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## **NORTHERN TRUST**

INVESTMENT | DEVELOPMENT | REGENERATION

### **PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

Date: 5<sup>th</sup> October 2020

## **FULL HOUSE AT ROYAL OAK TRADING ESTATE FOLLOWING FITTER BODY LADIES LETTING**

Whittle Jones; managing agents acting on behalf of Northern Trust are pleased to confirm that they have completed the letting of Unit 23 at their Royal Oak Trading Estate in Daventry to Fitter Body Ladies. The letting was completed on a 3 year lease agreement and now means that the estate is fully occupied.

Fitter Body Ladies was co-founded by husband and wife team, Ricky and Alex Knight, and aims to help ladies over 30 live a healthier lifestyle.

They started the company because Alex struggled to find any gyms or studios that were for ladies only and also helped to provide guidance regarding weight loss and nutrition. She was a Mum of 2 children and just wanted to get back to feeling the way she did before having kids.

So in 2012, Ricky left his 17 year career in Financial Services to help Alex launch Fitter Body Ladies in Northampton. After 5 years of testing things out, they decided to then grow the business through franchising. The newest location in Daventry is the seventh one with 2 more due to open by December 2020 and then plans for another 10 in 2021.

Ricky says "It's so important for us to find reliable partners like Whittle Jones that can help us meet these ambitious growth plans"

Alex adds "It's great to see the positive impact that we have on local communities when ladies join us to transform the way they look and feel. Our members continue to inspire me when they join us having always hated exercise and then within a few weeks, they're addicted! – they have more energy, more vitality and so much more confidence"

Fitter Body Ladies already occupies a unit at Northern Trust's Leyland Trading Estate in Wellingborough.

Caroline Jones, Lettings Manager at Whittle Jones Midlands said "Fitter Body Ladies are a current tenant of ours at Leyland Trading Estate in Wellingborough, and I am delighted they have chosen to expand their operations within the portfolio by taken the additional unit in Daventry. Ricky and Alex have been great to work with and it is fantastic to see the company grow."

Royal Oak Trading Estate totals over 45,000 sq ft of industrial / trade counter units and comprises 31 units arranged in 6 terraces with individual units ranging in size from 1,093 sq ft up to 1,743 sq ft.

The Midlands portfolio extends to over 1.2 million sq ft in over 940 units. For current availability contact us on 0121 523 2929 or via email at [midlands@whittlejones.co.uk](mailto:midlands@whittlejones.co.uk).

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*Notes to Editors:*

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**Northern Trust** is a privately owned company, established in 1962, with a successful track record in property investment, development, land management and regeneration.

The existing property portfolio extends to almost 8 million sq ft of industrial, trade counter and office parks, together with more than 5,000 acres of land throughout the UK, with circa 1,500 acres currently being promoted through the planning process for mixed use development.

**Northern Trust** works closely with house builders, local authorities and special purchasers in bringing forward regeneration opportunities; and secures planning for circa 2,000 new homes a year. Our current projects covering more than 50 sites incorporate a mixture of uses including the potential of bringing forward a further 6,000 new homes.

In addition, **Northern Trust** has developed over 3 million sq ft of commercial space in over 50 locations with a further 0.5 million sq ft currently under construction or with planning being prepared for commencement on site within the next year. The company also benefits from a supplementary land bank for the longer term.

The Commercial and Industrial portfolio contains circa 4,000 individual units with unit sizes ranging from as little as 285 sq ft up to c 50,000 sq ft and office suites from as little as 1 person upwards. Premises are situated in over 200 separate locations and the portfolio extends from the South Midlands to the central belt of Scotland. Through recent acquisitions and development almost 1 million sq ft has been added to the portfolio. The portfolio is actively managed by Northern Trust's in-house surveying practice **Whittle Jones**. **Whittle Jones** have regional offices in the North West, North East, Yorkshire, Midlands and Scotland.

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New and existing customers looking for industrial and office accommodation can search the [Whittle Jones website](#).

**Northern Trust** has substantial funds available for new investment, development, and regeneration initiatives throughout the UK. For further information on **Northern Trust** please visit our website at [www.northerntrust.co.uk](http://www.northerntrust.co.uk)