

# Newsletter



## A Look Ahead

- MARCH 9: DAYLIGHT SAVING BEGINS
- WEDNESDAYS STARTING MARCH 12: GENTLE YOGA
- MARCH 16: MARCH MADNESS - SELECTION SUNDAY
- MARCH 17: ST. PATRICK'S DAY
- MARCH 19: MARCH MADNESS BRACKETS DUE BY NOON
- MARCH 20: 1ST DAY OF SPRING

## Countdown to the Court

HERE'S THE CHANCE TO SHOW OFF YOUR BASKETBALL KNOWLEDGE OR JUST PLAIN LUCKY GUESSES IN OUR MARCH MADNESS TOURNAMENT CHALLENGE! JOIN OUR GROUP & PUT SOME THOUGHT INTO YOUR LINEUP BEFORE SELECTION SUNDAY ON MARCH 16.



**PLEASE RENAME YOUR BRACKET USING THE FOLLOWING FORMAT:  
FIRSTLASTNAME\_COMPANY**

**JOIN & REGISTER YOUR TOP PICKS HERE...**

HELLO!

## Our Building Community

Nice to meet you!

We've recently welcomed fresh & familiar faces alike to our Cherrington community...

**ProMiles**

**STRATUS**

**NIPPON STEEL  
TRADING**

**wood.**

**WE'VE THRILLED TO HAVE YOU AS TENANTS!**

# Workday Wellness: Gentle Yoga

Stretch & step into spring feeling refreshed with Leigh Garbo-Minniefield of Dub Yoga Plus!

## ABOUT THIS SERIES

This nurturing, slower-paced practice, where postures are approached in gradual steps with lots of time to focus on breathing, is great for yogis of any experience. Leigh creates a well-supported & serene environment, perfect for the mid-day office escape; complete with music that really sets the tone!

### CLASS SCHEDULE

MARCH 12

MARCH 19

MARCH 26

APRIL 2

APRIL 9

Cost: \$50\* **\$15 total** for ALL 5 CLASSES

\* CBRE is subsidizing 70% of this expense!

**PAYABLE IN ADVANCE VIA CC ONLINE**

Time: Wednesdays 12:00-12:30pm

Location: 300 Cherrington; 3rd Floor

Please follow posted signage to the room.

Class Size: 15 people (first come, first serve)

Registration closes once class size is met.

**REGISTER FOR CLASSES HERE!**

## Happy Birthday to... YOU!

Enter for chance to win a gift card & be featured in our newsletter during your birth month...

MARCH 6 | SCOTT HATFIELD W. CEC, INC.

MARCH 10 | JIM O'MARA W. MS CONSULTANTS

MARCH 13 | BRITTANY JONES W. SSAB INC

MARCH 15 | BROOKE MALLOY W. CBRE

MARCH 20 | DAVID PARISE W. CEC, INC.

MARCH 25 | RACHAEL BOWERS W. SSAB

MARCH 25 | VICTORIA LIVINGSTON W. AMSTED RAIL

MARCH 27 | BOB BRESSLER W. MS CONSULTANTS, INC.

MARCH 31 | DANIELLE ROGER W. SSAB

Birthday missing?! Re-enter for our 2025 drawing using link on last page!

**WINNERS ARE HIGHLIGHTED & MUST CLAIM PRIZE IN PERSON**

## Garden Report

Winter may seem quiet but our pollinator garden is still buzzing with life —

MANY INSECTS OVERWINTER BY GOING DORMANT, A STATE CALLED DIAPAUSE, BURROWING UNDERGROUND, OR SEEKING SHELTER IN TREE BARK & LEAVES. THEIR METABOLISM SLOWS IN ORDER TO CONSERVE ENERGY & BE READY TO EMERGE WHEN SPRING ARRIVES.

OUR INSECT HOUSE PLAYS A KEY ROLE GIVING OUR TINY POLLINATORS A COZY SPOT NEAR VEGETATION & A PLENTIFUL WATER SOURCE TO WAIT OUT THE COLD. BY THE END OF THIS MONTH, THEY'LL EMERGE, READY TO GET BACK TO WORK, KEEPING OUR GARDEN BEAUTIFUL!



THANK YOU TO LEXI KRONANDER WITH CIVIL & ENVIRONMENTAL CONSULTANTS, INC. FOR TAKING THE LEAD ON THIS MONTH'S GARDEN REPORT.





# Tenant Amenities at Cherrington

## Amenity Center



GROUND FLOOR  
BUILDING 300



MONDAY - FRIDAY



6AM - 6PM

LOOKING FOR A CHANGE OF SCENERY OR A BREAK FROM THE OFFICE? EXPLORE OUR TENANT AMENITY CENTER WHICH OFFERS AFFORDABLE CONFERENCE & TRAINING ROOMS WITH CONVENIENT ACCESS TO PATIO, TENANT LOUNGE, WI-FI, PROJECTOR OR SMART TV, WHITEBOARD, & PLENTY OF COMFORTABLE SEATING.

