

Facilities & Locations

MARYLAND Sport&Health

	Indoor Tennis Courts	Outdoor Tennis Courts	Racquetball Courts	Squash Courts	Basketball	Volleyball/Wallyball	Indoor Swimming Pool	Outdoor Swimming Pool	Indoor Running Track	Group Exercise Classes	Pilates Studio	Free Weights/Circuit Strength	Cardiovascular Equipment	Steamroom/Sauna	Whirlpool	Coed Whirlpool	Tanning	Childcare/Kidz Klub	Pro Shop	Spa Services/Massage
1 Bethesda 4400 Montgomery Ave., Bethesda 301-656-9570	2	4	4	4	✓		✓			✓	✓	✓	✓	✓	✓			✓	✓	✓
2 Frederick 5728 Buckeystown Pike, Frederick 301-698-4653			3		✓					✓		✓	✓	✓				✓	✓	✓
3 Gaithersburg (Rio) 9811 Washingtonian Blvd. 301-258-5100			3	2	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4 Gaithersburg (Lakeforest) 700 Russell Ave., 301-258-0661			9			✓	✓			✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
5 Waldorf 90 Post Office Road, Waldorf 301-870-7859			2		✓	✓				✓		✓	✓	✓			✓	✓		

VIRGINIA Sport&Health

6 Alexandria (Old Town) 209 Madison St., Alexandria 703-548-6822**										✓	✓	✓	✓	✓			✓	✓	✓	✓
7 Annandale 4317 Ravensworth Road, Annandale 703-256-6600	5									✓		✓	✓	✓				✓	✓	
8 Arlington 1122 Kirkwood Drive, Arlington 703-522-1702			4							✓		✓	✓	✓	✓		✓		✓	
9 Ballston Ballston Common Mall, Arlington 703-816-8800										✓	✓	✓	✓	✓				✓	✓	
10 Brambleton 42365 Soave Dr, Brambleton, VA 703-774-9500					✓	✓	✓	✓		✓	✓	✓	✓	✓				✓	✓	
11 Crystal Gateway 1235 Clark St , Arlington 703-416-4900	2		4		✓	✓				✓		✓	✓	✓	✓				✓	
12 Crystal Park 2231 Crystal Drive, Arlington 703-486-3380					✓		✓			✓		✓	✓	✓	✓	✓			✓	✓
13 Dale City 2950 Dale Blvd., Dale City 703-897-0200										✓		✓	✓	✓			✓	✓	✓	✓
14 Fredericksburg (Central Park) 1191 Central Park Blvd. 540-786-4242							✓			✓	✓	✓	✓	✓			✓	✓	✓	✓
15 Fredericksburg (Four Mile Fork) 5061 Jefferson Davis Hwy 540-710-9500									✓			✓	✓	✓			✓			
16 Gainesville 7500 Limestone Dr., Gainesville 703-753-1818										✓		✓	✓	✓				✓		
17 Herndon (Worldgate) 13037 Worldgate Dr. 703-709-9100**	4	4	4	4	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
18 McLean (Regency) 1800 Old Meadow Rd. 703-556-6550*	9	10	2	4		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19 Reston 11445 Isaac Newton Square 703-904-7600					✓					✓	✓	✓	✓	✓			✓	✓	✓	
20 Skyline (Bailey's CrossRd) 5115 Leesburg Pk, Falls Church 703-820-4100	4				✓	✓	✓		✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
21 Stafford 315 Garrisonville Road, Stafford 540-659-3488					✓					✓		✓	✓	✓				✓		✓
22 Tysons 8250 Greensboro Drive, McLean 703-442-9150			4		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
23 Woodbridge 13000 Sport & Health Dr. 703-491-4126	3		2		✓	✓	✓			✓		✓	✓	✓	✓			✓	✓	✓

WASHINGTON, DC Sport&Health

24 Tenley 4000 Wisconsin Ave., NW 202-362-8000**			2				✓		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
25 Northwest 4001 Brandywine St., NW 202-244-6090										✓	✓	✓	✓	✓				✓	✓	✓

* Court Tennis available at Regency location.
 ** Serenity Day Spa

Welcome to Sport&Health!

Washington's Largest Family of Athletic Clubs



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2 Frederick 5728 Buckeystown Pike, Frederick 301-698-4653

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**Serenity Day Spa located at these Sport & Health locations

sport&health

sportandhealth.com