



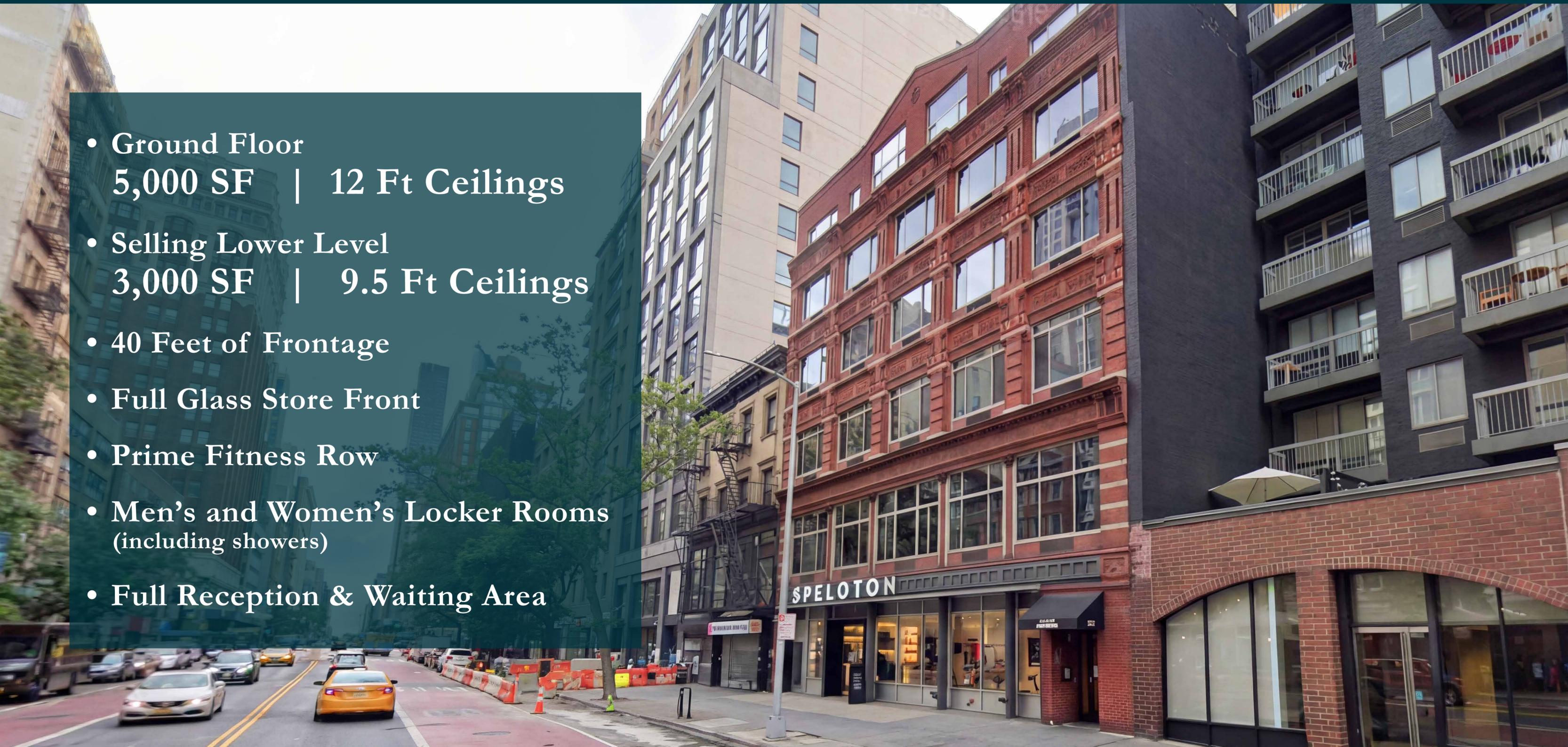
MRC

140 W 23rd St

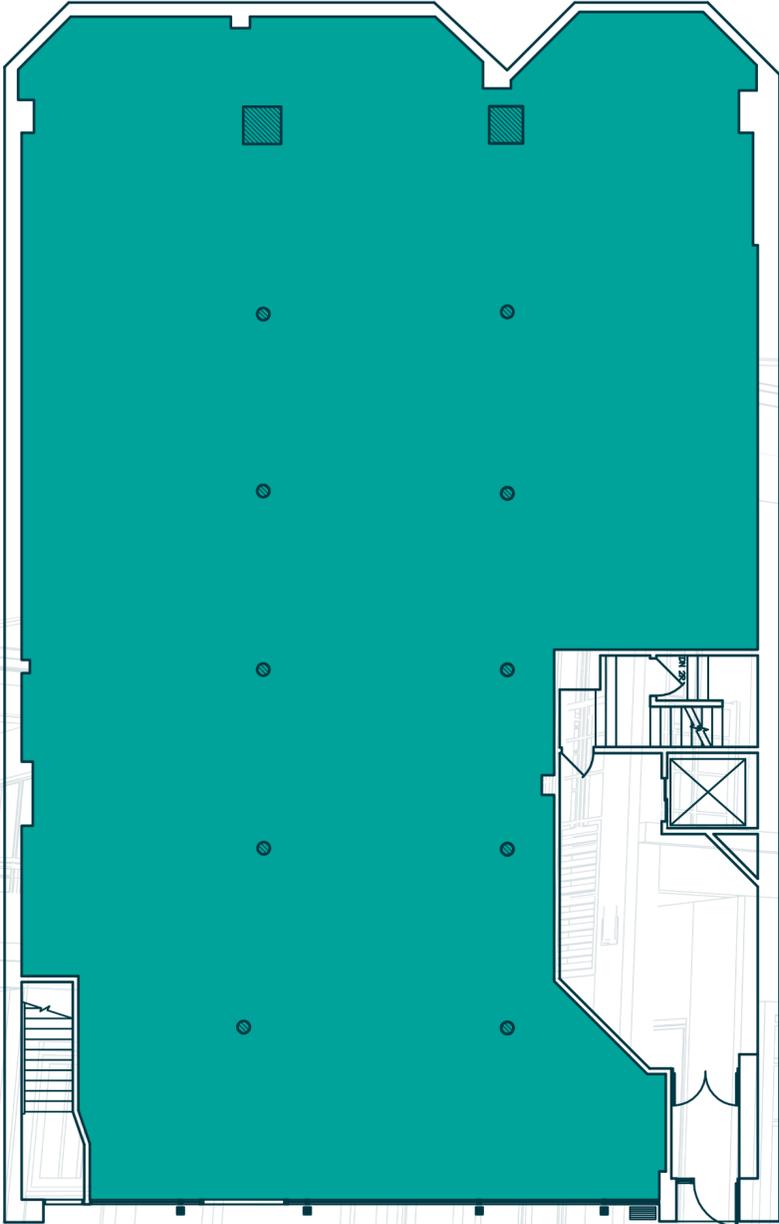
Space Details

MRG

- Ground Floor
5,000 SF | 12 Ft Ceilings
- Selling Lower Level
3,000 SF | 9.5 Ft Ceilings
- 40 Feet of Frontage
- Full Glass Store Front
- Prime Fitness Row
- Men's and Women's Locker Rooms
(including showers)
- Full Reception & Waiting Area