**CONTACT BROOKE FOR A TOUR!**



## Fitness Center



GROUND FLOOR BLDG. 300



MONDAY - FRIDAY



6AM - 6PM



OUR STATE-OF-THE-ART FACILITIES HAVE SOMETHING FOR EVERYONE WHETHER YOU'RE LOOKING TO REDUCE STRESS, ENHANCE PHYSIQUE OR SIMPLY FIND A MOMENT OF PEACE AMIDST YOUR BUSY DAY...

### EQUIPMENT INCLUDES:

(2) TREADMILL, (2) ELLIPTICAL, (1) MULTI-GYM, FREE WEIGHT STATION, SHOWERS & LOCKER AREA ONSITE & MORE!

## Onsite ATM



GROUND FLOOR BLDG. 300



\$3 STANDARD FEE



24/7 ACCESS

## Notary Service



OFFERED AT NO EXPENSE  
TO OUR TENANTS!



CARMEN.BOCHICCHIO@CBRE.COM  
412-921-8500

## 2025 Amenity Center Rental Rates

Lucky you! Your favorite office park amenities are now more affordable...  
EFFECTIVE FEBRUARY 1, RATES FOR THE AMENITY CENTER ROOMS ARE PRICED AS BELOW:

### CONFERENCE ROOM

HOUR: \$25  
½ DAY: ~~\$100~~ | \$50  
FULL: ~~\$200~~ | \$100

### TRAINING ROOM

HOUR: \$50  
½ DAY: ~~\$200~~ | \$150  
FULL: ~~\$350~~ | \$200

### ENTIRE FACILITY

½ DAY: ~~\$300~~ | \$200  
FULL: ~~\$500~~ | \$300

**CHECK AVAILABILITY ONLINE WITH OUR PORTAL!**

# Notes From Management

## MAINTENANCE REQUESTS

CHERRINGTON CORPORATE CENTER UTILIZES AN ONLINE WORK ORDER SYSTEM. CBRE TENANT SERVICES PORTAL PROVIDES A USER-FRIENDLY SYSTEM THAT ENSURES YOUR SERVICE REQUEST IS RECEIVED, PROCESSED, ADDRESSED TIMELY, & ENABLES TRACKING OF YOUR REQUEST TO ITS COMPLETION. YOUR USE THE PORTAL WILL ALSO HELP US ADDRESS YOUR REQUESTS MORE EFFICIENTLY. WE STRONGLY ENCOURAGE USE OF THIS SYSTEM TO PLACE NON-EMERGENCY REQUESTS. [WWW.CBREtenantREQUESTS.COM](http://WWW.CBREtenantREQUESTS.COM)

## DESIGNATED SMOKING AREAS

PLEASE BE REMINDED THAT ALL BUILDING ENTRANCES ARE NON-SMOKING! SMOKING INSIDE THE BUILDING IS STRICTLY PROHIBITED, INCLUDING THE USE OF ANY ELECTRONIC DEVICES. THERE ARE DESIGNATED SMOKING AREAS AT EACH BUILDING. SMOKING IS NOT PERMITTED ANYWHERE OTHER THAN THIS LOCATION. PLEASE DISPOSE OF YOUR CIGARETTE BUTTS IN THE PROPER RECEPTACLES TO ELIMINATE POTENTIAL FIRE RISKS, LITTER & ADDED CLEANING EXPENSE.

## RECYCLING

CHERRINGTON OFFERS A RECYCLING PROGRAM THAT ACCEPTS THE FOLLOWING ITEMS: PLASTIC BOTTLES & CONTAINERS, FOOD & BEVERAGE CANS, PAPER, & FLATTENED CARDBOARD. IT IS REQUIRED THAT ALL TENANTS BREAK DOWN ANY CARDBOARD BOXES PRIOR TO DISPOSING. THE JANITORIAL STAFF HAS BEEN INSTRUCTED TO NOT DISPOSE OF BOXES THAT HAVE NOT BEEN BROKEN DOWN. THANK YOU FOR YOUR COOPERATION.

## DELIVERIES

ALL MAJOR MOVES NEED TO BE SCHEDULED WITH OUR OFFICE AFTER 5:30PM DURING THE WEEK & ANYTIME SATURDAY & SUNDAY. PLEASE CONTACT THE MANAGEMENT OFFICE PRIOR TO ANY LARGE DELIVERY. PLEASE ALSO REMIND DAILY DELIVERY DRIVERS TO USE LOADING ZONES FOR ANY DELIVERIES.

## NOTARY SERVICES

NOTARY SERVICES ARE AVAILABLE & OFFERED AT NO EXPENSE FOR OUR TENANTS. PLEASE CONTACT CARMEN BOGHICCHIO AT 412-921-8500 OR [CARMEN.BOGHICCHIO@CBRE.COM](mailto:CARMEN.BOGHICCHIO@CBRE.COM) FOR MORE INFORMATION.

## LINKS

[CBRE Portal](#)

[Yoga Registration](#)

[Join the Madness](#)

[Enter Your Birthday](#)

[Facebook](#)

[Instagram](#)

[Amenity Center Tour](#)

[Request Gym Access](#)

[Schedule Notary Appt.](#)

[Leave Feedback](#)

[Newsletter Signup](#)

## CBRE Management Team



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