

AIRPORT TOWER



January Newsletter 2025

Airport Tower wishes you...

HAPPY NEW YEAR

2025

As we welcome the new year, we want to extend our heartfelt thanks for being our tenant over the past year. It has been a true pleasure supporting your business needs, and we are grateful for the trust you've placed in our management team.

Looking ahead, we are excited to continue to provide a space that fosters productivity, collaboration, and success. We wish you and your team a prosperous, healthy, and fulfilling year!

Thank you for being a valued part of our building. Here's to a great 2025!

Welcome to Airport Tower!

CHRISTOPHER QUEVEDO



AIRPORT TOWER SECURITY

Please join in welcoming Chris to the Airport Tower Team, in the role of Security Post Commander! Chris is excited to get to know each of you and is dedicated to keeping our facility safe and secure.

ABOUT ME

Hey there! I'm Christopher—a Costa Mesa native with a passion for adventure! I am currently studying at Orange Coast College. I love staying active, whether it's at the gym or exploring new places. My latest trip was to Joshua Tree—what an incredible spot! Here's a fun fact about me: I speak French! Oui, ça va? So whether it's a chat about fitness, travel, or languages, I'm always up for a conversation! I can't wait to connect and swap stories with all of you!

2025 Kickstart **FITNESS** CHALLENGE

MOVE YOUR BODY • FEEL BETTER • WIN PRIZES

How to Participate:

Be Active, Get Social and Share the (Fitness) Love during your workday!
See next page for activities and details.

Provide proof of participation for each activity via email to airporttower@mullerco.com or class sign-in sheet. Points will be totaled at the end of each week. Include name, suite number, and a **photo** or **fitness tracker** screenshot with email check-ins.

Evening Splash Classes!

Restorative Yoga with Elissa on Thursday, January 16th at 5:15PM (Flex Room)

Stretch and unwind with yoga, movement & self-care practices. Move your body, reduce stress & return to your day feeling calm, centered & relaxed.

Lift and Tone with Ellen on Thursday, January 23rd at 5:15PM (Flex Room)

Increase muscular strength and endurance while improving mobility & balance. The level of intensity is tailored to you, making this an accessible, challenging workout for every level.

Zumba with Jan on Wednesday, January 28th at 5:15PM (Flex Room)

An energizing fitness class that feels like a party! With rhythmic, upbeat music you'll move your body, get your heart rate up, boost endurance & have a great time doing it!

January 2025

CHALLENGE DATES
January 7th- 28th
Monday - Friday



MULTIPLE
WAYS
TO
WIN

MOVE YOUR BODY • FEEL BETTER • WIN PRIZES

For each activity, provide proof of participation daily via email or class sign-in sheet. Points will be totaled at the end of each week.

EARN POINTS

- Be Active:** **Pts**

Attend Hub Fitness Classes **4**

Workout in the Gym..... **3**

Take a walk outdoors (10K Steps a Day) **3**

Play (Rec Room Games, Mini Golf, Cornhole in the Courtyard)..... **2**
- Personal Wellness:** **Pts**

7 Hours of Sleep a Night **3**

64oz of Water Consumed a Day **3**
- Share the Love :** **Pts**

Bring someone new to class..... **5**

Work out or attend class with colleagues, go for a group walk, etc..... **4**

HOW TO LOG POINTS

Onsite Classes: Be sure to sign in before class with full name and suite number.

Email: Submit entries via email, send a picture of your activity or a screenshot of your fitness tracker with name(s) and suite number(s) for yourself or your group to: airporttower@mullerco.com

January 2025 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Strength & Conditioning 12:10pm	3 Yoga & Movement 12:10pm
6	7 Mat Pilates 12:10pm	8	9 Strength & Conditioning 12:10pm	10 Yoga & Movement 12:10pm
13	14 Mat Pilates 12:10pm	15	16 Strength & Conditioning 12:10pm	17 Yoga & Movement 12:10pm
20	21 Mat Pilates 12:10pm	22	23 Strength & Conditioning 12:10pm	24 Yoga & Movement 12:10pm
27	28 Mat Pilates 12:10pm	29	30 Strength & Conditioning 12:10pm	31 Yoga & Movement 12:10pm

GYM & FLEX ROOM

ETIQUETTE REMINDERS

What We Learned

Gym Attire: Please be sure to wear appropriate gym shoes to protect both yourself and the equipment. Shirts must be worn at all times.

Keep Equipment In Place: To ensure safety and proper use, please refrain from moving workout machines and stationary benches.

Rerack Weights: Following your workout, please rerack your weights and place mats, bands, and other equipment in their designated areas.

Personal Music: Please keep music to a personal volume with headphones to respect everyone's workout experience

Clean Up After Yourself: We kindly ask that you wipe down equipment after use to help maintain a clean and sanitary space for all.

Thank you for being considerate and helping keep our gym a great place for everyone to work out. Let's make this year our best yet!

Fitness Center Hours

- Open daily, excluding holidays
- 5:00AM -8:00PM
- For Tenant use only, with a current waiver on file.

Contact Info

Email: airporttower@mullerco.com

Phone: 949.460.5380

CROISSANT DAY!

JANUARY 30TH 8-9AM

WHILE SUPPLIES LAST



STOP BY THE LOBBY AND TREAT YOURSELF TO A DELICIOUS CROISSANT TO KICKSTART YOUR DAY! AVAILABLE IN THE LOBBY FROM 8-9 AM WHILE SUPPLIES LAST. DON'T MISS OUT, JOIN US!

HVAC PM SCHEDULE

PLEASE BE ADVISED THAT HVAC PREVENTATIVE MAINTENANCE WILL BE CONDUCTED THROUGHOUT THE BUILDING. PLEASE LOCATE YOUR FLOOR, DETAILING THE SPECIFIC SCHEDULE FOR THE MAINTENANCE ACTIVITIES.

1/13- 1/17	1st & 2nd Floors
1/20-1/24	3rd & 4th Floors
1/27-1/31	5th & 6th Floors
2/3-2/7	4th & 5th Floors
2/10-2/14	7th & 8th Floors
2/17-2/21	9th & 10th Floors
2/24-2/28	11th & 12th Floor
3/3-3/7	14th & 15th Floor
3/10-3/14	16th Floor

MANAGEMENT OFFICE

Suite 400
949.460.5380



DRY CLEANING

Green Hanger Cleaners
949.891.4218
info@greenhangercleaner.com



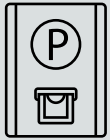
BUILDING SECURITY

949.254.7808



PARKING SERVICES

657.520.8805



SERVICE REQUESTS

www.airport-tower.com
Select "Tenant Log In"



PRESS & MOKA COFFEEHOUSE

949-852-8222
PressAndMoka.com



CAR WASH

Pronto Wash
714.342.9621
prontowashirvine@gmail.com



MANAGEMENT & OPERATIONS TEAM

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SENIOR PROPERTY MANAGER

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Tatiane Hampton

PARKING MANAGER

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Carmen Ogle

DAYPORTER

After Hours Emergency Service

949.580.2053