Floor Plans



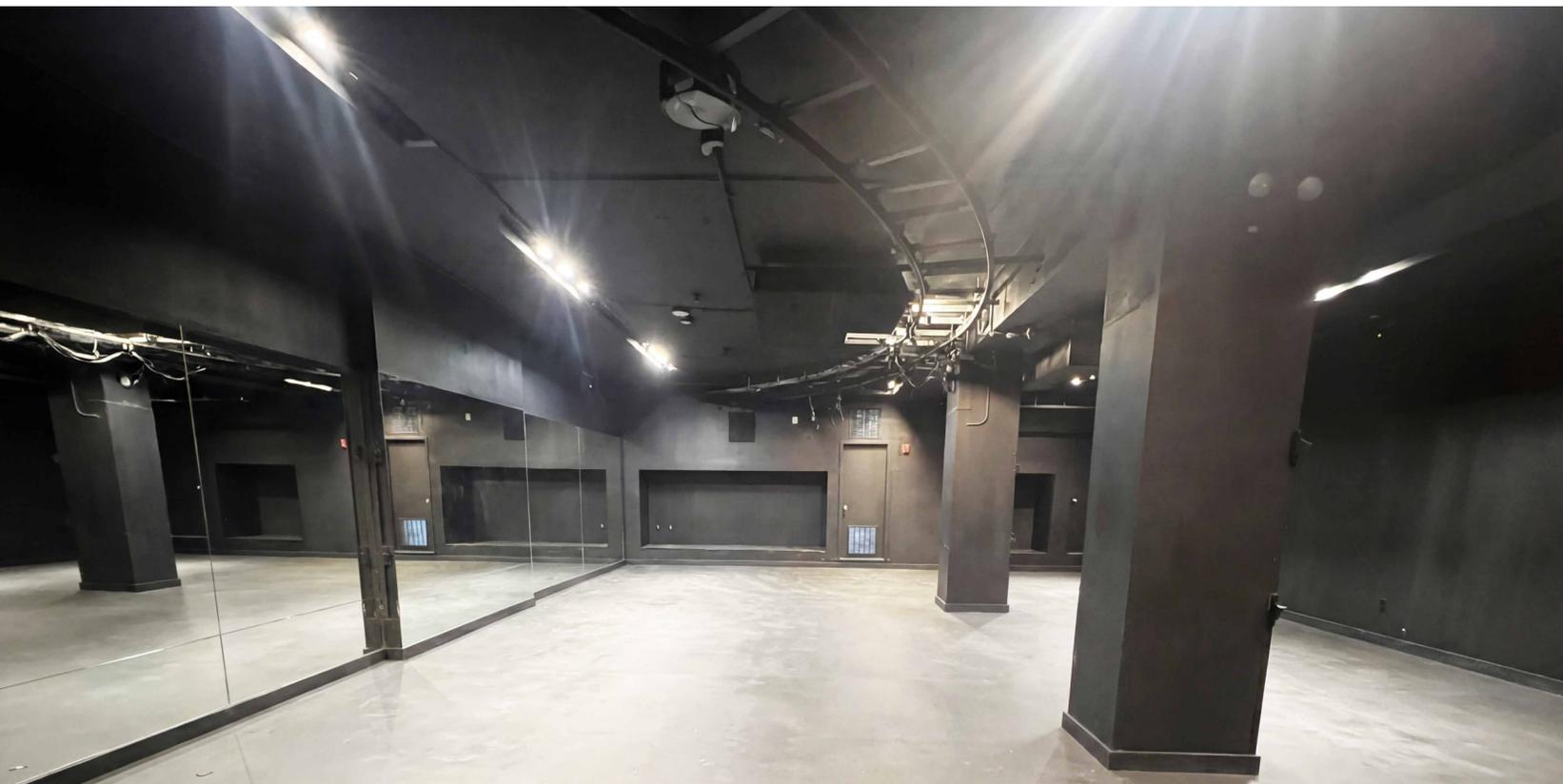
