

TRIA Fit & Well Classes at Northland Plaza

TRIA Orthopaedic Center is offering a variety of TRIA Fit & Well small group classes for patients, employees, and the community, including Northland Plaza tenants! No membership is required and you don't need to be a TRIA patient or employee to attend. Kettlebell, Core Mixx, Yoga Therapy, and Pilates classes are all held in the TRIA Fit Gym on second floor at Northland Plaza.

Yoga Therapy is a great introduction to TRIA's integrative health and group fitness class offerings. Experience first-hand the many benefits of Yoga Therapy, incorporating gentle movements and breathe work to relax the body and calm the mind. Classes include Therapeutic Yoga, Viniyoga, Hatha Yoga, and Restorative Yoga. Are you unfamiliar with these yoga styles and you want to learn more? Visit TRIA's Yoga Therapy webpage or email our yoga therapists at fitwell@tria.com.



How to Join

Visit www.tria.com/tria-fit-well to learn more about available classes, pricing, and to schedule. You may also email fitwell@tria.com to express interest in joining a class. Employees of TRIA, Park Nicollet, and HealthPartners will receive discounted rates.

TRIA FIT & WELL CLASS SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30am Intro to Mat Pilates		6:30-7:30am Core Mixx 9:30-10:30am Therapeutic Yoga		6:30-7:30am Core Mixx
2:30-3:30pm Therapeutic Yoga			12:00-12:45pm Hatha Yoga	
5:30-6:15pm Kettlebell 5:30-6:30pm Zumba	5:00-6:15pm Hatha Yoga	4:45-5:45pm Therapeutic Yoga	5:30-6:15pm Kettlebell	5:00-6:00pm Restorative Yoga
	7:00-8:00pm Viniyoga			

NORTHLAND PLAZA

NewsBreak

Spring 2016

Roadway Construction Update

For anyone that has had to contend with road construction along I-494 and/or Highway 100, the good news is that both of these projects are scheduled for completion this coming fall.

Immediately on the heels of these two projects, however, the Minnesota Department of Transportation (MnDOT) is planning to rebuild and rehabilitate Highway 169 between Highway 55 and Highway 62. The projected year-long project, which is scheduled to commence in November 2016, will include:

- Replacing the bridge over Nine Mile Creek in Hopkins, Minnetonka and Edina
- Closing sub-standard highway ramps at 16th Street in St. Louis Park
- Improving safety of entrance/exit ramps at the Cedar Lake Road interchange
- Repairing the pavement throughout the corridor

This project will improve driver safety, accessibility, and provide a smoother road surface and longer lasting bridge once completed. The project is, however, expected to significantly impact traffic as Highway 169 will be closed for approximately one year at the bridge location (between Bren Road and 7th St.) to allow for removal and replacement of the existing bridge. There will also be occasional lane closures on other sections of Highway 169 between Highway 55 and Highway 62. MnDOT will take steps to minimize the length and impact of the road closure by using innovative construction processes to expedite the project and working with local communities and businesses to improve detour routes and provide information about the detours.

While not ideal, advantages of a full closure are:

- Reduces construction impacts from three years to one year by consolidating all of the planned Highway 169 projects
- Allows construction to occur on Highway 169 at a time when less construction is occurring on alternate routes
- Significantly reduces the risk to workers and motorists in the work zone.

Visit www.dot.state.mn.us/metro/projects/hwy169hopkins/ to learn about the project's exact start date and detours to plan your travel routes accordingly.

IMPORTANT PHONE NUMBERS:

Property Management Office
952-838-3730

After Hours Emergencies
952-838-3730

Security
612-369-1978

Leasing
Gordie Hampson
952-465-3310

TAKE NOTE OF THE UPCOMING DATES:

Memorial Day
Monday, May 30

Flag Day
Tuesday, June 14

Father's Day
Sunday, June 19

Tenant Appreciation BBQ Lunch
Thursday, June 23

Independence Day
Monday, July 4

National Night Out
Tuesday, August 2

Labor Day
Monday, September 5



Join in Bike To Work Week

Cushman & Wakefield/Northmarq's property management staff is teaming up to host several Bike to Work Week events. Northland Plaza tenants are invited to attend the following sessions, which will be held across Northland Drive at the Northland Center office complex:

Bike to Work Seminar - Wednesday, June 1st, 11:30 a.m. - 12:30 p.m.: Share tips on preparation, what to wear, riding in traffic and selecting routes. This will be held in Northland Center's Vision Conference Room on the Concourse level of the buildings. Please RSVP to Chrystal Seelhammer at chrystal.seelhammer@cushwakenm.com.

Bike to Work Day - Friday, June 3rd, Freewheel Mobile Bike Checks from 11:00 a.m. to 1:00 p.m.: The mobile bike repair trailer will take up about six parking spaces on the west side of Northland Center.



Concurrent with the bike checks on Friday, June 3rd, staff will provide sandwiches and trinkets, such as blinkie lights, and give away a "One Less Car" bicycle jersey.

Successful Commuter Challenge/Earth Day Event

Thank you for the great turnout at Northland Plaza's Commuter Challenge/Earth Day event held in April. A number of people signed up for the Challenge and approximately 430 lbs. of electronics were recycled. Congratulations on your commitment to the environment!

Parking Ramp Repairs at Northland Plaza

In an ongoing effort to maintain a quality environment at Northland Plaza, Cushman & Wakefield/NorthMarq is planning several parking ramp repair projects this summer. These repairs will encompass replacement of the north staircase with a new galvanized steel staircase as well as the continued application of traffic sealcoating on the top level.

A complete LED retrofit of all lights in the parking ramp and executive garage will also be completed in keeping with the property's LEED Certification. The LED lighting retrofit is projected to reduce energy consumption for those lights by 50 percent.

While Cushman & Wakefield/NorthMarq will work with vendors to minimize tenant disruption, the

parking ramp projects will require blocking off certain areas of the parking ramp at various times during the business day. Please watch for notices that will be sent out updating the status of the projects as we proceed in the coming months.

As a reminder, please use caution when driving in the ramp and be aware of workers in the area.



TENANT APPRECIATION
BBQ
THURSDAY
JUNE 23
11:30AM-1:30PM
PARKING RAMP LEVEL 3
DOOR PRIZES!
RAIN OR SHINE

The Summer Fun Continues . . .

Cushman & Wakefield/Northmarq has arranged for food trucks to visit Northland Plaza, TRIA Orthopaedic Center, and Northland Center during the first week of July. Following is the schedule:

Tuesday, July 5th: Hot Indian Foods
www.hotindianfoods.com

Wednesday, July 6th: Finer Meats & Eats
www.finermeatco.com

Thursday, July 7th: Outlaw Grill Truck
www.outlawgrilltruck.com

Friday, July 8th, Pharaohs Gyros Truck
www.facebook.com/pharaohsgyros

The food trucks will park at the north end of Northland Drive during the hours of 11:00 a.m. to 1:30 p.m.

Enjoy the flavors!

