



NEWS RELEASE

COMPREHENSIVE DESIGN/BUILD CONSTRUCTION SERVICES

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FOR IMMEDIATE RELEASE

McShane Construction Company
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McSHANE CONSTRUCTION COMPLETES LUXURY FITNESS CENTER COMPLEX FOR FITNESS FORMULA CLUBS

*(New Club Location at 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 the firm has completed the expansion and renovation of the new 52,000 square foot West Loop fitness center assignment on behalf of owner, Fitness Formula Clubs (FFC). The full-service facility is located on the ground level and third floor of Presidential Towers at 10 S. Clinton Street in Chicago, situated within steps from the Ogilvie Northwestern Transportation Center.

The new FFC West Loop now features a dramatic street-level, three-story glass enclosed atrium entry located just off the intersection of Clinton and Madison Streets. Thousands of Metra commuters, local residents and working professionals are offered direct and convenient access to this contemporary health and fitness facility. The new club interior features high-end finishes such as shaker cherry wood, aesthetic millwork, stone and marble décor and sports flooring. McShane utilized numerous eco-friendly construction materials and implemented an aggressive construction waste program.

(MORE)

FFC West Loop offers its members general cardio and strength training areas, custom TriMonster[®] triathlon and endurance sports training classes, group fitness studios, high-end locker rooms, day spa and airbrush tanning salon, Kids Club center, a retail Sports Shop, the Protein Bar Café and NovaCare Physical Therapy. The ultra-modern facility features an indoor 75-foot junior Olympic lap pool with atrium ceilings in addition to an outdoor recreation pool accompanied by an expansive sundeck with a bar area and fire pit.

McShane Construction completed 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. This is the sixth location that McShane Construction has completed for (FFC) in the Chicagoland market.

Antunovich Associates provided the architectural services for this fitness assignment.

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.