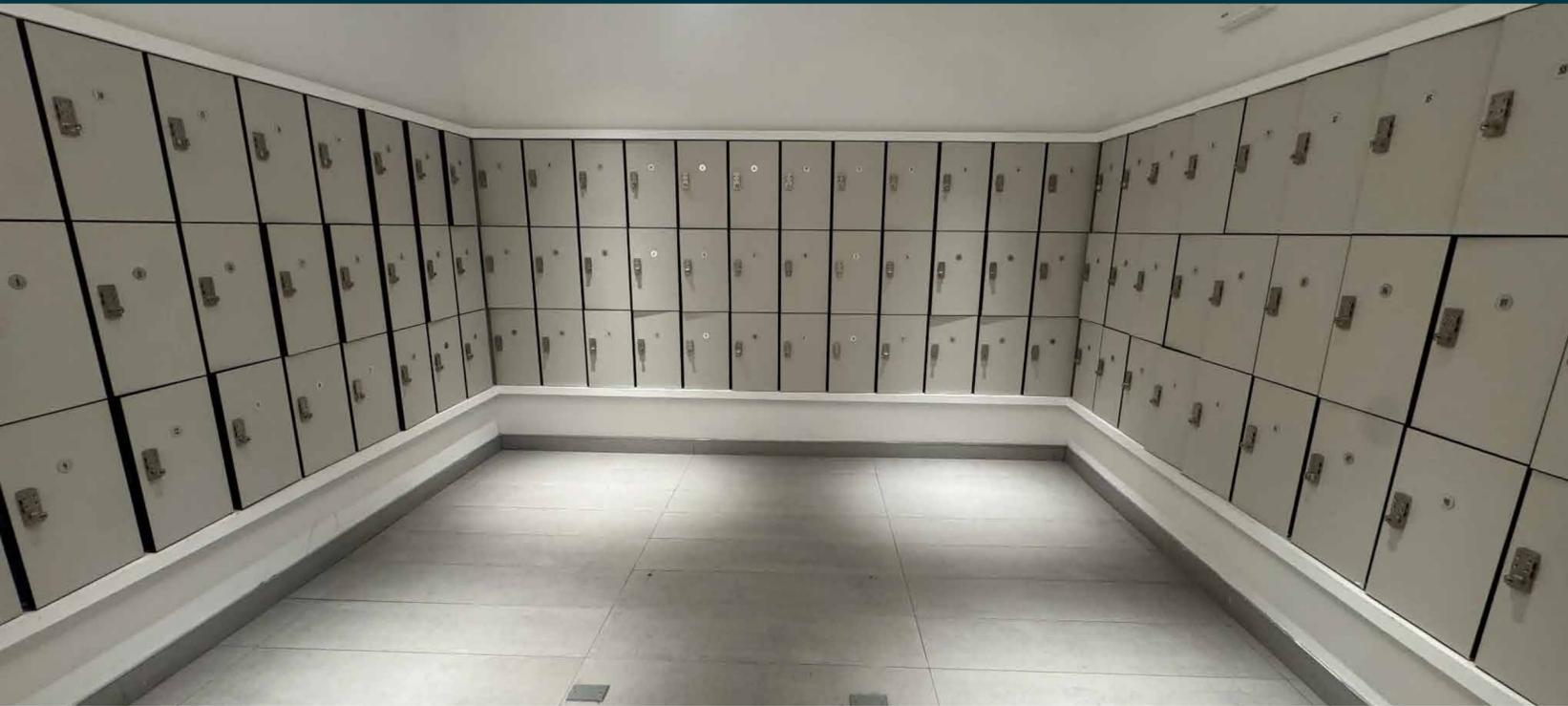
FIRST FLOOR PLAN



