

# 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  
www.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@town-sports.com  
www.mysportsclubs.com

### YMCA

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

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

### Prince William Campus:

Freedom Center  
www.freedom-center.com  
703-993-8444

## 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*

### 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

### **Art of Health Massage**

2055 N. 15<sup>th</sup> Street, #201  
Arlington, VA 22201  
703-340-4325  
Contact: Chrissy Chew  
chrissy@artofhealthmassage.com  
www.artofhealthmassage.com

### **Bikram Yoga**

4019 N. 5<sup>th</sup> Road  
Arlington, VA 22203  
571-257-7772  
www.bikramyogaarlington.com

### **Cloud 10 Massage**

933 N. Kenmore Street  
Arlington, VA 22201  
435-602-9379  
Contact: Lorine Hoffer  
cloud10bodywork@aol.com  
www.cloud10massage.com

### **Dancing Mind**

929 W. Broad Street  
Falls Church, VA 22046  
703-237-9642  
info@dancingmind.com  
www.dancingmind.com

### **Edge Yoga**

2440 Wilson Boulevard, Suite 201  
Arlington, VA 22201  
703-243-8866  
Contact: Mark Greim  
information@edgelyoga.com  
www.edgelyoga.com

### **Mind the Mat Pilates & Yoga**

3300B Fairfax Drive  
Arlington, VA 22201  
703-683-2228  
info@mindthemat.com  
www.mindthemat.com

### **Saffron Dance**

3260 Wilson Boulevard  
Arlington, VA 22201  
703-276-2355  
www.saffrondance.com

### **Spark Yoga**

2201 N. Pershing Drive  
Arlington, VA 22201  
703-248-9642  
www.sparkyoga.com  
info@sparkyoga.com

### **Sun and Moon Yoga Studio**

3811 Lee Highway  
Arlington, VA 22207  
703-525-9642  
questions@sunandmoonstudio.com  
www.sunandmoonstudio.com

### **Tranquil Space**

3528 Wilson Boulevard  
Arlington, VA 22201  
703-829-6428  
www.tranquilpace.com/arlington  
Arlington@tranquilpace.com

### **Unity Woods Yoga Center**

4001 N. 9<sup>th</sup> Street, Suite 105  
Arlington, VA 22203  
301-656-8992  
www.unitywoods.com  
uwyc@unitywoods.com

## ICE RINKS

### **Kettler Capitals Iceplex**

627 N. Glebe Road, Suite 800  
Arlington, VA 22203  
571-224-0555  
(located on 8<sup>th</sup> level of Ballston  
Parking Garage, Ballston Common  
Mall)

## SWIMMING POOLS/CLUBS

### **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  
www.apsva.us

### **Arlington Masters Swimming Washington-Lee High School**

1301 N. Stafford Street  
Arlington, VA 22201  
703-228-1814  
Contact: Evan Stiles  
estile@arlingtonva.us  
www.arlington-masters.org

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