

A Growing Fitness and Health Hub in the Golden Triangle

In the past year, **two gyms** and **four healthy food spots** have opened in the Golden Triangle.



Three of the BID's 16 gyms are traditional **fitness clubs**, leasing an average of **18,400 square feet** each.

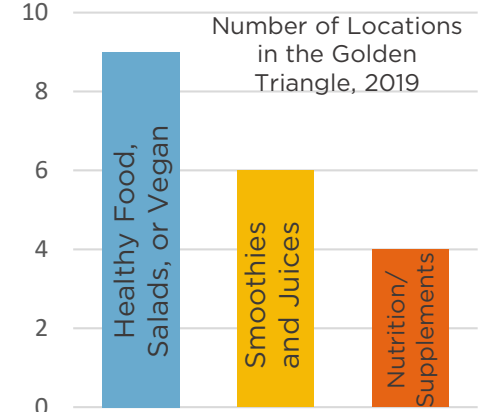
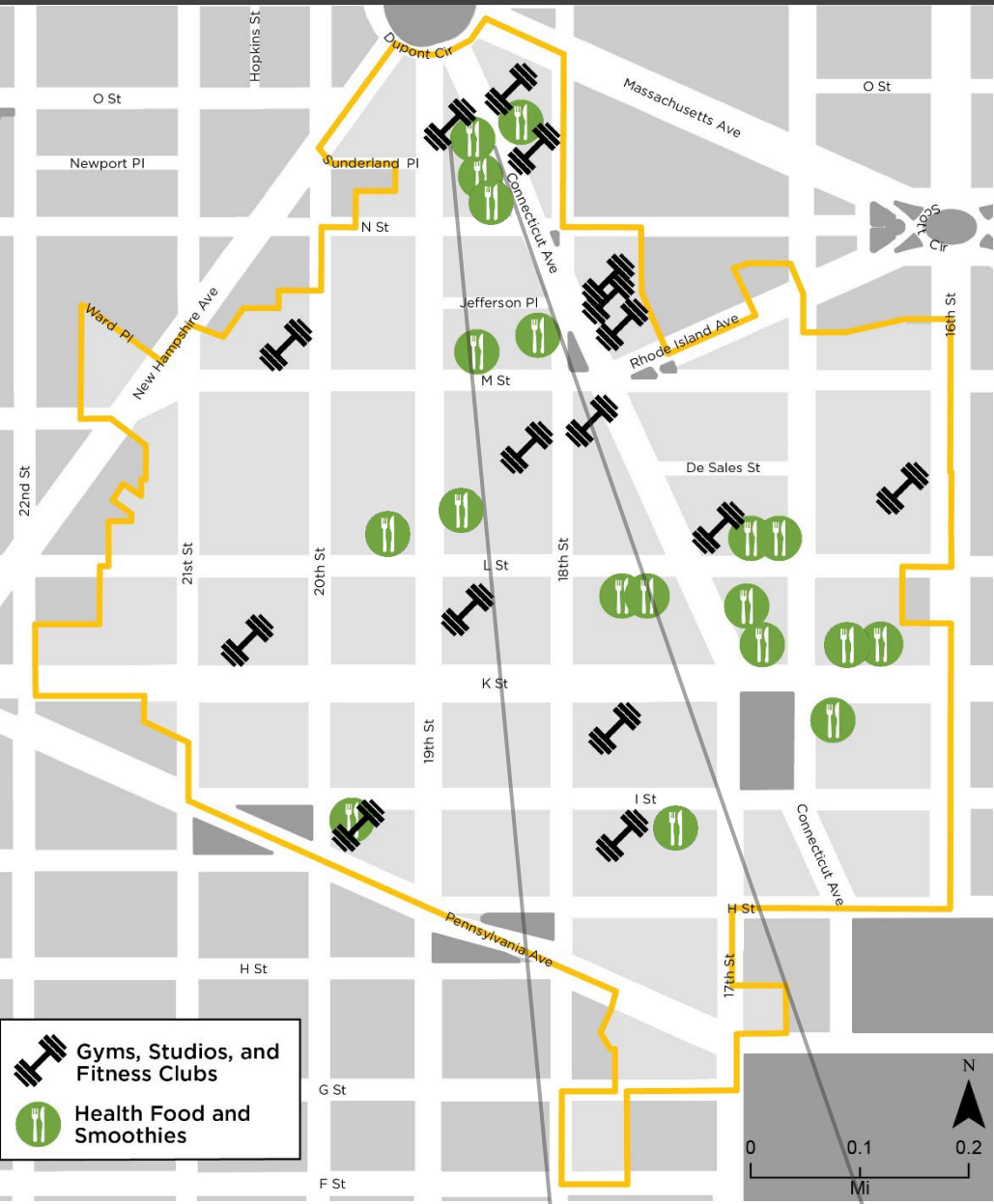


Six gyms offer **specialized/high intensity** classes, and average about **5,300 square feet** of space.



Every summer, thousands of people join the BID's **free TriFit exercise classes** in Farragut Square.

Sources: Golden Triangle BID internal research/data, Yelp, Esri.



Co-location is popular for these tenants. Jrink juiceries are next door to Yoga District and Epic Yoga; plant-based Fruitive opened recently near Barry's Bootcamp, to be joined soon by vegan fast-casual HipCityVeg.

In addition to these health-focused restaurants and stores, many other businesses in the BID cater to fitness-conscious customers or offer healthy dining choices.