

SIMONE[®]

DEVELOPMENT COMPANIES

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LA Fitness Opens New Rochelle Location at Simone Development and G&S Investors' 75 Nardozzi Place

NEW ROCHELLE, NY – MAY 8, 2023 – [Simone Development Companies and G&S Investors are pleased to announce](#) the opening of the LA Fitness[®] gym at their co-developed 75 Nardozzi Place property in New Rochelle, NY. The new 36,000+ square-foot gym is conveniently situated off Main Street, just south of Exit 15 on I-95 and in close proximity to the Hutchinson River Parkway.



"We were gratified to hear that the completion and opening of this LA Fitness have been highly anticipated by the New Rochelle and surrounding Westchester communities. We appreciate the enthusiastic reception the residents here have given our clubs and our employees," said Paul Newman, Executive Vice President of LA Fitness. "LA Fitness continues to increase its presence by focusing on the one lifelong benefit valued by everyone: good health."

The new state-of-the-art facility expects to employ 40 people ranging from part-time group fitness instructors to full-time club staff. The club features: a 25-yard three lane lap pool, a whirlpool spa, spacious locker rooms with showers and saunas, a group exercise studio, and a separate multi-tiered indoor cycling room. These amenities complement a full array of equipment, including over a hundred

pieces of the latest generation cardio equipment with individual viewing screens, selectorized circuit training, and free weight areas. Members can participate in a variety of group fitness classes seven days a week including Zumba®, indoor cycling, and yoga at no additional charge, and many find that they enjoy group classes not only for the fitness benefit they provide but also as a means for social connection. Personal training services are also available for an additional fee.

“Simone Development is once again thrilled to collaborate with LA Fitness in the site selection and build-out of their latest state-of-the-art sports club,” said Patricia Simone, president of Simone Management Group. “The new 75 Nardozzi location marks the third LA Fitness center to be added to our company’s portfolio in Westchester and the Bronx, joining existing locations at the Post Road Plaza in Port Chester, NY and the Hutchinson Metro Center in the Bronx, NY.”

The new health club at 75 Nardozzi Place is part of a two-story, free-standing structure developed by Simone Development and G&S Investors and completed in 2021. LA Fitness will occupy the majority of the second floor, which currently has a prime 3,000 square-foot space available for complimentary retail, health-related service or other use. A New Rochelle Department of Public Works facility is located on the first floor of the property. The location is adjacent to several popular retailers including Costco, Home Depot, CVS, Bank of America, and Land Rover & Jaguar, as well as Simone Development’s neighboring 80 Nardozzi Place, home to the new Parsons Xtreme Golf (PXG) center, My Salon Suite and Ashley Furniture Home Store.

[About Fitness International](#)

Fitness International, LLC is one of the fastest-growing health club chains in the U.S., with over 700 locations across 27 U.S. states and Canada. Operating the brand names LA Fitness, Esporta Fitness, City Sports Club, and Club Studio, the company’s mission is to help as many people as possible achieve the benefits of a healthy lifestyle by creating a nationwide network of health clubs, offering its members the widest range of amenities and the friendliest service at an affordable price. To learn more about Fitness International’s growth, visit lafitness.com, esportafitness.com, citysportsfitness.com and clubstudiofitness.com. Follow Fitness International on Facebook, Instagram or by downloading its mobile apps.

[About Simone Development Companies](#)

Simone Development Companies is a full-service real estate investment company specializing in the acquisition and development of healthcare, mixed-use, office, industrial, retail and residential properties. Headquartered at the Hutchinson Metro Center in the Bronx, it boasts a portfolio of over 7 million square feet throughout the Bronx, Manhattan, Queens, Long Island, Westchester County, Orange and Fairfield Counties and New Jersey. With services spanning acquisition, development, construction, finance, asset management, accounting, leasing and property management, Simone Development Companies is set apart by its vertically integrated management team, long-term asset ownership and its pursuit of visionary development.

[About G&S Investors](#)

G&S Investors develops, leases and manages income-producing properties in the New York tri-state area. Founded in 1982, G&S is known in the industry for its creativity in solving development problems, particularly in sites which have physical, economic and community challenges.