



NORMANDALE LAKE OFFICE PARK

Fall 2018

PAT SENG | VP/GM NLOP

From the GM

As many of you are beginning to bring your fitness routines indoors for the seasons ahead, I urge you to check out the **8400**



Wellness Center if you're not already a member. As you'll see in our main article, they have so much to offer for such a low monthly fee. Plus, Jesse and Kim are the most welcoming, knowledgeable and completely unintimidating fitness coaches you will ever meet. There truly is "no shame in their game." They love what they do, and their enthusiasm is contagious.

The Wellness Center staff and programs are brought to us by HealthSource Solutions, a Minnesota based company that specializes in corporate wellness and fitness programs. We are so fortunate to have this total fitness facility right here on site, within walking distance from your suite.

Jesse and Kim have asked us to remind you that they are also available for Lunch 'n Learns and even daily stretch programs, where they'll visit your office to get you and your co-workers up and moving and energized for a more productive day. Get your move on! ■

Be Well. Stay Well.

If you've been seriously thinking of joining a quality health club this fall, look no further than the 8400 Wellness Center. It's NLOP's exclusive fitness facility for office park tenants only – and it really is something special.

The Wellness Center is brought to you by two engaging and energetic fitness experts, program manager, Jesse Vang and Fitness Specialist, Kim Aanestad. Jesse holds a degree in Kinesiology and is a certified trainer and Precision Nutrition coach. Kim has a degree in Community Health Education with a minor in nutrition. Together they create personal exercise programs, lead group fitness classes and work one-on-one with members interested in living healthier, more active lives.



State-of-the-Art Equipment and a Window on the World

On par with boutique fitness center standards, the Wellness Center features a Smith machine, Squat Racks, TRX straps, DBs, Bosu and Cardio equipment. Tune in to your favorite music, catch up on the latest TV programs or simply enjoy the phenomenal views during your workout. Jesse and Kim provide equipment orientation and continuous staff support from 6:00 am to 6:00 pm, Monday through Friday.

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NORMANDALE LAKE
OFFICE PARK

A Newsletter for the Normandale Lake Office Park Community 8000 8200 8300 8400 8500



Be Well. Stay Well. cont. from page 1



Personalized Exercise Programs

As a member of the Wellness Center, you can sign up for 6-8 week, personalized exercise programs that include fitness assessments (strength, body comp and aerobic testing), nutrition and a workout plan designed especially for you. Your enthusiastic coaches check in with you periodically throughout the program to ensure things are going well and that you are satisfied with your progress.

Group Fitness Classes

Included with the cost of your monthly membership are group fitness classes that focus on many disciplines including Overall Strength, Yoga, Bootcamp, Cardio, Tabata and Core. Group exercise is modified for all fitness levels and is continuously tweaked with new formats to keep you interested. Fitness classes are best enjoyed with friends, so sign up with a coworker or make new acquaintances during your workout.

It's All Yours – for Only \$20/Month!

The Wellness Center is fully equipped with bright, sparkling clean locker rooms with lockable (daily) lockers, showers and convenient towel service. The \$20 monthly membership is extremely affordable and the center is open Monday through Friday from 6:00 am to 8:00 pm, with staff on site until 6:00 pm. Your access card allows you to come and go as you please during open hours, so add it to your calendar before, during or after work each day. The busiest times are between 11:00 and 1:00.

The Wellness Center is eligible for insurance reimbursement, so check with your health insurance provider to see if you qualify, then talk to Jesse to see how to get started. Reimbursement or not, the Wellness Center fits easily into monthly budgets and is well worth the price for this outstanding amenity. Stop in anytime for a no obligation tour of the facilities and introduce yourself to Jesse and Kim. You'll be very glad you did. ■

Meet the 2018 3-on-3 Aon Basketball Stars



Congratulations Aon!

Left to right: Doug Espenson, Paul Anderson, Kevin Larson, Neal Anderson, and Matt Larson

The Fall Group Fitness Marathon Begins Oct. 8!

Looking for a little motivation to get your exercise program on track?

Join the Wellness Center now and earn miles (points) for attending classes. The goal is to get to 26.2 miles (a marathon) by the end of the six-week program. This is not a race to finish first – but about making a commitment to finish at your own pace and create positive habits along the way. Wellness Center classes are tailored to all fitness levels, so everyone is encouraged to participate. It's a fun and challenging program to do alone or with a co-worker. The Wellness Center will help you get in shape and stay in shape throughout the holidays.

Get started today! ■



"I registered for the program after signing up for a membership because I needed a place to start. It was a fun program that got me back in shape. The Wellness Center staff did a great job running it. I recommend it for anyone."



Events + Updates

October 24

Navigating the College Process

11:30 a.m. – 8000 Tower Classroom

Presenter: Cozy Wittman – College Inside Track
Back by popular demand! Don't miss this must-see presentation on college financing! College is one of the largest investments your family will make. The average family debt is approaching \$50,000. However, college can be affordable if you understand the mistakes to avoid. This seminar will cover how to avoid those common mistakes families make and discuss how to significantly reduce your cost. From choosing a college to myths about financial aid, it will be covered. Register for this FREE seminar by emailing 8000conciergeinc@executiveconcierge.comcastbiz.net.

