



First Orangetheory in Flushing, Queens to open at Tangram

Orangetheory at Tangram will be the first of the brand's location in the U.S. to offer bilingual fitness services in both Mandarin and English

NEW YORK – Leading real estate development companies F&T Group and SCG America today announced that [Orangetheory Fitness](#) — a boutique fitness studio franchise chain with over 1,200 studios in all 50 U.S. states and over 23 countries — has signed a 10-year lease to occupy its 3,200-square-foot studio within [Tangram](#), the new 1.2 million-square-foot, mixed-use development. The opening is set for Q4 2021 marking Orangetheory's first location in Flushing.

"Orangetheory is a unique concept in itself, but it is specifically unique to this community," says Garrett Ball, Co-Owner and Manager of Orangetheory Flushing. "This will be Orangetheory's first bilingual location with services offered in both English and Mandarin. We're looking forward to bringing Tangram residents and the Flushing community at large the most effective one-hour workout with astounding results."

From now until its studio opening, Orangetheory is offering one-time-only Founding Membership rates — a highly coveted opportunity for anyone interested in the fitness studio. Memberships are first-come, first-serve and limited to only members who reserve a rate. Get more information and become a founding member [here](#) or call 917-672-3611.

Orangetheory adds to Tangram's unique line up of experiences for an active lifestyle, providing the Flushing community with ample opportunity to fuel their fitness goals. Orangetheory offers an innovative fitness experience like no other. Before the workout begins, a personal heart rate monitor is provided to wear throughout the class. During classes, fitness fans at any and every experience level can track their own personal progress with in-room display screens showing burned calories, heart rate zone and more, all in real time. This tech-driven feedback helps to pace and track the workout and allows Orangetheory coaches to provide personalized guidance along the way. The studio also offers an app to track performance, access easy-to-read workout summaries, etc.

"Orangetheory is the perfect addition to add to the well-rounded lifestyle we're bringing to residents and visitors at Tangram. It's a renowned brand and it is filling a much-needed gap for a high-end gym in the area," says Helen Lee, Executive Vice President of F&T GROUP. "Whether a resident in one of Tangram's residential towers, local fitness fan, commuter or visitor - we're excited to welcome all to its first Flushing location."

Tangram is not only home to Orangetheory's Flushing premier, but a multitude of experiences beyond fitness. The 1.2 million-square-foot development includes a 24,000-square-foot food hall and dozens of diverse dining destinations. Upon opening, Tangram will also include the 208-key Renaissance New York Flushing Hotel, the first 4DX movie theater in Queens from Regal Cinemas, and the neighborhood's first beer garden. Tangram is a joint development

between F&T Group and SCG America – developers of the highly successful One Fulton Square mixed-use project, in Flushing. Tangram also includes two modern residential towers with studio, one-, two- and three-bedroom apartments and penthouses defined by clean, refined lines that maximize space and light.

Construction remains underway at the full-block site, with frontage on 37th Avenue, Prince Street, 39th Avenue, and College Point Boulevard.

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Tangram

Tangram is a mixed-use development project located in the heart of Downtown Flushing, Queens. Tangram is elevating Flushing through its groundbreaking vision of immersive retail, residential, office and hotel space, featuring 275,000 square feet of high-end curated retail in a multi-level space alongside a sweeping, sky-lit atrium. A joint development between F&T Group and SCG America - developers of the highly successful One Fulton Square mixed-use project, also in Flushing - Tangram offers 1.2 million square feet including retail, residential, office and hotel space. This New York destination includes a four-star, 208-key Renaissance New York Flushing Hotel, a state-of-the-art 4DX movie theater from Regal Cinemas, Orangetheory Fitness, premier learn-to-swim facility Goldfish Swim School and the neighborhood's first beer garden. Tangram also features a 24,000-square-foot food hall, a foodie's paradise with international eats. Eateries include Beijing-based Ju Qi, Taiwanese dessert bar Meet Fresh and one of the largest and most popular hot pot chains in China, Xiao Long Kan Hot Pot. Designed by New York-based Margulies Hoelzli Architecture, with retail interiors by BHDM, Tangram is designed to become a global destination, marking a new chapter for entertainment and experience in NYC. Tangram is slated to open in 2021. For more information visit www.tangramnyc.com.

Orangetheory®

Orangetheory® (www.orangetheoryfitness.com) makes it simple to get More Life from your workout. One of the world's fastest-growing franchise companies, Orangetheory has developed a unique approach to fitness that blends a unique trifecta of science, coaching and technology together to seamlessly elevate participants' heart rates and help burn more calories. Backed by the science of excess post-exercise oxygen consumption (EPOC), Orangetheory workouts incorporate endurance, strength and power to generate the "Orange Effect," whereby participants keep burning calories for up to 36 hours after a 60-minute workout. Orangetheory franchisees have opened over 1,300 studios in all 50 U.S. states and more than 23 countries. The company was ranked #60 in Inc. magazine's Fastest Growing Private Companies list and was listed as #25 on the 2019 Entrepreneur Franchise 500 list. Visit www.otffranchise.com for global franchise opportunities.

F&T Group

Established in 1983, F&T Group (F&T) is a fully integrated real estate development and investment company specializing in mixed-use, commercial and residential development, with offices located in New York City and Shanghai. F&T's U.S.-Sino cooperative platform is recognized for its global vision for development excellence and is dedicated to the highest standards of innovation, culture, architecture, interior and landscape design and construction. F&T's team includes highly experienced development, construction, master planning, architecture and design, marketing, sales and leasing professionals. F&T's current projects in

Flushing include the 330,000-square-foot, mixed-use development at One Fulton Square, and Flushing Commons - a formerly city-owned 5.5-acre parking structure being redeveloped into 1.8 million square feet of residences, office space, new retail opportunities, community facility space, parking and an open-air plaza. F&T was also the lead developer in the 4.7 million square foot World Trade Center in Nanjing, China, in a highly successful overseas partnership with J.P. Morgan Asset Management.

Shanghai Construction Group America

Shanghai Construction Group (SCG) is one of the leading construction conglomerates in China and a pioneer in the development of modern cities, with work spanning decades. Publicly listed on the Shanghai Stock Exchange since 1997, with footprints in more than 30 countries and regions, SCG was ranked the 10th largest global contractor by Engineering News-Record in 2016. SCG America (SCGA), a wholly-owned subsidiary of SCG headquartered in New York City, has three decades of experience and currently has over \$3 billion invested in real estate in the United States. Its services range from general contracting, construction management, real estate development and real estate fund management. As highly sought-after builders and developers, SCGA strives for professional excellence and technological innovation that creates enduring value for partners and customers alike.