers in
Chicago's West Loop Represents McShane's Sixth FFC Project)*

(Rosemont, Illinois) – Jeffrey A. Raday, President of McShane Construction Company, is pleased to announce that Fitness Formula Clubs (FFC) selected the firm for the 52,000 square foot FFC West Loop fitness center assignment located on the ground level and third floor of Presidential Towers at 10 S. Clinton Street in Chicago, Illinois. The building is conveniently located across from the Ogilvie Northwestern Transportation Center.

This project represents the sixth assignment McShane Construction Company has received on behalf of FFC. McShane has also provided comprehensive construction services for several premier FFC locations in the Gold Coast, Lakeview, Wrigleyville and South Loop neighborhoods of Chicago, as well as its largest club located within Union Station.

FFC was established in 1984 by founder Gale Landers. In August 2009, FFC added the Presidential Towers location to its network. FFC is applying its modern aesthetic design and has selected McShane Construction to renovate and expand the current facility to double its size. A Preview Center will soon be available at 10 S. Clinton for prospective members.

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Once completed, FFC West Loop will feature a dramatic new street-level, three-story glass enclosed atrium entry located just off the intersection of Clinton and Madison Streets, providing direct member access to this new state-of-the-art health and fitness facility.

The updated fitness center will offer general cardio and strength training areas, Pilates and yoga studios, group fitness studios, high-end locker rooms, day spa and airbrush tanning areas, Kids Club center, a retail Sports Shop, the Protein Bar Café and NovaCare Physical Therapy. The facility will also feature an indoor 75-foot junior Olympic six-lane lap pool in addition to an outdoor recreation pool accompanied by an expansive lounge/sundeck, bar area and fire pit.

McShane Construction will complete approximately 31,200 square feet of new construction and 20,800 square feet of extensive renovations throughout the first and third floors of the building. The new club will include high-end finishes, ceramic tile, aesthetic millwork, sports flooring and several eco-friendly and recycled materials.

FFC West Loop will be the cornerstone of the newly remodeled Presidential Towers store front retail space. Presidential Towers also contains spacious studios, convertibles, one- and two-bedroom apartments and offers a full-time concierge, on-site restaurants, a complete valet service and 24-hour service and door staff. Additional amenities within the Presidential Towers complex include Chicago's first small-scale Wal-Mart store, a 26,500 square foot retail space that will be dedicated primarily to groceries and convenience items.

Antunovich Associates is providing the architectural services for this fast-track assignment that McShane Construction will complete in Summer 2011.

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About McShane Construction Company

McShane Construction Company was established in 1984 and is headquartered in Rosemont, Illinois with western regional offices in Phoenix, Arizona and Irvine, California with a southeast regional office in Auburn, Alabama. The firm offers integrated design/build and build-to-suit construction services for the office, healthcare, hospitality, recreational, retail, multi-family, manufacturing and distribution markets. For more information, visit the firm's recently updated web site at www.mcshane-construction.com.

About Fitness Formula Clubs

Established in 1984 by Founder and CEO Gale Landers, FFC owns and operates twelve upscale, mid and large size multi-use health, sports, fitness, and spa centers in the Chicago area. The company also provides corporate wellness programs, health and nutrition education, the healthy lifestyle CONNECTIONS magazine, signature group exercise programs, and numerous individual and group training initiatives. Each Chicagoland location is dedicated to support the local community, and equipped with state-of-the-art cardio and weight training equipment, signature group exercise classes, personal training, nutrition counseling, spa services, massage therapy, and many customized fitness programs. FFC is recognized by the fitness industry for creating a distinct member experience. For more information, please visit ffc.com.