October 31

Halloween Pumpkin Carving and Costume Contests

Start planning your creative Jack 'O Lantern now, because On **Thursday, October 25th** a fresh pumpkin will be delivered to each tenant suite. On Wednesday, October 31st, deliver your carved pumpkin to your building lobby by 9 a.m. Judging will take place that morning and winners will be announced at the Costume Contest. Singles, pairs and groups are invited to dress in costume and join us for the judging at 1 p.m. in the 8200 Tower Lobby. All tenants are invited to stop by for the fun – whether you participate in the contests or not.

November 7

Planning with Ease & Celebrating with Style

11:30 a.m. – 8000 Tower Classroom

Presenter: Kalsey Beach – Do Good Events
Join Kalsey for an informative seminar that will give you all the “tools” to plan the perfect event and create a memorable experience. From insights on the latest trends and how to implement them to planning do's and don'ts that will make your next event a breeze. To register for this FREE seminar, email 8000concierge@executiveconcierge.comcastbiz.net.

November 14 & 15

Annual Fall Boutique

10 a.m. – 1:30 p.m. – 8500 lobby Details to follow

December 5

Gift Tag Make & Take

11:30 a.m. – 8000 Tower Classroom

Grab your friends and co-workers and join us for a creative gift tag making session. All the supplies and tools will be provided for you to create your own personal gift tags this holiday season. Register for this FREE seminar by emailing: 8000concierge@executiveconcierge.comcastbiz.net.

December 5

Memorial Blood Center Drive

8 a.m. – 4 p.m. – 8500 Tower Loading Dock

Sign up online @ www.mbcherohub.club enter username and password. Once you have accessed your profile, click 'Donate Blood' and enter the sponsor code 0370.



December 13

Tenant Holiday Breakfast

7:30 – 9 a.m. Details to follow

Gold Stars to All

Thanks for contributing to VEAP!

You made the first day of school even better for a lot of deserving kids.



 NORMANDALE LAKE OFFICE PARK

Tenants in the News

Renewals & Expansions

JNBA Financial Advisors, Inc.
Lamex Foods, Inc.



Enroll now and receive up to **25% OFF** Your First 12 Weeks! Inquire for details.

NEW HORIZON ACADEMY

Where Love & Learning Grow

Nationally Accredited
BLOOMINGTON Location!
8400 Normandale Lake Blvd.
(952) 921-2273
28@nhacademy.net
Director: Jackie Jackson

Caribou COFFEE

8000 Tower, Suite 140
(952) 486-9500

Services

ATMs

8400 Tower, Retail Concourse
8500 Tower, Lower Level

RK Apothecary (convenience, gifts, and dry cleaning)

8400 Tower, Suite 80
952.405.6095

Design a Bunch

(flowers and gifts)
8400 Tower, Suite 12
952.897.5995

Concierge Services

8000 Tower
Skyway Level, 2nd Floor
Hours: 8 am - 1 pm, M-F
952.345.8231

New Horizon Day Care

8400 Tower, Suite 10
952.921.2273

Shear Success (hair salon)

8400 Tower, Suite 20
952.921.2288

Overnight Courier Boxes

Pick up M-F 6:30 p.m.

8000 Tower, 1st Floor
FedEx & UPS

8200 Tower, 1st Floor
FedEx & UPS

8300 Tower, 1st Floor
FedEx

8400 Tower, 1st Floor
FedEx & UPS

8500 Tower, Lower Level
FedEx & UPS

Post Office

8000 Tower, 1st Floor
8200 Tower, 1st Floor
8300 Tower, 1st Floor
8400 Tower, 1st Floor
8500 Tower, Lower Level

Main Bloomington Post Office

952-884-3698

Restaurants

Caribou Coffee

8000 Tower, 1st Floor
952.486.9500

Poseidon Asian Fusion & Lounge

8200 Tower, 1st Floor
952.303.3483

Café Fusion

8300 Tower, Suite 130
952.378.1424

Ryan's Café

8400 Tower, Suite 70
952.897.5990

Kincaid's

8400 Tower, Suite 90
952.921.2255

Common

Car Wash

8300 Tower - Contract Parking
Mike Siedow
651.308.5137

8500 Tower - Contract Parking
Jim Olson
612.503.0007

Fitness Center

8500 Tower
952.921.2081
8400 Wellness Center
952.242.2928

Security Escort

952.921.2201

Property Management

8200 Tower, Suite 280
952.921.2050

Pat Seng

952.921.2034
Vice President/General Manager

Jim Gefre

952.921.2054
Senior Property Manager
8000, 8200, 8500

Lance Brockmueller

952.921.2053
Senior Property Manager
8300, 8400

Renee Hoy

952.921.2081
Assistant Property Manager

Lisa Simonson

952.921.2020
Senior Operations/Brokerage Administrator

Tjody Jacobsen

952.921.2050
Operations Assistant

Patrick Corcoran

952.921.2059
Lead Engineer

Do you have an article for our newsletter?

Contact: lisa.simonson@cushwake.com

Would you like to be notified of activities and events at Normandale Lake Office Park? Please go to normandale.com and click on Tenant Services, "Join Our Email List" is located in the middle of the page.



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