

The Exchange at 44 Vail Welcomes Still Yoga to Its Lively Community

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Ketone Partners, LLC (Ketone), owner of The Exchange at 44 Vail (The Exchange), is excited to announce a *warm* welcome to Still Yoga, a premier infrared-heated yoga studio, as it establishes its new home in downtown Arlington Heights.

Still Yoga, who expects to open up their 1,500sf space for the inaugural class in June 2026, will offer infrared-heated yoga sessions designed to provide a deeply therapeutic practice. These sessions use radiant heat to warm the body slowly, fostering improved flexibility, deeper muscle relaxation, and more comfortable air temperatures compared to traditional hot yoga.

Still Yoga co-founders, Paige Prudden and James Babiarz, are eager to open their doors sharing: “We are thrilled to bring a unique yoga experience to the greater Chicagoland area and the Arlington Heights community. Our infrared studio is ideal for those looking to deepen their yoga practices through infrared sculpt and flow classes.” Kyle Schuhmacher, President of Ketone, added, “The Exchange is positioned within a strong business and residential environment and being able to offer a new form of exercise to not only the tenants, but the surrounding community is something we’re proud of. Still Yoga’s presence and the following Paige and James have will further enhance the dynamic community we have created here”

The Exchange is a premier multi-tenant office and retail business center located in the heart of downtown Arlington Heights. With world-class design, on-site management, and access to 46 restaurants within walking distance, it’s no wonder the tenants at The Exchange love where they work. For more information, visit 44-vail.com.

About Ketone Partners

Ketone Partners, LLC is a full-service real estate development, management and advisory company with national experience in the acquisition, development and management of commercial & agricultural properties. Using its individual, professional and proven real estate development experience, Ketone Partners manages the real estate planning, permitting, bidding, financing and construction process.

For more information, visit ketonepartners.com. **About Still Yoga**

Founded by James Babiarz and Paige Prudden in 2026, Still Yoga is one of Chicagoland’s only infrared yoga studios, incorporating infrared heat into each class. Accommodating up to 47-students per class, Still Yoga is a traditional, one-room yoga studio for intermediate yogis to deepen their practices through infrared sculpt and flow classes. Using ceramic panels, Still Yoga’s infrared classes help slowly warm the room and students’ bodies from the inside, out, for improved flexibility and mobility, circulation, muscle recovery, and focused practice. Co-owners James and Paige are both RYT certified, with a combined 10-years of teaching experience, providing students with expert guidance for both sculpt and traditional flow classes. Still Yoga is open 7-days per week in Arlington Heights, IL (44 S. Vail Street), offering a variety of infrared flow and sculpt classes for yogis in the Northwest Suburbs to take advantage of.