

EAGLEVIEW

THE NEWSLETTER OF EAGLEVIEWSM

4TH QUARTER 2011



Nudy's Café Launches Corporate Catering and "Daily Deal"

Just in time for the holiday season, Nudy's Café now offers Corporate Catering and a breakfast sandwich "Online Daily Deal". Keeping pace with today's digital world, both services can be ordered online at NudysCafes.com.

Featuring loads of options like our signature menu items, new themed lunches and healthy choices, Nudy's Corporate Catering is sure to make any meeting or occasion a success. Your items can be delivered or picked up at a Nudy's location of your choice — you can even add Nudy's Gift Cards to your order for special guests. To view our Corporate Catering menu, or place an order online, please visit NudysCafes.com. You can also call **610.883.3141** to learn how we can help make your event a sensation.

Introducing the Nudy's Daily Deal — a fresh breakfast sandwich and coffee combo for

an unbeatable low price of \$3.99. Built to help our customers beat the morning rush and avoid waiting in convenience store lines for reheated food, the Nudy's Daily Deal is available M-F, from 7am to 10am. Orders must be placed online at NudysCafes.com, and are for takeout only. Save time and order your Daily Deal the night before for quick pick up the next morning.

Nudy's Café is always looking for ways to improve our customers' experience. We invite you to fill out contact form at NudysCafes.com and tell us about any service we could add that would benefit you and the Eagleview community.

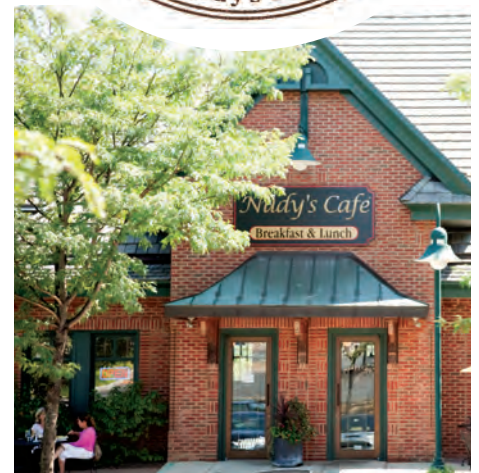
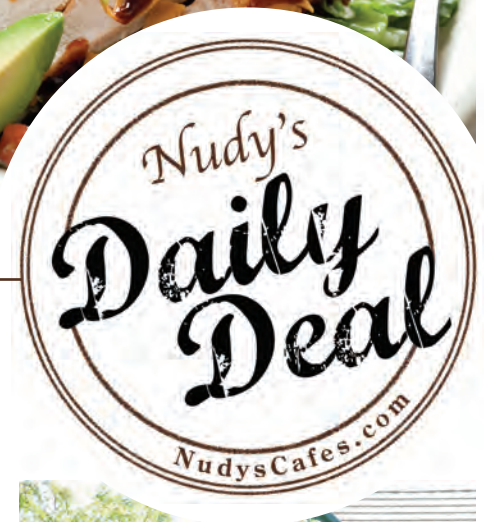
Nudys Café in Eagleview

541 Wellington Square | Exton, PA 19341

610.458.7667

7am - 4pm Monday - Friday

7am - 3pm Saturday, Sunday



Zumba & Pilates Passion for Fitness Group Classes Coming Soon!

PFF Daily Deals! Group Classes - 1st 15 new clients for \$5 a class!* 6 Personal Training Sessions for \$199*

NEW CLIENTS ONLY
OFFERS EXPIRE
1/31/2012



Passion FOR FITNESS More info on Page 2

610.458.9792

Passion-For-Fitness.com



590 Wharton Blvd
Eagleview Town Center



It's a lifestyle, not a program

610.458.9792

Passion-For-Fitness.com



Whatever type of workout you're "passionate" about, we're passionate about bringing it to you!

- Zumba
- Pilates
- Boot Camp
- Cycling
- Your Class - Your Choice

Tammy Carrasco, Zumba Instructor



Hello everyone! My high-energy zumba class is filled with fun dance moves that will inspire you to shake your hips, widen your smile, and burn calories while you're at it! I aim

towards truly creating that fun, Zumba party atmosphere while working at a pace that is accessible for all levels. Its all about having the time of your life! Dance has been a passion of mine since birth. I have a BFA in Contemporary Dance and my passion for dance and for fitness shines brightly in my class. I hope I get to meet and teach you soon!

