

# TENANT RESOURCES

## *TENANT AMENITIES SERVICES*

McFarland Clinic	<a href="https://www.mcfarlandclinic.com/doctors/locations/ames/south-ames-office">https://www.mcfarlandclinic.com/doctors/locations/ames/south-ames-office</a>
Lily Pad Learning Center	<a href="https://www.lilypadlearningcenter.com">https://www.lilypadlearningcenter.com</a>
Ames Racquet and Fitness Center	<a href="https://www.amesracfit.com">https://www.amesracfit.com</a>
NuCara Pharmacy	<a href="https://www.nucara.com">https://www.nucara.com</a>
Studio 7 Salon	<a href="https://www.studio7ss.com">https://www.studio7ss.com</a>
Provisions Lot F	<a href="https://www.provisionsames.com">https://www.provisionsames.com</a>
Tedesco ELC	<a href="https://www.storycountyiowa.gov/1369/Tedesco-Environmental-Learning-Corridor">https://www.storycountyiowa.gov/1369/Tedesco-Environmental-Learning-Corridor</a>
Lifestream Clinic	<a href="https://lifestreamclinics.com">https://lifestreamclinics.com</a>
Ames Cycling Center	<a href="https://amescyclingcenter.com">https://amescyclingcenter.com</a>

NOTE: It is up to the individual department to determine if and how Research Park tenants may utilize their services.

# TENANT RESOURCES

## *ISU SERVICES*

Bookstore (delivery service)	515-294-5684
Bus Service and Schedule	515-292-1100
Central Stores	515-294-0408
Chemical Stores	515-294-4413
Child Care Resources	515-294-8833
Comfort Zone (for mildly ill children)	515-294-3333
Conference Services	515-294-6222
Copying Services (pick up and delivery service)	515-294-7691
Library	515-294-3642
Instructional Technology Center	515-294-8022
Outdoor Recreation Services	515-294-8200
Photo Service	515-294-4807
Post & Parcel	515-294-7790
Printing	515-294-3601
Recreation Center Services	515-294-7140
University Community Child Care	515-294-9838

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# TENANT RESOURCES

## *SIGNAGE*

Signage (company name, suite number and company/center logo, if desired) is to be placed on front window and or/canopy. Contact the Manager of Facilities Services and she will arrange it. Typeface and placement are subject to Park approval. **Signage costs are billed to Park tenants.**

## *CUSTODIAN, TRASH REMOVAL & RECYCLING*

Tenants are responsible for acquiring their own custodial services. Contact the Manager of Facilities Services for recommendations.

- Dumpsters at Buildings 1, 2, 3, 4, 5, 6, 7, & 11 are emptied on Tuesday, Thursday, and Saturday (only office waste may be placed in dumpsters).
- Microwaves, scientific equipment, etc. are the tenant's responsibilities. For appliance removal, contact a local trash removal company.
- The Research Park provides a service that recycles cardboard boxes once weekly-place all packing materials in the regular trash, flatten the boxes & place all cardboard boxes in the following locations. Place the flattened cardboard in the dumpsters specifically labeled for cardboard. Do not put regular trash in the cardboard only dumpster.
  - Building 1 - behind the building
  - Building 2 - enclosed area at northwest corner of the building
  - Buildings 3, 4, 5, 6 & 7 - within the dumpster enclosures

## *BUSINESS DESCRIPTION*

Please provide the ISU RP with a brief business description of your business to be added to our Tenant Directory. Please also include your company's logo and website information for placement on our website.

# TENANT AMENITIES

## *PROVISIONS LOT F*

Provisions Lot F is located in the North Loop of the Iowa State University Research Park. They take pride in hiring and nurturing a remarkable staff that is notable for its friendliness, smarts, work ethic and devotion to working together as a team. Their menu is ever-changing, but they offer a variety of menus such as Breakfast, Brunch, Lunch, Dinner, Deli, and Kids.



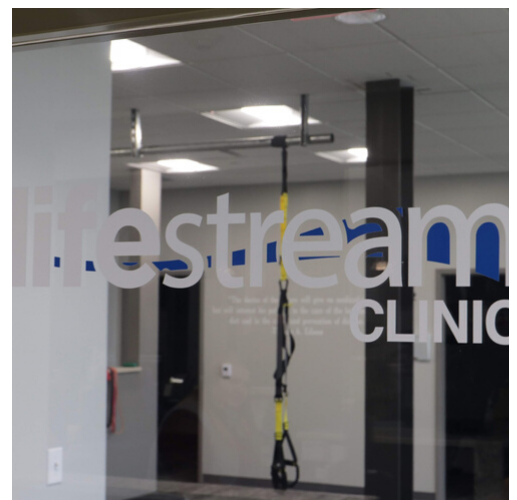
## *TEDESCO ENVIRONMENTAL LEARNING CORRIDOR*

The corridor is a unique community space located in the ISU Research Park. Tedesco “showcases conservation techniques, sustainable technologies, environmental education, water quality awareness, and trail connectivity. This 37-acre park brings county, city, university, and state partners together to illustrate synergies among commercial development, quality of life improvements, and natural resource conservation.”



