OFFICIAL PARTNER OF

Avalon Crest Apartments

The SPORT&HEALTH team will be in the Avalon Clubhouse!

Monday, October 15th from 5-7pm

Come learn more about our special offers and enjoy some refreshments!

Redeem your free trial membership today!

Call Bill at 703-556-6550 or email billmakrigiorgos@sportandhealth.com to get started.

AT SPORT&HEALTH, YOU'LL ENJOY:

- **Complimentary SmartStart Personal Training Session**
- **ZONE4 GROUP TRAINING - the ultimate workout led by a personal coach. Experience the "Afterburn Effect" and burn 500-1,000 calories a session.**
- **100+ Pieces of Cardio Equipment with personal viewing screens**
- **Strength training equipment & turf area**
- **Group Fitness Studios Featuring BodyPump, BANG, YOGA, Free Barre Classes & Cycling**
- **Kids Club / Child Care**
- **Luxurious Locker Rooms**
- **Tennis Court & Swimming Pool**
- **And more!**

SPORT&HEALTH MCLEAN

1800 Old Meadow Rd | McLean, VA | 703-556-6550

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