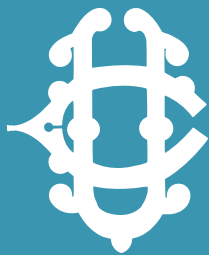


HEALTH AND FITNESS



THE UNIVERSITY CLUB OF WASHINGTON, DC

A TRADITION OF WELLNESS AND

CAMARADERIE AT THE UNIVERSITY CLUB





The University Club offers one of the finest, private athletic facilities in Washington, DC. The inviting blue water of our heated indoor 60-foot lap pool provides revitalization and tranquility. Our Fitness Center features a full range of weight and aerobic exercise equipment, along with personal trainers to counsel you on fitness goals and establish a regimen for a healthier life.

AMENITIES FIT FOR AN ACTIVE LIFESTYLE

The modernized 2,500-square-foot facility features aerobic equipment, circuit-weight training machines (Bodymasters) and free weights.

Our personal trainers are some of the most respected in Washington, DC. They offer each Health Club member a complimentary fitness evaluation, which includes a health-history survey, body-composition assessment, strength and flexibility test and a cardiovascular evaluation. The result? A customized training program to address the member's fitness and wellness goals.

PERSONAL ATTENTION, PROFESSIONAL GUIDANCE AND SUPPORT

Fitness Starter Package — the perfect, safe and effective “start” to achieve your fitness goals. Ideal for members seeking sport-specific support (for squash, golf, tennis, skiing). Includes a fitness evaluation, individualized exercise program, nutritional counseling and regular training sessions with a personal trainer.

Aerobics Classes and Packages — on a per-time basis or on a monthly unlimited basis for a fixed price, the Club offers classes in spinning, Pilates and yoga.



The University Club offers the best squash program of any private club in Washington, DC. Two international squash courts, a competitive city inter-club league and intra-club match play help members hone their skills and build their network of workout partners. For the more competitive members, the Club participates in major local, city and national tournaments.

EXHILARATING, ENERGIZING, ELECTRIFYING

What separates U Club squash is the commitment our top-ranked pros make to enhance the sport for novices and experts alike. We provide hands-on instruction for children and adults seven days a week.

The DC Squash Academy program, hosted by the U Club, provides under-served youth with access to the game of squash as well as academic tutoring.



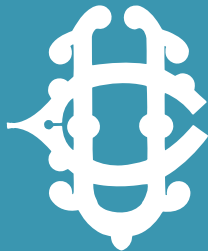


Members with an interest in golf can access some of the most desirable public and private courses in the area. If you are new to the game, this is an ideal opportunity to learn and play with peers during professional instruction at local practice facilities. The Albert R. Armstrong Memorial Golf Tournament offers members and guests a chance to spend an afternoon on the links for a great cause: educational scholarships for Club staff and their families.

MORE THAN A HEALTH CLUB, WE'RE PART OF YOUR LIFE.

After a workout, a swim or a squash match, treat yourself to a relaxing whirlpool plunge or retreat to the quiet comfort of the steam room. End the day with an ice-cold beverage and a light meal in the casual confines of the Sports Lounge.

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