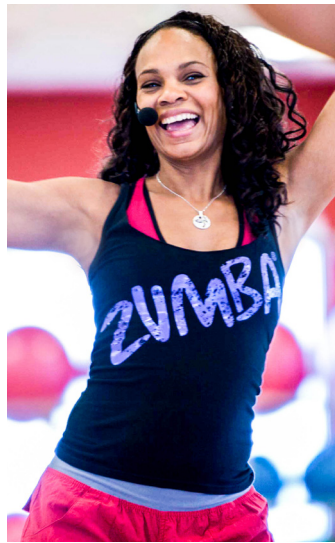


bethesda towers

# & Exclusive Offer for New Tenants at Bethesda Towers

## 1 YEAR FREE MEMBERSHIP & \$59.99 DISCOUNTED RATE AFTER FREE MEMBERSHIP EXPIRES

Since 1973, Sport&Health has been committed to providing health and fitness clubs that offer the latest equipment, facilities and the most diverse programs. With 21 locations throughout the Washington metro area, our clubs are now convenient to your office as well as your home. Our goal is to do more than just help you get in shape. We want to help you improve every aspect of your health and well-being.

### FEATURES:

- Full-line of state-of-the-art cardio equipment
- Free weights and circuit strength training
- Mind/Body studio
- Fully equipped Pilates studio
- Indoor and outdoor tennis courts
- Convertible squash & racquetball courts
- Basketball court
- Virtual cycling studio
- Swimming pool
- Registered Dietician
- Sauna, steam, whirlpool
- Complimentary towel service
- Fully-appointed locker rooms with showers
- And Much More!

### CLUB HOURS:

Monday - Thursday: 5:00am - 11:00pm  
Friday: 5:00am - 10:00pm  
Saturday: 6:00am - 8:00pm  
Sunday: 7:00am - 8:00pm  
\*Holiday hours may vary.



#### CONNECT WITH US AT [SPORTANDHEALTH.COM](http://SPORTANDHEALTH.COM)

Facebook: [facebook.com/BethesdaSportAndHealth](http://facebook.com/BethesdaSportAndHealth)  
Twitter: @SH\_Bethesda  
Instagram: [instagram.com/sportandhealth](http://instagram.com/sportandhealth)  
Pinterest: [pinterest.com/sportandhealth](http://pinterest.com/sportandhealth)

**DIRECTIONS:** From 495 (Beltway) exit at Wisconsin Ave towards DC. Go 1.5 miles, turn left onto Montgomery Ave. Go through two lights. Sport&Health is on the right.

4400 Montgomery Ave | Bethesda, MD 20814  
301-656-9570 | [sportandhealth.com](http://sportandhealth.com)

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