Starting soon, Passion for Fitness will offer the best in cardio workouts, around the clock, to fit your busy schedule.

Our newly expanded studio provides a cheerful, energizing venue for the workout class of your choice. Get a calorie-burning, sweat-filled, fun workout in just an hour! A variety of dynamic classes will be offered throughout the day and evening, by qualified fitness professionals, right here in Eagleview.

Energize yourself, lose weight, and feel great in 2012. Look out for our schedule of exciting new classes... coming soon!



You can look like this!

Read Mary's testimonial in PFF's latest post on InEagleview.com

Passion for Fitness is introducing the newest trend in incumbent cycling!

- Melts away body fat
- Burns twice the amount of calories than any stationary bike
- Strengthens core
- The best interval training workout machine on the market



IT'S BACK... SUNDAY NIGHT PRIME RIB DINNER

ENJOY YOUR CHOICE OF A HOUSE OR CAESAR SALAD, SLOW ROASTED PRIME RIB, AND A GLASS OF HOUSE RED OR WHITE WINE.

ONLY \$21.95

Brickside Grille
OYSTER BAR WOOD-FIRED OVEN

EAGLEVIEW TOWN CENTER • 540 WELLINGTON SQUARE • EXTON, PA
610-321-1600 • WWW.BRICKSIDEGRILLE.COM

JOIN US FOR A WINTER CELEBRATION!
HOLIDAY PARTY | DECEMBER 9
AT EAGLEVIEW TOWN CENTER FROM 5-10 PM

at Wellington Square Books & Other Colors Gallery

 InEagleview

Keep up-to-date with all Eagleview events at InEagleview.com



Building a Health Spirit, Mind and Body at the YMCA

There are numerous benefits to working in a regular work out to your weekly schedule. By exercising at least three times per week for 60 minutes, you will notice physical changes such as weight loss; increased energy; improved cardiovascular health; and stronger bones and muscles. Likewise, you may notice an improvement in mood, that you are getting a better night's sleep, or that your concentration has sharpened. Additionally, regular exercise now is a down-payment on good health as you get older. According to the Centers for Disease Control and Prevention, you can "put yourself at lower risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity." Regular exercise has also been shown to have some effect on reducing the risk for Type II Diabetes and certain types of cancers.

Unfortunately, 60% of the US population does not participate at the recommended level of exercise. Reasons range from not having enough time to lack of support from friends & family; from finding exercise boring to a fear of being injured; and from lack of self-motivation to lack of appropriate venues (fitness centers, walking trails, bike paths and sidewalks) near their home or of-

rice. Fortunately, for those living and working in Eagleview, many of those reasons are easily overcome.

Eagleview was designed as a mixed use community of corporate, residential and retail properties. Residents and employees can take advantage of the abundant sidewalks to take a stroll. The rolling landscape lends itself to enjoyable bike rides or runs to really get the heart pumping. Best of all, situated in the Town Center is a branch of the Lionville Community YMCA - the YMCA at Eagleview. This organization's mission is to enrich the community by building a healthy Spirit, Mind, and Body

for all. The Y offers over 50 Group Exercise Classes including yoga, tai chi, zumba, step aerobics, body sculpting, cardio and more - all taught by certified instructors. In addition, there are three racquetball courts, a fully-appointed fitness center and weight-training room, as well as men's and women's saunas. There is truly something for everyone to get you up and moving or help you slow down and clear your mind.

In addition, the Y offers its members three complimentary fitness center orientations to take away any fear one may have from using the equipment or to help one learn a new machine to incorporate into a routine. Likewise, members receive one complimentary 30-minute session with a certified personal trainer. The Y also offers specialty sessions on Diabetes, Nutrition in addition to personal training.

The YMCA at Eagleview is located at 699 Rice Boulevard in the Eagleview Town Center. You can view the entire schedule online at LionvilleYMCA.org. Starting in December, the Exclusively Eagleview membership is just \$39.00/month with no joiner fee. Stop by or call today for a tour or more information at **610.458.9090**.



FIND YOUR BALANCE

FOR YOUTH DEVELOPMENTSM
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

With an Exclusively Eagleview membership and get over 50 weekly group classes, sauna, racquetball, fitness center and more!

