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CONTACT: Al Cunniff
(410) 369-1277

RETRO FITNESS TO OPEN INAUGURAL LOCATION IN BALTIMORE METROPOLITAN REGION IN TIMONIUM BUSINESS CENTER

Fitness center and gym, with more than 60 locations throughout East Coast, signs 12,000 square foot lease with St. John Properties in Baltimore County marketplace

BALTIMORE (January 18, 2010) – Retro Fitness, which bills itself as a low-cost, high value gym and fitness center, has selected Timonium Business Center as the site of its inaugural location in the Baltimore metropolitan region. The Colts Neck, New Jersey-based company, which operates more than 60 franchise locations throughout the East Coast, has signed a lease with St. John Properties, Inc. for 12,000 square feet of space and intends to be operational by this spring. Retro Fitness operates a location at Columbia Crossing shopping center in Jessup, and is scouting additional sites throughout the state.

Each Retro Fitness location combines a “retro” look reminiscent of the 1980s with state-of-the-art LifeFitness™ strength training equipment and a Retro Trends juice bar with made-to-order smoothies, and is staffed with certified fitness professionals. Each cardio machine – including ellipticals, treadmills and stationary bikes – is equipped with an individual 17-inch television set programmed with movies extending from the 1980s to the present. The membership fee is \$19.99 per month.

Located at 2125-2249 Greenspring Drive off Interstate 83, Timonium Business Center is a 190,000 square foot mixed-use project consisting of warehouse, commercial office and retail space. More than 140,000 people reside within a five-mile radius of the project, with an average household income exceeding \$102,000. Existing retailers include Pet Depot, Sports Her Way and Tuxedo House. Timonium Business Center was recently renovated with the installation of new awnings, lighting and signage bands. The project is within walking distance of the Timonium Light Rail Station.

“Retro Fitness is a high-traffic retailer that will generate increased visitations to Timonium Business Center, which benefit the existing tenant base,” stated Jerry Wit, Senior Vice President - Marketing for St. John Properties, Inc. “The company has taken a proven-successful concept and differentiated it with distinct

and marketable ideas that target a variety of demographic audiences. Because of the minimum build-out requirements and high-visibility of the project, this use is perfectly suited for Timonium Business Center.”

“Retro Fitness is designed to inject fun back into the typical workout session,” stated Matt Mauriello, franchise owner for Retro Fitness in the Baltimore Metropolitan region. “The average fitness center user begins with great enthusiasm and motivation but, over time, the individual tends to lose interest and incentive to maintain the workout routine. Our use of entertainment features, staff and food amenities and the general upbeat ambiance of the design keep more members interested over an extended period of time. The Baltimore County region is heavily populated with potential users and we see great opportunity at this location.”

For additional information about Retro Fitness, visit www.retrofitness.net

About St. John Properties

St. John Properties, Inc., founded in 1971 as MIE Properties, owns and has developed more than 14 million square feet of R&D/flex, office, warehouse and retail space in Maryland, Colorado, Louisiana, Virginia and Wisconsin. For more information about the company, visit www.sjpi.com.

For additional information,

Contact: Larry Lichtenauer, Lawrence Howard & Associates, Inc.

410-363-6205