



MEMBERSHIP PROGRAMS

Presidential Wellness Program

**Unlimited Club Access
All Group Exercise Classes
Private Overnight Locker
Daily Laundry Service
Complimentary Equipment Orientation
Complimentary Exercise Consultation
Two One-Hour Personal Training Sessions
Full-sized Daily Locker
Steam Room
Towel Service
Locker Room Amenities
10% Discount at Twigs Restaurant
10% Discount on Personal Training**

**15% discount at the Capital City Spa
Sunday through Wednesday (excludes waxing)**

PLEASE CALL FOR CURRENT MEMBERSHIP PRICES

Congressional Fitness Program

**Unlimited Club Access
All Group Exercise Classes
Complimentary Equipment Orientation
Complimentary Fitness Consultation
Full-sized Daily Locker
Steam Room
Towel Service
Locker Room Amenities**

**15% Discount at the Capital City Spa
Sunday through Wednesday (excludes waxing)**

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