



RAV Properties secures 12,500 s/f lease for Hercules Gym

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RAV Properties, LLC, a Jamesville-based real estate investment company, revealed new multi-year tenancy at 6361 Thompson Rd., a mile south of exit 35 off the NYS Turnpike.

Hercules Gym, a local institution for over thirty years, recently changed ownership and signed a multi-year commitment to anchor their training facility at 6361 Thompson Rd. The 12,500 s/f space features an indoor turf for 40 yard dash, Olympic lifting platform, two powerlifting monolifts, Okie dead lift bar, complete range of dumbbells from 1 to 200 pounds, competition bench press, men's and women's locker rooms, showers, 19 foot ceilings, multi-discipline workstations and more. Award winning weightlifting devotees Rheta West and Pete Knutsen are excited to expand what Hercules Gym already offers and look forward to welcoming the community for training, meets and gatherings.

"We hope to build a reputation of intelligent, creative and effective training with professional trainers who have a solid experience and background." The property has plenty of parking and is easy to find, about ½ mile south of Carrier Circle.

West and Knutsen are also seeking trainers looking for a comfortable, secure place to call home. Anyone who would like to inquire should speak with West or Knutsen.

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