

THE CORNERSTONE

THE NEWSLETTER OF FEDERAL RESERVE PLAZA

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Fitness Center Reopens

The renovated Fitness Center is back at full speed. With a new entrance, new rubber flooring, improved ventilation, freshly painted walls, and a new, more fluid layout, it's never been more enjoyable to get a good workout. The three 42" TV screens provide viewing from most any vantage point, and the new layout includes a designated stretching area and a larger free weight area.

Across the hall is the new Group Fitness Room where group classes are now held in a more private setting. The state of the art studio has suspended floors for shock absorption, as well as mirrored walls and a ballet barre. You'll find stability balls and some free weights in the studio, too, which also can be used outside of scheduled class times.



"The opening of the studio has also allowed us to add 4 new class times to the schedule and expand the range of the class offerings, says Leah Atkinson, the Center's Program Manager. "Personally, I'm really happy to offer introductory yoga and Pilates classes - new smaller sessions where beginners can take it at their own pace while they become familiar with these

Celebrate the Fitness Center Reopening at Open House Week

From October 26th through 30th, enjoy a free week-long membership to the Fitness Center, including access to all classes and all equipment. Contact Fitness Center Manager Leah Atkinson to schedule a brief orientation.

Welcome to **THE CORNERSTONE**, the newsletter for the Federal Reserve Plaza community. Our unique building is a cornerstone of the city. As the cornerstone of our communications, you'll continue to see here the news and events from around the building, and as always we'd love to hear your suggestions.

two great exercise styles. And of course, Zumba is a big hit," she says, about the latest Latin/hip hop dancercise craze. Other classes range from Step and the 15-minute Abs Express, to Kick & Sculpt and the mega-workout "Boot Camp."

The Center also distributes helpful information to members, including nutrition and eating tips, healthy recipes, and a monthly newsletter. The member community is lively and supportive, and what can be more convenient than an in-house 24/7 facility? Leah's guidance is a major benefit; she works closely with many members, designing specific workout plans based on an individual's goals. Heard of "penny wise and pound foolish"? Be penny wise and pound wise: try out a free membership during Open House week this month.

Did You Know?

. . . that the fire alarm system is being upgraded? The project employs the latest technology, including wall speakers and strobes, and is of course fully ADA- and code-compliant. The work is being done in off hours to minimize any intrusion, but at no point will the system be down: we are maintaining a 100% safety level from start to finish.

October is Fire Safety Awareness Month

Tenant Spotlight

The spotlight shines here on Dwyer & Collora, LLP, our neighbors on the 11th and 12 floors. A tenant at Federal Reserve Plaza since 1994, Dwyer & Collora is a boutique law firm of over 50 professionals who represent individual and corporate clients in complex civil and criminal litigation with an emphasis on white collar criminal cases, employment and business disputes, health care matters, securities issues and appeals. The firm's lawyers include former prosecutors, large firm practitioners, and

judicial law clerks skilled in resolving disputes through trials, negotiations and alternative resolution. In the last two decades, Dwyer & Collora lawyers have represented clients in nearly every major white collar criminal investigation in Massachusetts.

“Sodexo staff . . . they make you feel like family.”

Dwyer has hosted a number of events throughout the building, from their offices to the Roof Garden. Says Lassell Tinsley, who with Firm Administrator Dianne Gamere serves as a tenant representative, “We always appreciate the efforts of the Sodexo staff in Café Six Hundred, the Harborview Dining Room and the Atrium, for our events and even just day to day. They really do everything in their power to take care of everything you could need, and they're friendly and upbeat all the time – they make you feel like family.” We're glad that D&C is part of the Federal Reserve Plaza family.



D&C's Lassell Tinsley and Sodexo's Iva Rivers at Dwyer & Collora's Roof Garden event.



For more information on Dwyer & Collora, LLP link to their website at www.federalreserveplaza.com/contacts

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www.federalreserveplaza.com

LEED Update



At a recent luncheon, Building Management staff updated firm principals and representatives on various fall projects and the LEED certification process. The Leadership in Energy and Environmental Design certification is awarded by the U.S. Green Building Council, and is the nationally-recognized benchmark for the design, construction and operation of high performance green buildings. Federal Reserve Plaza is working toward certification in the Existing Building category, which has the unique challenges associated with 30 year old building systems. In pursuing our goal of reducing the building's carbon footprint, we continue our long commitment to energy efficiency and sound environmental management.



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