

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: Craig Haislip
Chaislip@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
Clarendon@revolvefitness.com
www.revolvefitness.com

Verve Health & Fitness/Rosslyn Cross Fit

1611 N. Kent Street, Suite 100
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: Joey Berry
joseph.berry@washingtonsportsclubs.com
www.mysportsclubs.com

YMCA

3422 N. 13th Street
703-525-5420
Students pay only \$2 per visit
Contact: Luan Loo
luan.loo@ymcadc.org
www.ymcadc.org/branch.cfm?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

1st Tuesday of month (not October)
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

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

Science and Technology Campus:

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

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/medical/care.aspx
7 days/week; 24 hours/day

INOVA Ballston

1005 North Glebe Road, Suite 160
Arlington, VA 22201
571-492-3045
www.inova.org/Ballston
Mon-Fri, 8 am-4:30 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/holidays, 9 am-4 pm

YOGA AND MASSAGE STUDIOS

Art of Health Massage

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

Bikram Yoga

4019 N. 5th Road
Arlington, VA 22203
571-257-7772
info@bikramarlington.com
www.bikramyogaarlington.com

Cloud 10 Massage

933 N. Kenmore Street, #403
Arlington, VA 22201
435-602-9379
Contact: Lorine Hoffer
info@cloud10massage.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@edgeyoga.com
www.edgeyoga.com

Mind the Mat Pilates & Yoga

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

Saffron Dance

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

Spark Yoga

2201 N. Pershing Drive, Suite G
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.tranquil-space.com/arlington
Arlington@tranquil-space.com

Unity Woods Yoga Center

4001 N. 9th 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 8th level of Ballston
Parking Garage, Ballston Common
Mall)

SWIMMING POOLS/CLUBS

Washington-Lee Aquatic Center

1301 N. Stafford Street
Arlington, VA 22201
(enter on N. Quincy St. side)
703-228-6262
Per visit, 10 or 20 swims or 3, 6,
12 month memberships available
Student discount w/ ID
www.apsva.us

Arlington Masters Swimming Washington-Lee Aquatic Center

1301 N. Stafford Street
Arlington, VA 22201
703-228-1814
Contact: Evan Stiles
arlingtonmasters@gmail.com
www.arlington-masters.org

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