



The Bellefield Buzz

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425-289-4900

October 2017

FOCUSED ON BELLEFIELD'S TENANT AMENITY, PROGRAM AND EVENT UPDATES

ALL INFO CAN BE FOUND ON OUR WEBSITE

Bellefield's Fitness Gym - Your Comments Compiled!

We asked for comments on the Fitness gym and here are the replies! Thank you for your feedback!

Awesome (Gym)! Thank you!!" [Thank you!](#)

"Can you please put a scale in the restroom? [We have one scale in the Ladies Locker Room and a second on order for the Men's locker room.](#)

"Cable cross machine please!" "Cable/Fly Machine" [2 requests](#) "A Cable machine and curling bar would be pretty awesome!!" "Please add Peloton bikes. They are amazing workout bikes."

"Input rowing machines. Exercise equipment that work upper body muscles, etc. pecs, shoulders, etc."

"Bigger mats when doing foam rolling/floor exercise." "Medicine ball"

"Barbell, EZ Curl bar" "Assisted pull-up, cable/cross fly machine."

[After the large expenditure on the gym build out and equipment move and purchase, we have spent our budget for now. We can re-visit additional equipment purchases during budget season next spring. Thanks for the suggestions!](#)

"Thanks so much for the clean facility and for always having towels. Thanks." [We have lots of towels now!](#)

"Toilets. Bench in bathroom" [Custom benches for locker rooms were on order and are now installed. Close by restrooms are accessible from the hallway.](#)

"Why only 4 lockers?" [Lockers are for Day Use only and gym badge swipe reports rarely go above 4 people using the gym at one time.](#)

"It's beautiful! Worth the wait!" [Thank you!](#)

"It's great!! Add a standing scale. [Done Fitness Center – Wi-Fi is needed.](#)" [Posted signs for Wi-Fi password](#)

"I love that there's plenty of water supply. Bottles particularly. I wish there was music playing like speakers in the gym in case one forgets their music iPod of phone. But an awesome job so far! D.S." [We're keeping Bellefield eco-cooler cups stocked to use with the bottle filler but we can't do speakers as that will disturb neighboring office tenants.](#)

"Love it! Need waste basket for disposing wipes." [We have two waste baskets installed.](#)

"Disinfectant spray and towel work well. Wipes cause burn on bare hands." [Will remove the Clorox bleach wipes.](#)

"Shower heads are great – mats and benches would be wonderful. [Cintas mats are placed and cleaned once per week and benches installed.](#)

East-facing cardio equipment is great. I wish TVs on those machines worked. A [Direct TV service call repaired this problem.](#)

Great to have the gym back!" [Thank you!](#)

"Cool! Would be good to have a fountain for water." [One was installed with a cool water-bottle-saved counter!](#)

"Workout machine in front of dumb bells." [Installed a week after opening.](#)

"Wipes Dispenser" [Installed](#)

"Radio/Bluetooth speaker/any device that can convert TV into a Bluetooth speaker." [This would make the TV programming unavailable and everyone would have to listen to one person's music. :-\)](#) If they listen to Polka, it might be an issue for others.

"Hamper inside the shower room ☺ greatly appreciated." [We provided one main towel drop at gym's exit to make everything stay neater.](#)

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Bellefield Fitness Gym Feedback (Continued)

"TRX band would be awesome!" "TRX straps, mount 1 or 2 to the wall. ☺" **This is the wall mounted band that required super-reinforced/cement walls which wasn't possible in this space.**

"It is great to have such a nice fitness center! One minor thing, can we have the scale back? Thanks" **Done**

"Can you open the gym on Saturdays, please? ☺ Thanks!" **Gym is confirmed to be programmed to be open Saturdays.**

"Door locks/key cards are starting to malfunction." **Please let us check your card so we can address any issues!**

"Something to clean the machines with – wipes?" **Provided**

"Need Wall clock" **On order**

And Our Favorite Comment "Cookies please" **Thank you Valued Tenants!**

BravePups Return by Popular Demand Oct 11 from 11 - 1 pm! Check Culture Tab/Events to Reserve your session



#bellefieldop



EVENTS & AMENITIES

SAVE THESE DATES!

Oct 3 – Safety Training (Last Session)

Oct 11 – Last 2017 Puppy Therapy

Oct 18-20 – Pumpkin Patch and Carving Contest

Oct 25 – Corks and Canvas Harvest Moon Paint Party

Oct Fitness: Featuring the Gym Guyz Yoga and Pilates

Did you know that you, as a Bellefield tenant, can attend unlimited classes right here at BellefieldOP through our newest Fitness Provider Gym Guyz for only \$50 per month?? Please spread the word and don't miss out on this amazing opportunity to start off at their BOP introductory rate. So far, Yoga classes are held every Monday and Thursday at 5 pm and Pilates is offered every Wednesday at 5 pm. The more people sign up, the more classes will be added. But the intro rate won't last long. Contact Stacy Edwards at 425-559-4252 for more info.

www.gymguyz.com

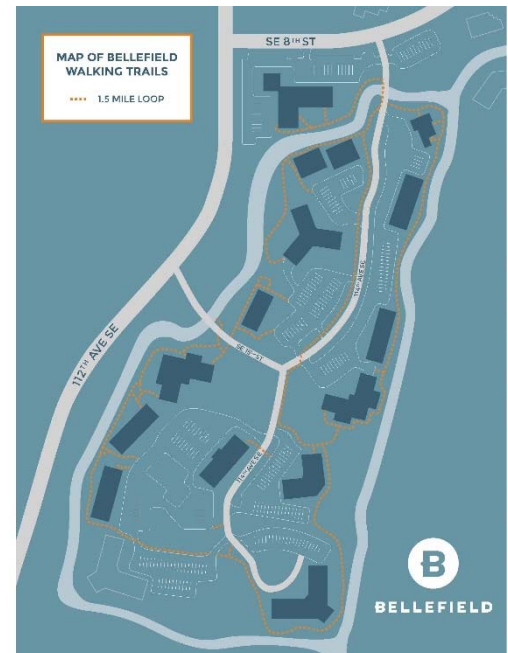


Dilettante Mocha Café

Book Your Holiday Party Early at the Mocha Café!

The Mocha Café will now open their Holiday party reservation book for BOP tenants first before they advertise to the public. Their Catering team can help you get your date reserved and then assist with everything from customizing a holiday party menu, pre-order your beverage selection to helping with décor. Just call Leah or Justin at 425-451-4086

Fall is a great time to walk the Bellefield 1.5 Loop



Harvest and Halloween Happenings!

We're celebrating the season with two festive fun events at Bellefield. Our annual Pumpkin Carving Contest on Oct 18-20 where you can pick up a free pumpkin from our Bocce Ball "Patch", carve it and then send us the photo for judging. We'll have prizes for Scariest; Most Creative; and Bellefield-Themed Carvings! We're also hosting a special **tenant-discounted/tenant only** "Harvest Moon" Corks & Canvas Paint Party on Oct 25 from 4-6 pm at the Dilettante. Pre-register yourself or your group for \$15 per person and paint a picture, drink a glass and enjoy some fall appetizers. This is SUCH a fun event. Don't miss! Enjoy the season compliments of Bellefield Programs.