Wellness by Mason

SPORT AND HEALTH CLUBS

**Clarendon Fitness**
2907 Wilson Boulevard
703-465-0101
www.clarendonfitness.com

**Gold’s Gym**
1220 N. Fillmore Street, Suite 150
703-879-4200
Contact: Stamatis Karavagelis
skaravagelis@goldsgym.com
3910 Wilson Boulevard
703-516-4653
Contact: J Graves
JGraves@goldsgym.com

**LA Fitness**
3550 S. Clark Street
703-229-1504
Contact: Andrea D
www.lafitness.com

**Revolve**
1025 N. Fillmore Street, Suite J
Arlington, VA 22201
703-567-4516
Stephanie@revolvefitness.com
www.revolvefitness.com

**Verve Health & Fitness**
1100 Wilson Boulevard, #M755
703-465-8100
Contact: Michael Lin or Brittany Garner
mlin@vervehealthandfitness.com
bg@vervehealthandfitness.com
www.vervehealthandfitness.com

**Washington Sports Club**
2800 Clarendon Boulevard
703-465-2828
Contact: Wendy Christensen
wendy.christensen@tow nsports.com
www.mysportsclubs.com

**YMCA**
3422 N. 13th Street
703-525-5420
Students pay only $2 per visit
Contact: Rebecca Brown
rebecca.brown@ymcadc.org
www.ymcaclub.org/branch/?bid=03

ON-CAMPUS SERVICES

**Student Health Services**
Founders Hall, Suite B102
703-993-4863
After-hours advice nurse: 703-993-2831
shs.gmu.edu
Services available regardless of insurance. Treatment of illness and injury, lab tests, routine screenings, women’s health, health/wellness, medication management

**Counseling & Psychological Services**
Founders Hall, Suite 222
703-993-2380
caps.gmu.edu
Free and confidential individual counseling services
Arlington Campus by appointment only; scheduled through Fairfax office

**Free Yoga Classes**
Tuesdays 12-1 pm
Contact: arlops@gmu.edu

MASON ATHLETIC FACILITIES

recreation.gmu.edu

**Skyline Fitness Center**
recreation.gmu.edu/facilities/skyline-fitness
703-993-5055

**Prince William Campus:**
Freedom Center
www.freedom-center.com
703-993-8444

**Fairfax Campus:**
Aquatic and Fitness Center
recreation.gmu.edu/aquatics
703-993-3939
Recreation and Athletic Complex
recreation.gmu.edu/facilities/rac
703-993-5323

MEDICAL FACILITIES

**Virginia Hospital Center**
1701 N. George Mason Drive
Arlington, VA 22205
703-558-5000
www.virginiahospitalcenter.com

**Virginia Hospital Center Urgent Care**
601 South Carlin Springs Road, Suite A
Arlington, VA 22204
703-717-7000
www.virginiahospitalcenter.com/7 days/week; 24 hours/day

**INOVA Ballston**
1005 North Glebe Road, Suite 160
Arlington, VA 22201
571-279-8615
www.inova.org/Ballston
Mon-Fri, 8 am-8 pm
Sat/Sun/holidays, 9 am-4 pm

**MidAtlantic Urgent Care**
3301 Wilson Boulevard
Arlington, VA 22201
703-243-6720
www.midatlanticurgentcare.com
Mon-Fri, 9 am-9 pm
Sat, 9 am-6 pm
Sun, 10 am-5 pm

**Simplicity Urgent Care**
3263 Columbia Pike
Arlington, VA 22204
703-746-0111
www.simplicityurgentcare.com
Mon-Fri, 8 am-8 pm
Sat-Sun, 10 am-4 pm
### YOGA AND MASSAGE STUDIOS