Just \$39.00/month • NOW PAY NO JOINER FEE

YMCA AT EAGLEVIEW • 699 Rice Boulevard • 610.458.9090 • www.lionvillemca.org



Allegretto Therapy Services, LLC

Assessments/Therapy/Counseling



Jean Allegretto, M.A., CCC-SLP
Licensed Speech/
Language Pathologist

694 Wharton Blvd | Exton, PA 19341
610.715.2702
Most Major Insurances Accepted
Weekend/Evening Hours Available





Office Open
M, W & F
Besy by
Appointment

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610.458.0670 Phone 610.458.0673 Fax

Entrust your books to the Professionals

With 25 years experience, we pride ourselves on professional expertise in maintaining the bookkeeping and accounting functions, on-site bookkeeping weekly/bi-weekly, and monthly financial statements. We are licensed CBS distributors/consultants and Quickbooks ProAdvisor.



Invitations
BY • DESIGN

The Source for ALL Your Holiday Cards & Invitations

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Eagleview Town Center | Exton, PA
610.458.9565 | InvitationsByDesign.biz



HOLIDAYS AT GEMINI HAIR DESIGN STUDIO & SPA GIVE THE GIFTS THEY REALLY NEED!

GIFT CERTIFICATES

Spend \$100 Get \$10 to spend in Jan or Feb

BUILD YOUR OWN GIFT BAG OF BEAUTY

Spend \$40 or more on Redken or Pureology and receive a Free Gift!

UNDER \$20 STOCKING STUFFERS

Don't forget your holiday Gelish manicure that will last through New Years!

610.458.8809

GeminiHairDesignStudioSpa.com



Chester Springs Family Practice
Dr. Darlene Ouattara, DO
Our primary care is you

This is a solo Family Medicine practice that is warm, friendly and takes the time to get to know you and your medical history in order to provide superior personalized care. If you want more from your family doctor, call to schedule an appointment. **We are accepting new patients aged 12 & up and have Saturday hours available!**

610.321.1940
ChesterSpringsFamilyPractice.com

Mon 9am-7pm; Tue, Thurs, Fri 9am-6pm;
1st and 3rd Saturdays 9am-12pm.

AVAILABILITIES

EAGLEVIEWSM

- 410 Eagleview Boulevard
40,893 sq ft Building
8,658 sq ft Available 5,156 sq ft Available
- 411 Eagleview Boulevard
31,406 sq ft Building
3,450 sq ft Available
- 415 Eagleview Boulevard
32,408 sq ft Building
6,065 sq ft Available 1,342 sq ft Available
- 505 Eagleview Boulevard
152,345 sq ft Office Building
1st Floor Available 6,244 sq ft 7,949 sq ft
2nd Floor Available 11,015 sq ft
- 665 Stockton Drive
40,831 sq ft Office Building
26,243 sq ft Available
- 690 Stockton Drive
44,784 sq ft 3-story Office Building
1st Floor Available 3,894 sq ft
3rd Floor Available 4,674 sq ft
- 707 Eagleview Boulevard
83,320 sq ft 4-story Office Building
1st Floor Available 1,747 sq ft
2nd Floor Available 22,611 sq ft - Divisible
3rd Floor Available 1,392 sq ft 6,748 sq ft
- 710 Stockton Drive
25,000 sq ft Office/Flex Building
25,000 sq ft Available
- 717 Constitution Drive
32,413 sq ft Building
1st Floor Available 1,334 sq ft 3,651 sq ft
1st Floor Available 6,216 sq ft
2nd Floor Available 6,522 sq ft
- 760 Constitution Drive
36,685 sq ft Office Building
Garden Level Available 1,586 sq ft 2,040 sq ft
Garden Level Available 3,508 sq ft
- 120 Acres of Build-to-Suit Sites

NEW CONSTRUCTION

- 100 Sierra Drive
80,000 sq ft Flex Light Industrial Available
 - Wellington Square II
16,340 sq ft Available
 - MORGANTOWN BUSINESS PARK
93 acres of Build-to-Suit Sites
 - Westgate I
31,491 sq ft Building
4,804 sq ft Available
 - SPRING VALLEY BUSINESS PARK
25 acres of Build-to-Suit Sites
 - WEATHERSTONESM
140,000 sq ft Office/Retail (Planned)
 - CHANDLER COMMONS
90,000 sq ft Office (Planned)
- For more information contact Jack Purcell or Stacy Martin at 610.458.1900

Design Chris Vendrick
Editor Becky Reeves

 **THE HANKIN GROUPSM**
707 EAGLEVIEW BLVD | EXTON, PA
610.458.1900 | HankinGroup.com