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Residence Inn Arlington Pentagon City Hotel Shows Strength With Unveiling of New Fitness Center

Pentagon City hotel completes last part of multi-phase renovation, revealing larger workout areas, new equipment

Arlington, VA – The [Residence Inn Arlington Pentagon City Hotel](#) continues to set the stage for superior service and product and the final part of its renovation is just the icing on the cake! Our new, well-equipped fitness center available to guests who are as committed to their health as the Pentagon City hotel is to its hospitality.

The fitness center renovation marks the final stage of a multi-phase project that began in 2012. The first stage of renovations improved the [suites in Arlington, VA](#), which received refreshed living, eating and sleeping spaces along with full kitchens and complimentary wireless Internet access. In addition to the improved suites, the hotel also redesigned the lobby area to include a stylish lounge, semi-private study areas that feature personal HDTVs and communal tables perfect for enjoying a complimentary breakfast or evening social.



Now guests can enjoy the Pentagon City hotel's [new fitness center](#) in addition to the previous renovations. The improved facility allows guests to work out on their time now that it is open 24 hours a day, seven days a week. Whether guests want to get in a quick run before bed or a longer strength-training session in the morning, they will enjoy an inspiring new environment filled with state-of-the-art equipment. Visitors can work up a sweat on new Life Fitness cardio equipment equipped with personal LCD televisions or watch the latest news, sports and entertainment programming on two 37-inch LED televisions. Guests should also be sure to bring a swimsuit, as

the large, indoor pool is perfect for swimming a few laps.

The hotel invested more than \$250,000 into the new fitness center, focusing on improving equipment and enlarging the total space to give guests more room to work out. Guests can take advantage of treadmills, elliptical machines and bikes, or work on strength training courtesy of new benches, free weights and core machines.



After an intense workout, guests can freshen up in the private locker room. Now equipped with showers, this [Arlington, VA, extended-stay hotel](#) lacks no convenience.

With plenty of great deals available and a completely new fitness center, guests can feel their best from the moment they wake up to the moment they check out at the Residence Inn Arlington Pentagon City Hotel.

About the Residence Inn Arlington Pentagon City

Adjacent to the number of shopping, dining and entertainment options found at Pentagon City Mall, the Residence Inn Arlington Pentagon City is located in Arlington, VA, across from the iconic Pentagon. Guests staying at this Arlington, VA, hotel will enjoy easy access to Washington, D.C., the Capitol, Washington Monument and Lincoln Memorial, among other popular Washington attractions. Suites at this Pentagon hotel were designed for guests to stretch out and relax in spaces that offer separate sleeping, living and dining areas. With full kitchens, living rooms that feature sofa beds and work desks with high-speed Internet access, the Arlington, VA, hotel provides the comforts of home regardless of how long guests are on the road. Guests can start their days with a delicious complimentary breakfast and take part in social hours every Monday to Wednesday night. For guests traveling on business, this hotel in Pentagon City, VA, is located near the Reagan National Airport and the DC Metro and provides 5,000 square feet of event space for meetings, conferences, reunions and gatherings of all types. For information, visit www.marriott.com/WASPT.