

55 2ND

FITNESS CENTER

The lower-level (LL) basement is now transformed into a useful and welcoming space complete with gym equipment, lockers, showers, bathrooms, and a safe and secure bike room.

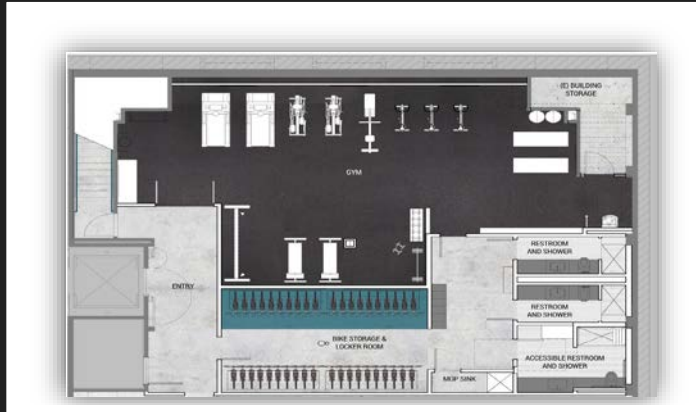
To gain access to the gym or bike room you will need to send your completed waiver to either [abradley](mailto:abradley@pgre.com) or [jhillman @ PGRE.com](mailto:jhillman@pgre.com). We will then add permission to your elevator access cards within 24 hours of request.

Please take the shuttle elevators located toward the back of the ground level down to LL (lower level).

If you need a waiver, please send an email or ask the front desk for one.



FLOOR PLAN:



CONTACT INFORMATION:

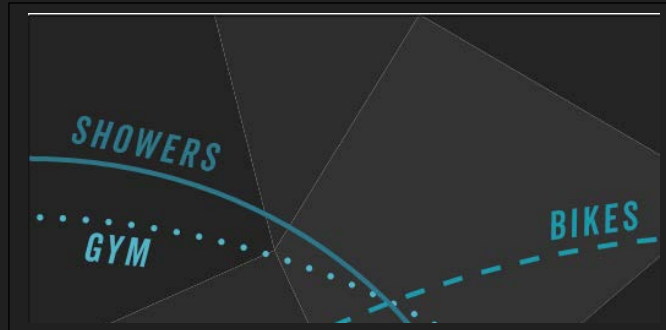
55 SECOND STREET
SAN FRANCISCO, CA 94105
(415) 777-5520

EMAIL: ABRADLEY@PGRE.COM OR
JHILLMAN@PGRE.COM



GYM HOURS

- Monday-Friday
5:30am – 8pm
- Closed
weekends
- Closed
holidays



**PARAMOUNT
GROUP, INC.**

FITNESS EQUIPMENT

Cardio Machines:

- (2) Treadmills
- (2) Elliptical
- (3) Spin Bikes
- (1) Rowing Machine

Strength:

- (1) Squat Rack
- Free Weights
- Barbell Plate Rack
- Kettle Bells and Dumbbell Rack

Tech:

- Interactive Mirror

Weight:

- (12) Medicine Balls
- (2) Stability Balls

Bands and Resistance:

- Exercise Bands
- Super Bands
- TPX trainer
- Loop Bands

Flexibility:

- Yoga Mats
- Foam Rollers

Misc.

- Pull Up Bar
- Bench
- Plyo Boxes