CELLAR FLOOR PLAN

Interior Photos

MRG



A vibrant blend of health, lifestyle, and performance-driven experiences creates a dynamic destination designed for daily engagement, community connection, and sustained foot traffic throughout the day.

WHY IT WORKS

Boutique + Premium Mix

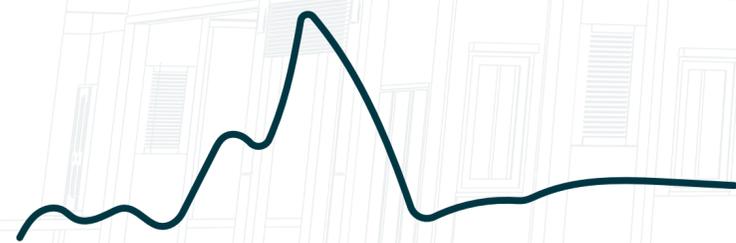
A strong combination of high-end fitness studios and accessible wellness brands drives consistent traffic across demographics.

Integrated Recovery Ecosystem

Cryotherapy, stretch labs, and wellness clinics extend user visits and enhance customer retention.

All-day Activation

Morning workouts, midday recovery sessions, and evening classes create continuous engagement.



ACTIVITY • STRENGTH • ENERGY • RECOVERY • REPEAT

NEIGHBORING TENANTS



REMEDY PL



BATHHOUSE



Location Overview



DEMOGRAPHICS



POPULATION
74,562



MEDIAN HOUSEHOLD INCOME
\$101,671



MEDIAN HOME VALUE
\$2,100,000

TRANSIT & ACCESS



SUBWAY

2 min walk to train 1, F & M



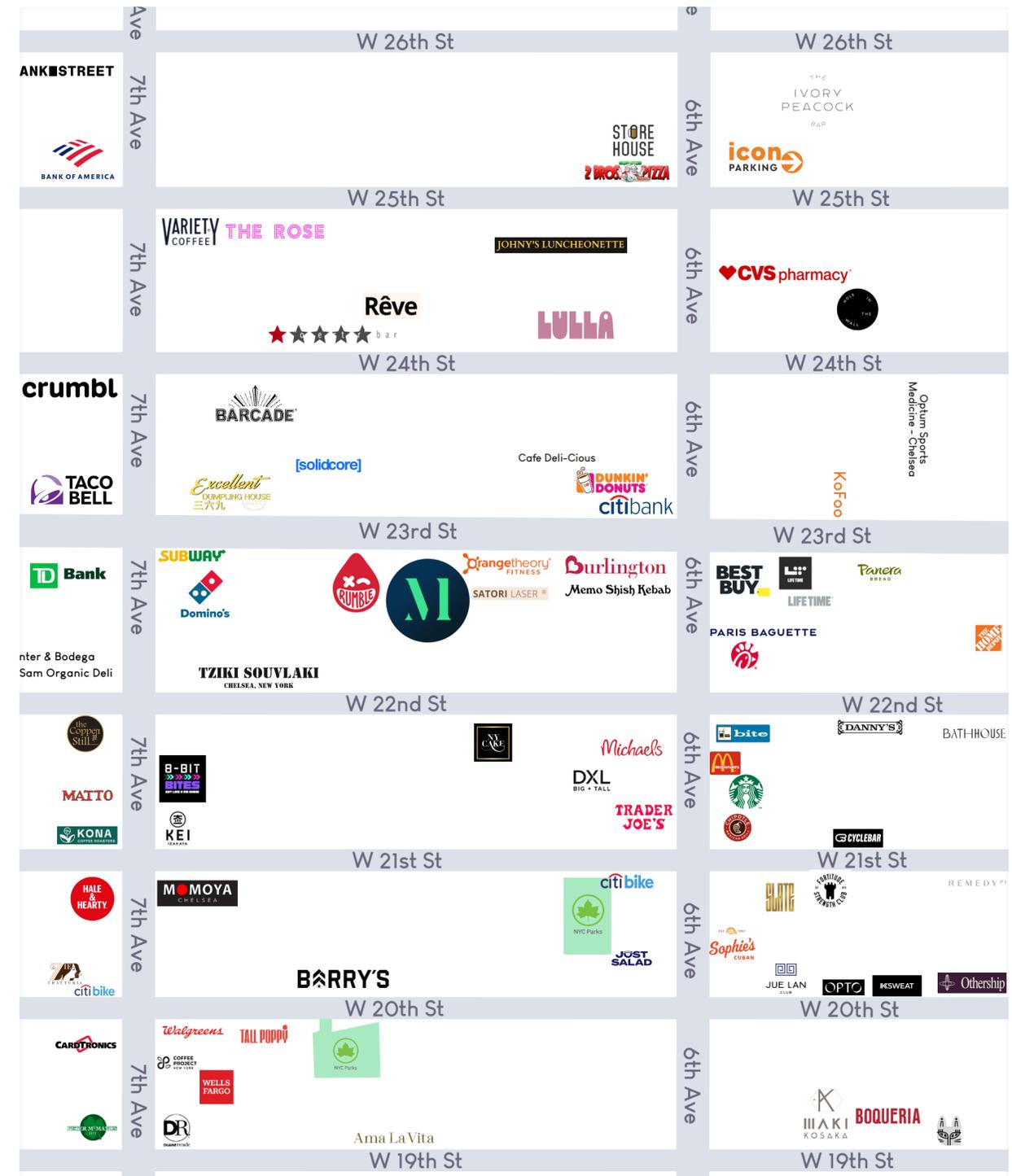
BUS

1 min walk to M23+, 3 min walk to M7, M20



AIRPORT

25 min drive to LGA, 35 min drive to JFK, 30 min drive to EWR



MRG

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