



THE SHIPYARDS DEVELOPMENT LTD.

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FOR IMMEDIATE RELEASE

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**METHOD INDOOR CYCLING AND NOOK RESTAURANT
JOIN THE SHIPYARDS DEVELOPMENT IN LOWER LONSDALE**

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NORTH VANCOUVER, BC – Quay Property Management Corp., developers of The Shipyards, is pleased to announce the two newest tenants at The Shipyards development: Method Indoor Cycling and Nook. These exciting businesses will be joining JOEY Restaurant Group and Executive Hotels & Resorts, which were announced April 2017.

With the surging trend of spin studios, Method Indoor Cycling offers a unique indoor cycling experience. When asked about Method, founder Jamie Armstrong states “our philosophy at Method is simple: we are passionate about healthy, active lifestyles. Building a community of exceptional humans and challenging them to achieve whatever they set out to do, is our purpose.” With regards to their first North Vancouver location, Jamie adds “we are very excited to take our leadership, knowledge and experience to North Vancouver. We are excited to contribute to the culture and community with our vision for health, lifestyle and fun approach to cycling!”

This will be the third location for Method Indoor Cycling, with two existing locations in Kitsilano and West Vancouver. Method’s location at The Shipyards will feature floor to ceiling windows, with patio space adjacent to the studio.

Nook is a rustic Italian restaurant that features handmade pasta and pizza, in a lively and intimate environment. This will be the first North Shore location for owner Mike Jeffs, who already operates four locations throughout Vancouver. Each of Nook’s restaurants is a staple of fresh comfort food in their respective neighborhoods. Jeffs also owns and operates Tavola and The Odd Fish, both also in Vancouver.

Quay Property Management hosted an open house event today at the Pipe Shop Venue at The Shipyards, to provide updates on the project, and announce these two exciting new tenants. At the event, Gary Mathiesen, president and owner of QPM summarized the project as “a world class waterfront destination like no other,” Mathiesen added “early in the new year we will be announcing more exciting businesses joining The Shipyards, which will include a coffee shop, bike rentals, a boutique spa, and lots more.”

The Shipyards development is currently scheduled to be complete in early 2019, with components of the design and development being carried out in partnership with the City of North Vancouver. The development will include an outdoor water park in the summer and skating rink in the winter.

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Quay Property Management Corp., parent company of The Shipyards Development Ltd., is a locally owned company with more than 35 years of experience in property development, management and programming. QPM's diverse history provides a strong foundation based on leisure and entertainment properties, tourist destinations, and place making. QPM is also the parent company of Lonsdale Quay Market, located to the west of The Shipyards, and currently operates The Pipe Shop Venue for special events rentals.

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