

Welcome to Capital City Club & Spa

Conveniently located in the Capital Hilton at 16th and K Streets,
The Capital City Club and Spa provides you with
the latest in health and exercise equipment, facilities and information.

Cardiovascular Training

New Precor Treadmills
Stairclimbers/FreeRunners
Crosstrainers
LifeCycles
Recumbent Bikes
Rowing Machines

Strength Training Center

Circuit Equipment
Free Weights
Resist-A-Balls
Medicine Balls/Resistance Bands

Group Exercise Classes

Cardio Conditioning
Step
Body Sculpt
On-the-Ball
Cardio Kickboxing
Group Studio Cycling
Yoga/Pilates Mat

Additional Amenities

Personal Training
Towel Service
Steam Rooms
Beverage Bar
Cardio Theatre
Valet Service

Full Service Day Spa

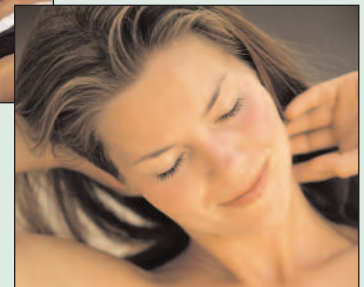
Swedish, Deep Tissue and Sports massage
Customized facials
Manicures and pedicures
Body treatments and toning wraps
Skin and body care products
Executive services (30-minute therapies)

Club Hours

Monday-Friday, 5:30am – 10:00pm

Saturday 7:00am – 8:00pm

Sunday 8:00am – 8:00pm



www.capitalcityclubandspa.com

16th and K Street • Washington DC 20036

202-639-4300