



SYNERGY

HEALTH & FITNESS

Where you'll find your fit.

The fit you deserve.

Where you are in life is testament to your hard work. You've earned the right to surround yourself with personal, professional service from the select best in the field. Whose collective commitment to health and fitness is as much about the mind as it is about the body. That's why you partner with Synergy. We're confident we can deliver the excellence you deserve because we've worked hard to get here, too.

Welcome to Synergy,
where you'll find your fit.

Fitness, evolved.

Your priorities are more than just fitness. They're about whole body health. At Synergy, we educate and motivate our clients to seamlessly blend healthful eating and beneficial exercise into everyday life. This connecting of mind, body and spirit results in better fitness and a healthier lifestyle. It's a philosophy we not only teach, but live ourselves. Which makes your priorities, our priorities.

Exponentially better.

What's the Synergy difference? Our service-oriented focus is based on a deep history in personal training and confidential client relationships. Our trainers maintain a lifetime commitment to health and fitness, with nationally recognized fitness-related degrees and extensive field experience. We've limited enrollment so we can focus on each client's needs. And we tune into your pace, providing education and encouragement in your quest to blend fitness with your interests, objectives and lifestyle. The result: higher rates of individual success.



Luxury is in the amenities.

Our well-appointed facility, conveniently located in the heart of Arlington, melds form with function. This uniquely intimate, un-crowded fitness experience incorporates contemporary design and exceptional amenities:

- State-of-the-art fitness equipment: StarTrac, Cybex VR3, Octane and Hampton gel-grip weights
- Latest cardio equipment with imbedded LCD screens, iPod docks and personal fans
- Sound-reducing Pavigym flooring, beautiful mosaic tilework and a soothing color palette
- Luxurious showers and locker rooms
- Convenient, on-premises towel and laundry service



Services sublime.

Synergy is about creating a whole you.

We embrace fitness as a part of health and wellness, integrating it into your personalized program of nutrition and state-of-mind care.

- **Personal Training:** Working one on one, our elite trainers guide you through efficient, effective, meaningful workouts for exceptional results.
- **Nutritional Counseling:** On-site experts create a personalized diet plan based on nutritional variety, balance and moderation that matches your lifestyle and goals.
- **Fitness Assessments:** A thorough evaluation of your current fitness condition establishes reasonable fitness goals and helps tailor an exercise plan to meet your specific needs.
- **Outdoor Conditioning:** Passionate specialists target your individual fitness level through motivating, open-air workouts.
- **Yoga:** Our professional yoga instructor offers one-on-one sessions and small group classes to release tension and center bodies and minds.
- **Strategic Alliances:** In-house services are complimented by relationships with off-site wellness professionals in a number of areas for more complete health.

Now's
the time to
find your
fit.



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2000 N. 15th Street | Arlington, VA 22201
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synergyfitnessva.com

*2 blocks from Courthouse Metro Station, on the Orange line.
Metered street parking and garage parking available.*