## *LIFESTREAM CLINIC*

This Ames chiropractic clinic is housed in the Research Park located inside the Ames Fitness Center South. Whether you need pain relief, prevention of illness or surgery, mental health assistance, injury recovery, increase in mobility, or cognitive improvement, it is important that our tenants are in good hands. Lifestream offers several ways to receive care based on patients unique needs. Health insurance does not hinder the care you receive, and allows for low costs.



# TENANT AMENITIES



## *MCFARLAND CLINIC*

McFarland Clinic is Iowa's largest physician-owned multi-specialty clinic. The South location, located next to the Core Facility, is very convenient for the rest of our tenants. You can visit McFarland Clinic by making an appointment, or utilizing Express Care or Urgent Care as well. The Clinic also offers a variety of areas of specialty including adult and child services, dermatology, audiology, cardiology, and so much more. Check out their website to learn more.



## *LILYPAD LEARNING CENTER*

LilyPad Learning Center was established 13 years ago with the goal to foster a child's natural desire to explore, discover, create, and become a lifelong learner, while promoting each child's own individual social, emotional, physical, and cognitive development. They offer a variety of classes for all different age groups, and also utilizes a S.M.A.R.T Program that stands for Stimulating Maturity through Accelerated Readiness Training. This program prepares children's brains and bodies to learn by utilizing a comprehensive curriculum program. It provides the foundation for the required basic readiness skills which is critical for successful learners.



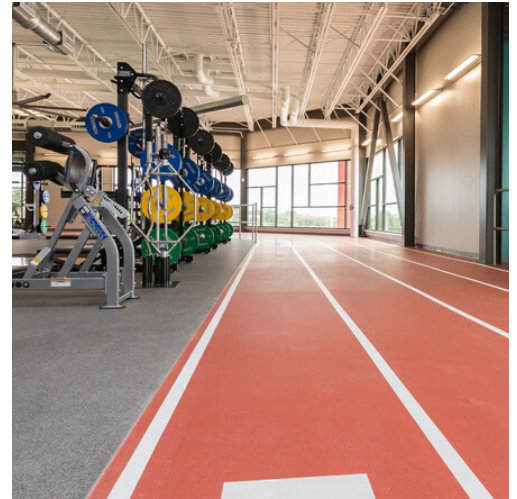
## *AMES CYCLING CENTER*

Located in Ames Fitness South, the Ames Cycling Center is a bicycle boutique that provides coaching, bike fitting and indoor training for all levels of cycling athletes. You can also use their valet bike service and leave your bike there - ready for you when you need it! They use Zwift technology to provide an ideal training environment. Check out their website to learn more information, [amescyclingcenter.com](http://amescyclingcenter.com).

# TENANT AMENITIES

## *AMES RACQUET AND FITNESS CENTER*

Ames Racquet and Fitness Center has three locations; the south location is here in the Research Park and offers a variety of classes that are open to the community and especially our tenants. A few classes and amenities include Track Group Fitness, Studio Yoga, Studio Spinning, Studio Child Care, Personal Training Studio, Tennis Bubble, Steam Room/Sauna, Massage Cardio Equipment with TVs, and Strength Equipment. All of these and more are included in a membership at Ames Racquet and Fitness Center.



## *NUCARA PHARMACY*

NuCara Pharmacy in South Ames is dedicated to serving the healthcare needs of their patients in every manner possible. Their services include delivery, medication packaging, medication reviews, medication synchronization, compounding services, free blood pressure checks, and counseling services for prescription drug needs. The pharmacy is located inside the Ames Racquet and Fitness Center.



## *STUDIO7 SALON AND SPA*

Studio7 Salon and Spa is a modern full service salon and spa. The product lines are high quality and mostly composed of natural and organic ingredients. Unlike traditional salon and spas, they practice the highest form of team service. This means the skills of the entire team are available to you. Every team member completes the skill certification program so you always have confidence and peace of mind. You'll always have a fresh perspective and always receive the utmost true quality service and attention.

