

# sport&health

R O C K V I L L E

**COMING SOON TO PIKE & ROSE**

Call 301-245-3908 now for pre-sale savings!

## A BREATH OF FRESH AIR

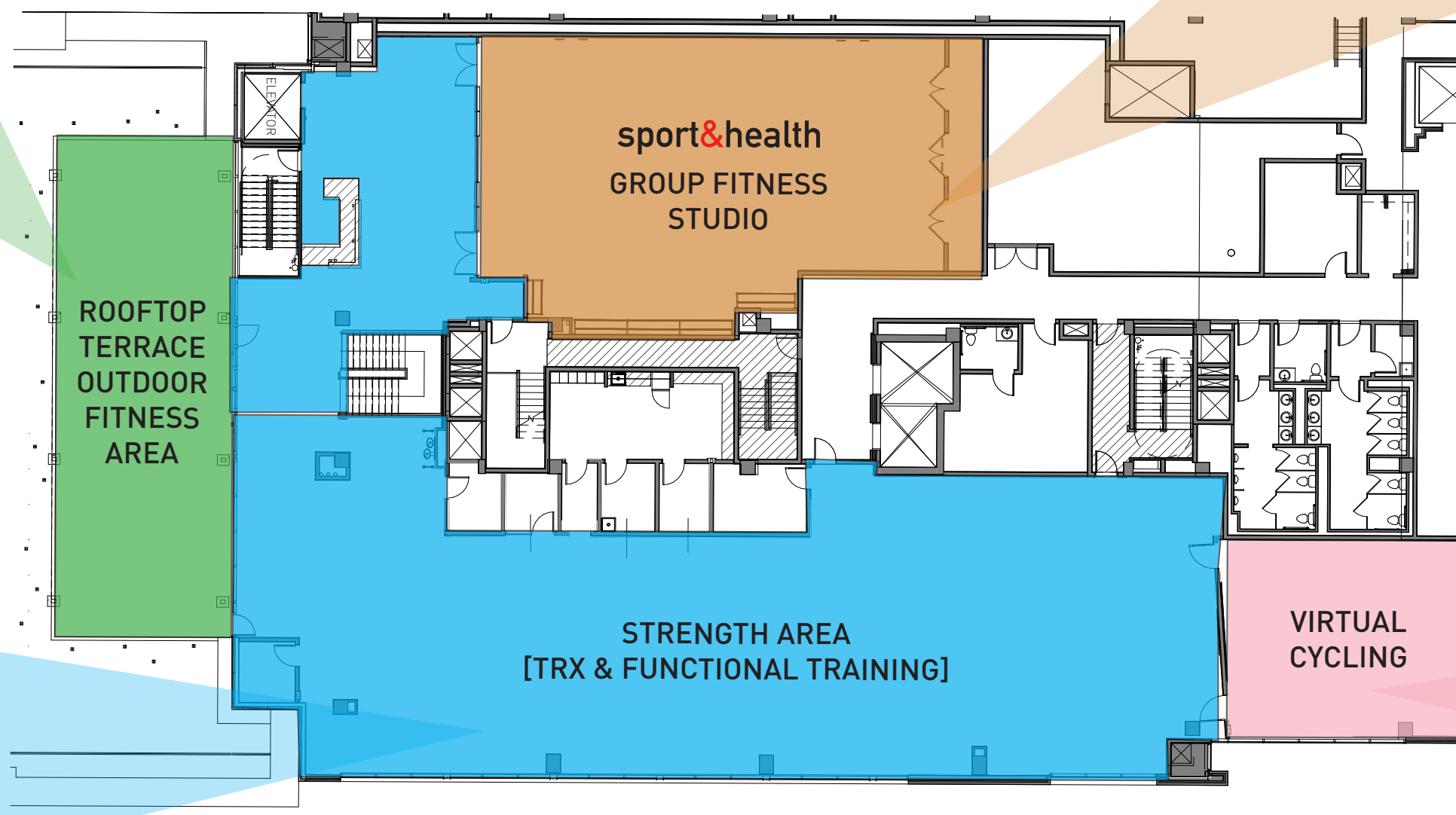
Enjoy 32,000 square feet and two stories of the latest in health and fitness. Includes a large outdoor rooftop terrace for classes and socials.

## A CLASS ABOVE

Main Group fitness studio to include the latest classes like BodyShred, Tabata, Zumba®, BODYPUMP, Ugi, and more.

## RAISING THE BAR

Training programs include TRX, TNT Group Training, Explosive Performance Sports Conditioning. Certified Personal Trainers for group, private and partner training.



## MYRIDE

The group cycle studio includes virtual MYRIDE technology.

## TRAIN TO WIN

Over 100 pieces of cardio equipment with personal viewing screens and custom training programs. Treadmills, ellipticals, stairclimbers, bikes, and rowers, strength training with free weights, circuit stations and functional training.



## FINISH CLEAN

Luxurious locker rooms include full amenities, towel service, and Finnish sauna.

## GOOD FOR THE KIDS

Signature Kidz Klub with interactive sports games promoting fitness through play and youth programs.

## MIND. BODY. SOUL.

The custom pilates studio is fully equipped, ready for private, semi private, or small group lessons. Our Namaste Studio features yoga classes with the latest suspension yoga method and Barre for group/individual lessons.

**CHARTER MEMBERSHIPS NOW AVAILABLE.**

**CHARTER MEMBERS RECEIVE:**

Phase 1 pricing - Save 30% off the dues! • Free multi-club access to 23 Sport&Health locations.  
SmartStart orientation and customized workout • Special invitation to VIP Preview Night  
Phase 1 pricing ends \_\_\_\_\_

Visit our preview center located behind the Starbucks at Pike & Rose. • 301-245-3908 • 11594 Old Georgetown Road

**sport&health**

sportandhealth.com