

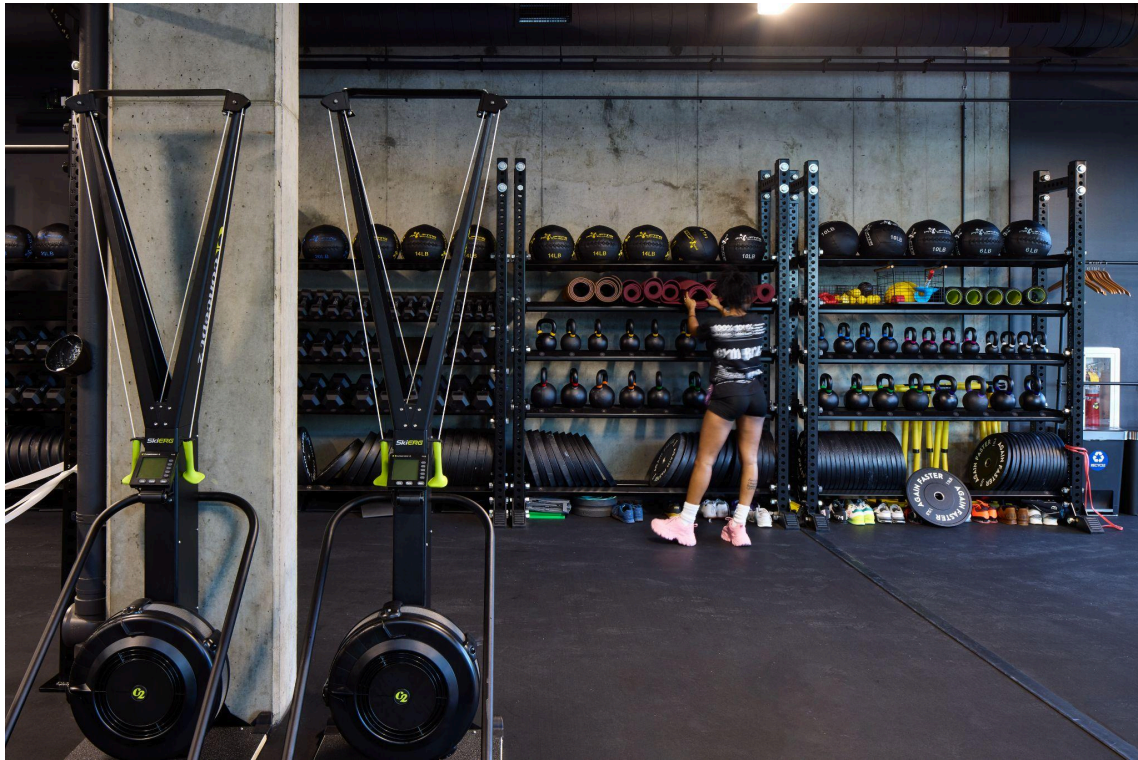
CrossFit Gym Opens in Vulcan’s Jackson Apartments

Left Side CrossFit is prioritizing inclusivity and community

(Seattle, WA) August 2024 — Left Side CrossFit is poised to make its debut in Seattle’s Central Area within Vulcan Real Estate’s Jackson Apartments, marking its inaugural location in the city. Now open, the 2,900 square foot space joins Amazon Fresh and Simply Soulful in the building bordering 23rd Avenue S. “We’re excited to bring this local small business to the Central Area,” said Geralyn Vannoy, Director of Commercial Marketing and Leasing at Vulcan Real Estate. “Left Side CrossFit will be a great addition to the neighborhood.”



Founded by Mike Lyden, a longstanding Central Area resident, Left Side CrossFit aims to address a void left by the closure of the neighborhood's last CrossFit gym in 2018, where Lyden served as a coach. Lyden has a vision of creating a welcoming environment for individuals of all backgrounds and fitness levels.



Left Side CrossFit is looking forward to being a part of a neighborhood that promotes inclusion and camaraderie. With an open-door policy, the gym will serve the diverse needs of every individual with flexible class times, potential childcare options, and opportunities for different age groups. Mike is hopeful Left Side's introduction will promote success for surrounding businesses as the gym provides space for intersection and connection.

About Vulcan Real Estate

Through strategic acquisitions and innovative development, Seattle-based [Vulcan Real Estate](#) develops and manages a diversified portfolio of high-performing quality assets, including office, life sciences, residential and mixed-use projects.

The company's integrated team of real estate professionals offers a full range of development and portfolio management services from site selection and urban planning to build-to-suit construction, leasing, financing, and asset repositioning. Its real estate model is based on quality, sustainable development that builds new value across the entire community.



Since 2000, Vulcan Real Estate has delivered \$4.6 billion in assets in 47 projects comprising 10.3 million square feet of commercial space and 3,390 residential units. Sixty-five percent of the development projects have occurred in South Lake Union, renowned as one of the largest urban redevelopment projects in the country. The company also has 855 residential units under construction in the Seattle and Eastside markets.

About Left Side CrossFit

Left Side CrossFit is an inclusive fitness community in Seattle's historic Central District. At Left Side we aim to provide a safe and affirming space for all. We believe in celebrating movement of all kinds, by athletes of all shapes and sizes, races, ethnicities, ages, genders and orientations. Kindness matters, and at Left Side we think that being a good person will always be more important than being fit. We live by these values, and hope to foster community through fun workouts, good vibes and great people.

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