<table>
<thead>
<tr>
<th>Studio Name</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art of Health Massage</td>
<td>2055 N. 15th Street, #201</td>
<td>Chrissy Chew <a href="mailto:chrissy@artofhealthmassage.com">chrissy@artofhealthmassage.com</a> artofhealthmassage.com</td>
</tr>
<tr>
<td>Bikram Yoga</td>
<td>4019 N. 5th Road</td>
<td>Chrissy Chew <a href="mailto:chrissy@artofhealthmassage.com">chrissy@artofhealthmassage.com</a> artofhealthmassage.com</td>
</tr>
<tr>
<td>Cloud 10 Massage</td>
<td>933 N. Kenmore Street</td>
<td>Lorine Hoffer <a href="mailto:cloud10bodywork@aol.com">cloud10bodywork@aol.com</a> cloud10massage.com</td>
</tr>
<tr>
<td>Dancing Mind</td>
<td>929 W. Broad Street</td>
<td>Lorine Hoffer <a href="mailto:cloud10bodywork@aol.com">cloud10bodywork@aol.com</a> cloud10massage.com</td>
</tr>
<tr>
<td>Edge Yoga</td>
<td>2440 Wilson Boulevard, Suite 201</td>
<td>Mark Greim <a href="mailto:information@edgeyoga.com">information@edgeyoga.com</a> edgeyoga.com</td>
</tr>
<tr>
<td>Mind the Mat Pilates &amp; Yoga</td>
<td>3300B Fairfax Drive</td>
<td>Mind the Mat Pilates &amp; Yoga 3300B Fairfax Drive Arlington, VA 22201 703-683-2228 <a href="mailto:info@mindthemat.com">info@mindthemat.com</a> <a href="http://www.mindthemat.com">www.mindthemat.com</a></td>
</tr>
<tr>
<td>Spark Yoga</td>
<td>2201 N. Pershing Drive</td>
<td>Spark Yoga 2201 N. Pershing Drive Arlington, VA 22201 703-248-9642 <a href="http://www.sparkyoga.com">www.sparkyoga.com</a> <a href="mailto:info@sparkyoga.com">info@sparkyoga.com</a></td>
</tr>
<tr>
<td>Sun and Moon Yoga Studio</td>
<td>3811 Lee Highway</td>
<td>Sun and Moon Yoga Studio 3811 Lee Highway Arlington, VA 22207 703-525-9642 <a href="mailto:questions@sunandmoonstudio.com">questions@sunandmoonstudio.com</a> <a href="http://www.sunandmoonstudio.com">www.sunandmoonstudio.com</a></td>
</tr>
<tr>
<td>Tranquil Space</td>
<td>3528 Wilson Boulevard</td>
<td>Tranquil Space 3528 Wilson Boulevard Arlington, VA 22201 703-829-6428 <a href="http://www.tranquilspace.com/arlinton">www.tranquilspace.com/arlinton</a> <a href="mailto:Arlington@tranquilspace.com">Arlington@tranquilspace.com</a></td>
</tr>
<tr>
<td>Unity Woods Yoga Center</td>
<td>4001 N. 9th Street, Suite 105</td>
<td>Unity Woods Yoga Center 4001 N. 9th Street, Suite 105 Arlington, VA 22203 301-656-8992 <a href="http://www.unitywoods.com">www.unitywoods.com</a> <a href="mailto:uwyc@unitywoods.com">uwyc@unitywoods.com</a></td>
</tr>
</tbody>
</table>

### ICE RINKS

<table>
<thead>
<tr>
<th>Rink Name</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kettler Capitals Iceplex</td>
<td>627 N. Glebe Road, Suite 800</td>
<td>Kettler Capitals Iceplex 627 N. Glebe Road, Suite 800 Arlington, VA 22203 571-224-0555 (located on 8th level of Ballston Parking Garage, Ballston Common Mall)</td>
</tr>
</tbody>
</table>

### SWIMMING POOLS/CLUBS

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington-Lee High School</td>
<td>1301 N. Stafford Street</td>
<td>Washington-Lee High School 1301 N. Stafford Street Arlington, VA 22201 (enter on N. Quincy St. side) 703-228-6262 Per visit, 20 swims or 3, 6, 12 month memberships available Student discount w/ ID <a href="http://www.apsva.us">www.apsva.us</a></td>
</tr>
</tbody>
</table>

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This information was compiled by University Life Arlington for resource and referral use only. Mason does not recommend or endorse any company or organization listed.