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First of its kind Human Performance Center opens in Annapolis Technology Park

Elite Movement Connections, a center of independent businesses specializing in physical therapy, fitness, training, biomechanics, coaching, nutrition, and pilates, has leased a 5,045 square foot office space in the Annapolis Technology Park. The organization, a partnership which includes Brenda Shaeffer, PT, DPT, an orthopedic/sports physical therapist, Peak Performance and Wellness, a personal training, fitness, and sports performance firm owned by Ryan Morrissey, CSCS, Blue Frog Pilates, Blackburn Physical Therapy, Kinetic Motion, a triathlete coaching firm, Pinnacle Health and Wellness, a nutrition and wellness company, and Sharon Potts, a physical therapist, opened in January at 304 B Harry S. Truman Parkway, in Annapolis, Maryland.

Joined by a commitment to apply cutting edge science to their fields of expertise and maximizing human performance, together the firms' individual clients include a prestigious list of sports celebrities including the Ravens, Bay Hawks, and Orioles, and world-class collegiate athletes from the University of Maryland, UMBC, Harvard, Towson, and Limestone. The unique full-service center offers an unprecedented caliber of health and training services, including physical therapy, wellness classes, coaching, and travel coordination for marathons, triathlons, and cycling competitions worldwide. Clients and patients are not required to use the other firms in the shared space, however, discounted multi-discipline packages are available.

The state-of-the-art facility offers a 2,500 square foot gym with garage bays that open to create an outdoor setting on good weather days, a 1,500 square foot pilates studio with abundant natural lighting, three physical therapy rooms, a lecture/conference room for 30 outfitted with a large plasma screen and other high-tech presentation amenities, four private offices, and three coaching rooms.

"The location's proximity to transportation and county recreational fields, excellent parking and potential clientele from Annapolis Technology Park made the site a good fit for Elite Movement Connections," said Justin Mullen, a Real Estate Advisor with MacKenzie Commercial Real Estate Services, LLC who provided site selection, advisory, and lease negotiation services for the firm.

"Our clients travel from Florida, New York, and Virginia for treatments and training that require several days, so access to hotels, restaurants, and airports was key," said Brenda Shaeffer, a Principal and spokesperson for the partnership. "The location Justin found for us couldn't be better."

For more information on Elite Movement Connections, please visit www.elitemovementconnections.com. To learn more about tenant representation services, often available at little or no cost, please visit www.mackenziecommercial.com or contact Justin Mullen at 410.974.9008 or jmullen@mackenziecommercial.com.

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