



YOUR LOCAL WELLNESS GUIDE

Escape your distractions and make some space to get back to you. Whether you find your FIT in a yoga pose, on a grueling run, under a barbell, or while cooking a crave-worthy, healthy dinner is up to you. **AVALONfit**, our community wellness program, is here to help. In this local guide, you'll find our top picks for everything from trainers and trails, to grocery stores and team sports.

OUR TOP PICKS FOR:

Personal Trainers

Bounce Fitness
1310 N Courthouse Rd
bouncefitness.com

Clarendon Fitness
2907 Wilson Blvd
703-465-0101

Parks & Trails

Gravelly Point Park
George Washington
Parkway, 22202

W&OD Trail (45 miles)
or
Curtis Trail (4miles)

Rocky Run Park
1109 N Barton St

Healthy Living Retail

Whole Foods
2700 Wilson Blvd

Arlington Nutrition
Corner
820 N Pollard Street

HelloFresh
www.hellofresh.com

MOMs Organic Market
1901 N Veitch St

Fitness and Wellness Studios

Gold's Gym
1310 N Courthouse Rd

Pure Barre
1024 N Garfield St.

ClassPass
classpass.com

Sport & Health
4238 Wilson Blvd

Recreation Leagues

DC Social Sports Club
dcsocialsports.com

Arlington Athletic &
Social League
playaasl.com

Potomac Crossfit
1320 N Courthouse Rd